

## Catch 22

### The Cross Movement

[Prelude]

Man, my life man. Catch it whether I don't, catch it whether I do  
So it really don't matter. Know what I'm sayin'?

[Chorus]

Catch twenty  
Catch twenty, catch twenty-two  
Twenty-two, twenty, twenty-two  
(4x)

[Verse 1]

I'm comin' out slippery as a trout  
Here is my handle here is my spout  
Fresh brand new born baby on the planet  
Almost aborted taken for granted  
Sticky from the womb  
And I feel doom  
After the scrub  
I can't feel no love  
Doctor says get the fix 'cause my body's throwin' fits  
Even thought I don't know what it is I need a hit  
Every thing's shakin'. Why can't I stop?  
Don't warm me up no bottle, spark me up a rock  
Almost evicted, blood vessels constricted  
I just got here and I'm addicted  
Live or die what should I do?  
Lord help me I'm in a catch 22

[Chorus]

(3x)

[Verse 2]

Yeah, I survived  
And at the age of five  
My mommy's off crack  
Said she ain't goin' back  
And from the looks of it you would think I got it made  
Ever since mommy married Reverend Kinkade  
But even at this age I feel the sickest kind of gloom  
'Cause each and every night he keeps sneakin' in my room  
Touchin' me and feelin' me I wanna ring the bell  
But he says if I tell then I'ma go to hell  
And Lord I don't wanna go to hell I wanna be with you  
I'm in a catch 22

[Chorus]

[Verse 3]

No, I never told, and now I'm 18 years old  
Sometimes chill sometimes bold  
Girls say "Uh, check him out he kinda fly"  
And I can't relate no matter how hard I try  
I'm afraid ever since Reverend Kinkade  
I don't understand how I'm made  
Something's gone wrong in my head - I wish I was dead  
The cuts on my wrist bled  
I guess that stuff about God ain't true

'Cause why would he leave me in a catch 22

[Chorus]

[Verse 4]

Yo kid ya gotta live to get fed up

You got's to come head up  
And just don't let up  
I know life's been bangin', boomin', hittin'  
You can't catch a break so your thinkin' 'bout quittin'  
But listen, the life lesson is in launchin' out into the deep  
Yo you gotta keep fishin'. There's one who controls who you are and be  
Which is a slight definition of the Almighty  
But don't get it twisted, He's faithful and cares  
And won't allow you to go through more than you can bear  
But with all your temptation, He'll give you an escape  
So whether you've been molested or whether you've been raped  
Or born in the ghetto in a cold water flat  
Blind, or deaf, handi- or capped  
Hold on deliverance is nigh  
'Cause you can get you piece of the pie  
In the 'twinkling of an eye'  
And God can't lie, it's a test, a plan  
So will you still hold on when you can't understand?  
Will you hold on so that God can get the glory?  
You'll get the reward - He'll tell the story  
About a person that had a hard life  
The stress and the strife  
And nothin' went right  
And so much pain, didn't know what to do...  
But still serve God despite the catch 22

[Chorus]

[Tonic Extended Chorus:]

Indeed for real  
We tryin'a say, catch 22, catch, catch 22  
You catch it if you don't, you catch it if you do  
Catch 22, catch, catch 22, but the catch 22 ain't true. Ya!  
Catch 22, catch, catch 22, you catch it if you don't, you catch it if you do  
Catch 22, catch, catch 22, but the catch 22 ain't true - for real. Word life  
To my man Tubb, thanks for the phat track  
We be The Gift. With my man Earthquake, ya, and I be the Tonic