Heideroosjes, 3 Needs 2 Get A Grip

Whenever I feel I cannot go on At a point when all my spirit is gone I know what gets my head up high again

When I see the world with troubled eyes After another conflict fed by lies My conviction helps me through the day

Hope, is what keeps me going Faith, is what pulls me through Hope, faith, friendship Three needs to get a grip Hope, faith, friendship Life means nothing if you let that slip

At all those times when life drags me down When it feels as if the plague entered town It's the chain of three that keeps me going on

On the day the sun won't shine no more When I crawl like a wounded on the floor I know what I need to help me out

Hope, is what keeps me going Faith, is what pulls me through Hope, faith, friendship Three needs to get a grip Hope, faith, friendship Life means nothing if you let that slip

3 needs to get a grip, and I will not forget Hope, faith, friendship, it's in my heart 'n in my head