

PRETTY MISLED

Hooked on a craving, lonely when fed · You offer him healing with no direction in your head · Did you discover the truth or make it up along the way? · Well, did you figure it out? What kind of time got thrown away? · So tired of pleadin' · With your good intentions leadin' · Down streets where angels fear to tread · What were you thinkin'? · Or maybe you misread · 'Cause I can see that you were · Really well meaning but pretty misled · Broken and bleedin', feelin' half-dead · What she is needin' so surpasses what's been said · Did you attempt to hear her out or was the time tickin' away? · Have you considered the cost? How many hearts have had to pay? · REPEAT CHORUS · We've all played this game · Faking righteousness on our own · Time to grieve for change · If you're stirrin' within · Please stop pretendin' · So tired of pleadin' · With your good intentions leadin' · Down streets where angels fear to tread · (Could we take the exit up ahead?) · What were you thinkin'? · Or maybe you misread · 'Cause I can see that you were · Really well meaning but pretty misled · I've grown tired of pleadin' · With your good intentions leadin' · Though really well meaning...pretty misled

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Playing a coffee house gig with my sister, Tiffany

MOMENT TO BREATHE

Turn out the spotlight
Quiet the noise
Silently hear your heart beat
Lying in stillness
Your thoughts are still restless
Yearning for mindless retreat
Lacing your fingers
Wringing your hands
Holding your breath unaware
Waiting for nothing
Longing for something
Begging for mercy's relief
Beating your pillow
Stained with your tears
Taking one moment to breathe
Pain would be wasted
If it were too easy
Do you know with struggle
There comes perfect peace?
I've had my share
Of betrayal and heartache
Much more than I care to explain
Take what you need now
Don't rush your healing
Feeling this moment to breathe
Life has its own way
Of handing you moments
Some keep you laughing
Some leave you cold
If you take just one thing
From this truth I offer
I pray that your heart can believe
That there's One who loves you
No limits, no boundaries
To what you'll receive
So take what you need
Using this moment to breathe

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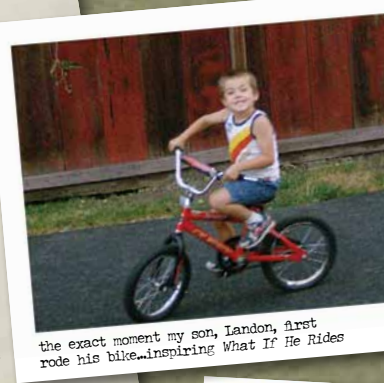


on the set of the music video for Moment To Breathe

WHAT IF HE RIDES

Young Adam, five years old · Pedals fast, "Mama, let go! You gotta let me try, please let me try" · So fearful of the fall · Scraped up knees, the tears and all · She decides its best to hold on tight · Isn't it the "what if's" that paralyze? · We agonize all about the "what if's" · While love is whispering inside... · Let him ride! · What if he gains what he's needin' inside? · What if there's more? · What if you let go and free him to soar? · Sure he's so small · Could give up or fall · But what if he rides? · Turning twenty-eight today · Adam climbs aboard the fastest train · Waves goodbye to his God-forsaken town · Voices from the corner bar · Say, "Son, you'll never get that far · Crazy dreams will always let you down" · Isn't it the "what if's" that paralyze? · We agonize all about the "what if's" · While love is calling from the greener side · Let him ride! · What if he gains what he's needin' inside? · What if there's more? · What if you let go and free him to soar? · Might hit a wall · Maybe give up or fall · But what if he rides? · What if all comes crashing down around us? · We fear the unknown · Would we really take the chances · Will shape us into more · Still believing that there are · Better things in store · Let him ride! · What if he gains what he's needin' inside? · Doesn't God know us and hold us · Giving freely to our souls · So much deeper and greater than we know? · It's only love this perfect · That drives all fear away · Suddenly the "what if's" give way to what should be · So what if he rides? · Or what if he falls? · What if it's love that still carries us all? · Even when strength is reduced to a crawl · What if there's hope through the pain after all? · Young boy, 6 years old · Pedals fast, "Daddy, let go! You gotta let me try, please let me try" · 40 years come circling · Adam grins just thinkin' of that train · Then waves goodbye while his son takes flight...

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the exact moment my son, Landon, first rode his bike...inspiring What If He Rides



A Special Thank You: to my husband, Steve, for shouldering so much support. You allow me to add color in between the lines and I love our new chapter together. Thank you to my amazing sons, Chandler and Landon, for unconditional love and ceaseless entertainment and to my sisters, Christie and Tiffany, for nurturing music into my life. Mom and Dad, thank you for starting it all. Thank you, Mark Cawley, for coaching me to "show" not "tell." Thank you to my church family for truly being "a safe place to grow in faith" and praise to God, the giver of all good things. "To Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be the glory..." - Eph. 3:20-21a

Nicole Wells

Restore



re-store ri'stôr (verb) to bring back to a state of health, soundness, or vigor.

"To look backward for a while is to refresh the eye, to restore it, and to render it the more fit for it's prime function of looking forward."

—Margaret Fairless Barber

Dear friends,

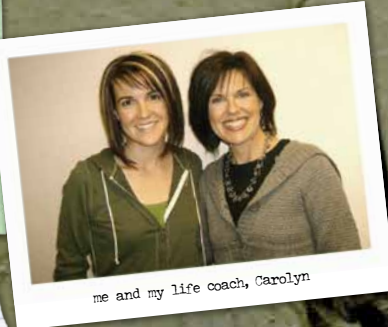
Thank you for purchasing and supporting this project. I gratefully dedicate it to Georgia Miller and Carolyn Gill who urged me to journal regularly through a difficult valley I was crawling through. The journal gave birth to these songs and the creative process brought life along the journey. I pray it encourages you...

-Nicole

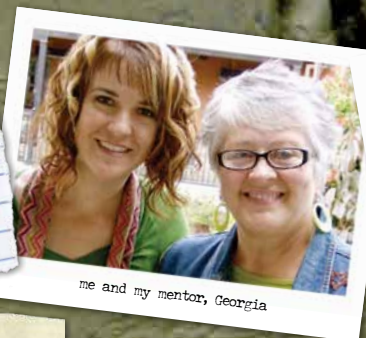
**LILLIAN'S RAINBOW
(RIDING A RAINBOW)**

When the postcard came · The image called her name · Placed on her mirror frame · She felt it happening · Light bulb moment from Heaven · She was awakening · Packed her yellow bag · With braided purple straps · Her heart is pounding fast · She won't be looking back · Lillian files where her soul longs to take her · The land in the photograph · On her way · Chasing the sunlight · Dancing through shadows · Coming alive today · Racing the wet skies · Riding a rainbow · Riding a rainbow · Painting her day · Riding a rainbow · Hey, hey, hey! · Riding a rainbow · With thirty years of gray · Always a rainy day · Lily would sigh and say · I'm doing a-okay · Her world a puddle of muddy waters · Aching to steal away · To keep her mind on track · Whispers, "just relax" · She feels as nutty as · The trail-mix in her pack · Dreams of skies orange and turquoise · She can just picture that · On her way · Chasing the sunlight · Dancing through shadows · Coming alive today · Racing the wet skies · Riding a rainbow · Riding a rainbow · Found a better way · On her way · Hey, hey, hey! · Riding a rainbow · Painting her day · Riding a rainbow · Chasing the sunlight · Dancing through shadows · Coming alive today · Racing the wet skies · Riding a rainbow · Riding a rainbow · Oh, a better day · Riding a rainbow · Painting her day · Riding a rainbow · Hey, hey, hey! · Riding a rainbow · Found a better way · My dearest Lillian · I wonder how you've been · Saw this and had to grin · Dare you to live again · What better way to discover your senses · I hope you soak it in...

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me and my life coach, Carolyn



me and my mentor, Georgia



KNOW ME

I call this survival mode · The senses are numb so I can cope · My own reality · Where nothing is real that I can't see · I guess you can come inside · You might wanna hide, so many do · Nobody chooses to see · What has been happening to me · They don't know me, they don't know me · They don't know me, they don't know me · They don't know me · ...Know me · Nothing is touched in here · Do not breathe out and warm the air · Try to avoid the walls · They are concealing they can't be real · If you remove the art · You would reveal my wounded heart · They don't know me, they don't know me · (Like they think they do) · They don't know me, they don't know me · (No, they never knew) · These are my callouses · Padding the nerves I cannot feel · These are my bandages · Hiding the wounds that have not healed · They don't know me, they don't know me · (Like they think they do) · They don't know me, they don't know me · (No, they never knew) · They don't know me, they don't know me · (So will you... [INTO TAG]) · Rush through these halls · Blow down these walls · Reviving senses to feel love once more · Replace the faded art · And heal this longing heart to hope again repeat

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TIME TO BE

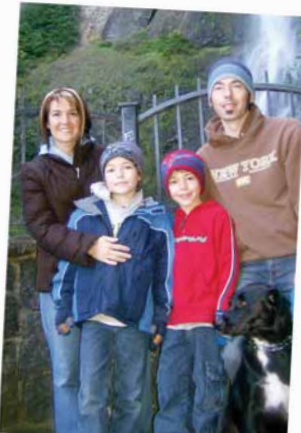
I need a time to start over · I need a time to change views · If there's a time for some healing · This is the time that I choose · I haven't time just to please them · If there's a time that will be · I don't have time for the doing · I've only time just to be · Ooo...time just to be...ooo · Free · To be free · Time to be · To be...free · There was a time that was wasted · To gain that time how I yearn · But if there's time to be patient · Then I'll use time to return · If ever time for forgiveness · This is the time to forgive · I don't have time for excuses · I've only time just to live · Ooo...time just to live...ooo · Free · To be Free · Time to be · Just to be... · Free to walk away from every fallacy I've ever been told · Free to claim the peace that truly passes all that's ever been known · Ooo...to be free...ooo · Free · To be Free · Time to be · Just to be free · Time to be · To be...free

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in the attic for the know me video

me and my family making time to be



ROAD UNCOVERED

So it goes · We all crawl down this road · The valley of shadows · And it's not if but when, I know...oh,oh... · So unsure · The stretch up ahead, swerving extremes · Moments of sight give hope to your dreams · And then they go...oh,oh... · There is a light behind even eyes so weary · Hope inside of a soul that is heavy · You decide how your day is colored · Whenever you travel the road uncovered · So it seems deeper the fear, greater the foe · The courage of faith begins · When the heart can just let go...oh,oh... · So confused · What may come, path untold · Waiting for answers to rise with the sun · I know it's slow...oh,oh... (repeat 1st chorus) · Leaving winding trails behind you · Marking just how far you've gone · Voices faint, but growing closer · Tell you to carry on (Carry on...) · There is a light behind even eyes so weary · Hope inside of a soul that is heavy · You decide, though your heart's been broken · To keep moving on 'cause the road is open

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HAD A DREAM

Had a dream about you · You wore such a tender smile · Maybe you'd forgotten · After all, it'd been a while · Way too long a while · Had a dream about you · You looked very much the same · Just a little older · Though nothing else had seemed to change · I know in me there's been a change · Mmmm...I just want to say I'm sorry · Mmmm...but this is just a dream · Had a dream about you · And my heart yelled out your name · But my mouth stayed silent · I didn't want to cause more pain · Yeah, I stood frozen in my place · Mmmm...I just want to say I'm sorry · Mmmm...but this is still that same old dream · Why do I always meet you here · And never when I am awake? · Oh the time will not stand still · Even for this moment · I wake before I say I'm sorry... · ...One day I'd like the chance to try · Mmmm...and would you even now forgive me · Mmmm...after all this time? (Oooooo...!) · Why do you always reappear · But never in reality? · Oh if time would just stand still · For the smallest moment · I could finally say I'm sorry · ...It's what my heart still longs to do · Mmmm...and maybe if I'm ever lucky · Mmmm...I hope to one day see you

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Restore

1. Lillian's Rainbow (Riding a Rainbow)
2. Time to Be
3. Know Me
4. Road Uncovered
5. Had a Dream
6. Pretty Misled
7. Moment to Breathe
8. What if He Rides

Recorded and Mastered in Portland, Oregon
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restore

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"What if He Rides"
RICHARD PARKER

violin on "What if He Rides"
EDDIE PARENTE

harmonica on "Pretty Mised"
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