

3Rd Strike "Breathe It Out"

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We gotta stop it cuz we cant feed this disease
too many dead and too many living on their knees
heavenly father make us stronger
help us live in pease
kill this fucking sickness
i need to feel my soul release
we done our time
yeah we felt the pain that life can give
everyday steady dying lord
but still we live so confused abused
and still insanity seems the only way that i can feel
humanity

breath it out
or we sink so far down
so far down

fool you kill your brother
and you think that makes you a man
try to tell his mother why she'll never see her son again
fucking coward go hid behind your false pride
street talking facade helps you justify this genocide

that's the card you deal
to hide the pain you feel
claimin' homey love but i'm telling you it isn't real
no ones got your back when its time for you to go
cuz when you leave this world
you'll be going out alone

[chorus]

so try to understand
we've got to save ourselves
cuz our fate lies in our hands
it's you and no one else

[chorus]

we gotta breathe it out
we gotta save ourselves
cry out

kill the violence
cryout
chant the freedom
we gotta breathe it out
we gotta save ourselves
cry out
kill the violence
cry out
chant the freedom

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