

### 3 Needs 2 Get a Grip

Heideroosjes

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