

Vulnerable

Being vulnerable is hard to do,

It means risking something

And

Being open to others.

In being vulnerable

It is a risk

It's hard for me

Being vulnerable?

I will risk being vulnerable,

In expressing my emotions

Instead of bottling them up

And

Keeping them hidden from others

Being vulnerable?

Can bring healing

To our soul

If we are willing to

Get the help that we need

Being vulnerable is hard to do

But when we try doing this

Who knows?

It may be worth it

Cause then true healing happens

8/17/17

Freedom

Freedom? I've been experiencing freedom.

I don't want to end my life anymore

I want to live a full and meaningful life

Freedom from the voices

As I take my meds,

They help me feel better

I need though to put forth effort

In feeling well too

Freedom from anxiety

It begins with my medicine

Again though, I do my coping skills

I try mindfulness my own way

I'd be happy to tell you sometime

It is liberating and exilerating at the same time

Freedom! Once you have it

Don't let it slip away

8/17/17

Melody

A new day has come
And I feel fantastic
There is a new song in my heart
A melody that makes
Me feel good

This melody I have is a long time coming
I feel inspired by the outdoors
And being in nature
The freedom to experience it.

A new day has come
What will I make of it?
I hope it stays,
This melody in my heart

A new day has come
I want to share with others
The good news from Jesus
He's the one who put
This melody in my heart.

8/1/17

Acceptance

Accepting is hard to do
Especially when we
Do not like the results
Of something in our lives

If we do not accept
I believe we become bitter
Bitter to ourselves
And
Bitter toward others

Accepting is a skill well acquired
And
If we practice
The art of accepting
We will find true peace
Inside ourselves
As well as
Peace with others

Accepting? If we don't accept
We only hurt ourselves
Which makes us more and more bitter
So, my challenge is this
Try practicing acceptance.
You'll be better in the long run
8/1/17

Autumn

Autumn is one of my favorite seasons

The leaves changing color

Red, orange and yellows too

Autumn is my favorite because

My birthday is then

Autumn is one of my favorite seasons

It's fun to rake the leaves

As they fall from the trees

It's also fun to jump in them afterward

Autumn is one of my favorite seasons

There is Halloween

You get to get trick or treating

And wear your favorite costume

Autumn is one of my favorite seasons

With fairs to go to

With food to buy

Like: hot dogs and burgers

There are also games to play

My favorite is

Trying to win a goldfish

But autumn is my favorite

Because

My birthday is then

8/2/17

Halloween

I like Halloween for many reasons

First and foremost are

The decorations one sees.

There are ghosts and goblins

And

Tombstones in people's yards

People are dressed

Up as different characters

for Halloween

like superheroes, witches, and others too.

I like Halloween

Getting candy from people

I like the Hershey bar and reeces pieces

They seem to melt

In my mouth

But they smell too good to eat

What else do I like about Halloween?

When I hear the kids coming to the homes

Saying "trick or treat"

Then they get their many goodies.

8/6/17

Quiet of the Night

In the quiet of the night
I hear God speak to me
Through music and through my reading

In the quiet of the night
I feel a peace deep within me
A peace that only
God can give

In the quiet of the night
I feel content
Contentment that the day's ahead
Will offer growth in my life

In the quiet of the night
I talk to God
I pour my heart out
And
God hears me

I have a peace in my soul
That only God can give
As I spend time with him
In the quiet of the night

8/7/17

Cloudy and Rainy

It was cloudy and rainy today
Much how my day was
Anxiety-filled moments
Getting worse hour by hour

I tried to focus during groups
But my mind was elsewhere
Fixated on the pain
And how I want
My boundaries kept by people

It was cloudy and rainy outside today
My mood was way down
And my anxiety was
Through the roof
Getting worse hour by hour

All I can do is let my
Needs be known
And hopefully it will work itself out
Cause I don't like this anxiety
And what it does to my body

8/7/17

Choices

The choices we make every day
Affect us all,
They either affect us in good way's
Or
They affect us in bad way's
Either way the choices we make
Have lasting consequences

I've been presented with an opportunity
To make a choice
It involves my bubble boundaries
I did what I needed to do
For myself to keep myself safe

The choices we make every day affect us all
Sometimes it's good to talk it out
So that we don't do something
That will hurt us

Choices, they affect us daily
I need to talk about
My decisions with someone I trust
Cause I'll be an open book
Letting my guard down.

8/10/17

Emotions

Emotions are good things
But when emotions rule
How we live our life,
It can cause strife

Thinking things through is good too
But if we ignore our emotions,
That isn't good-
What is good is balance
What is a little bit of both?
Thinking and emotions
This is called wise mind

We need to be mindful of
Our emotions as well as our thinking
Don't do one over the other
We need to sit bac
And possible do pros and con's

Emotions they happen
Their neither bad nor good
Just let them be
Be open to others
Be an open book.
You'll experience healing
8/20/17

Can't Sleep

I can't sleep because

My mind keeps going

Like a roller coaster going up and down

As well as the loop de loops

This way and that

I can't sleep because

My mind keeps going

Like a blender blend

Or

Like a food processor processes on fast speed

My mind does not stop

It keeps going and going

I can't sleep because

My mind keeps going

Like running in a race

Going by in a blur

My mind is always churning

I don't know how to stop it

I can't sleep because

My mind keeps going

How do I slow it down?

How do I quiet it down?

Take my hand and lead me.

8/30/17

Disappointed

Quickly, I can feel it
I don't want to disappoint her
But I'm afraid I will
Cause I don't know how I am going to get there
I want to be there for her

She was my first love
I've thought about her a lot over
The many years
Is God bringing us together
I don't know
Time will tell

She is sweet and beautiful too
There must be a reason
If found, her on Facebook
So that we could be together
The lord will direct us
I am sure

I just need to have patience
And see how things work out

Snatched

I feel like my life has
Been snatched right out
From under me
I'm at a loss without
Knowing which way to turn

My love is gone again
I didn't want
To lose her again
No after we found each other once more

I feel like my life has
Just gone in the vacuum
Swirled around
And
Just spit out in the trash

I found my love again
After all these years
Why? Did it have to be
Pulled right out from under me

I feel like my life has been snatched out
From right under me.
What am I to do?
Leave it in God's hands

Depressed but not Depressed

I guess it's stupid to be depressed

When you're not with someone

I don't like being alone

She and I have a history

I want her to go with her heart

And I want to go with her

Serve the people of Russia

I'm feeling better today

But

Long distance disturbs me

I want to go closer

To be near her

Is what I dream

God brought us together once,

God can bring us together again

I just need to give it time

And not rush things

I guess it's not stupid to feel this way

Old feelings of love

Come rushing back

I'll do something special for her

To let her know that

She is my special gift from God

Good Day's

Good days are hard to come by
But when we have them
It is something we need to
Hold on to
Because it gives us hope

Good days are hard to come by
But they are something
That when we take one day at a time
They cause us to dream

Lately I've had a mixture of really
Good days with some bad day's
Mixed in between.
One good thing is that I found
Crystal once more
We are getting re-acquainted

Hot and Burning

I feel hot burning up

No way to get cool

I notice the heat is rising

How can I control it?

It is like a fire

Burning out of control

There is only one way to get cool

Stay inside or go in the shade

Eat some ice cream

And

Drink some lemonade

There are some ways to refresh yourself

It's best not to go outside

When you are hot

And

When its hot out too.

9/15/17

Being True to Jesus

I want to be true to Jesus

I want to be an example

Of God at work in me

I don't want to be a fake

On the outside looking good

But on the inside being bad

I want to be true to Jesus

I want to be god's hand and feet

Showing and pointing

Those that don't know him

To himself

I want to be true to Jesus

I want people to see Jesus in me

A light that shines forth

An example of God at work in me

I want to be true to Jesus

I want to continually grow

In my faith in Christ

I want to be good-true good

So, others can see Christ in me

9/16/17

Winter Blue's

Cold weather coming
Snow on its way
Stuck inside with nowhere to go
These are the winter blues

Short days and long nights
Cold weather on its way
Can be depressing
These are the winter blues

Cold weather coming
Too cold to go outside
You need to bundle up
Cause snow is on its way
These are the winter blues

Cold weather coming
The birds fly south
Cause snow is on its way
Stuck inside with nowhere to go
These are the winter blues

What to do during the winter blues?
Go be around people
At arch street is a start
As we deal with these winter blues
9/18/17

Overwhelmed

When changes happen, I get overwhelmed

I know what to do but

I don't always do it

I need to talk to people

But don't want to be

Called a burden

When changes happen, I get overwhelmed

I hold it inside until it just explodes

I know what to do but

I don't always do it

I need to talk to people

But don't want to be

Called a burden

When changes happen, I get overwhelmed

Whether good or bad,

I know it happens

But I just hold it in

Cause I don't want to

Be a burden

When changes happen, I get overwhelmed

I know what to do

But I don't always do it

9/19/17

Second Chances

I was lucky tonight
I had a second chance
No more is what I say
And
No more is what I'll do

I was lucky tonight
Almost in prison
A cell with no bar's
I'll keep my word
No more is what I'll do

I was lucky tonight
Held captive beyond my control
I was almost locked away
No more is what I say
No more is what I'll do

I was lucky tonight
I need to keep my word
To be an example to my kids
No more is what I say
No more is what I'll do

Second chances for freedom, I have others to look out for
No more is what I say
No more I what I'll do

A light amid darkness

When all seems dark and helpless

There is always a

Light in the shadows

If we put our hope

In God alone

When all seems dark and helpless

In a world where

Evil exists

There's always a way

To keep on going in the midst

Of the raging storm

When all seems dark and hopeless

There's always a

Light in the shadows

If we put our hope

In God alone

When all seems dark and hopeless

There's always a way

The seeing, leading the blind

When we put our hope

In God alone

We can rest and not be weary

9/20/17

Hope in the Darkness

When the day seems dark
There is always a light
A salvation to bring us hope
God my refuge

When I'm standing in the dark
When it all seems hopeless
I turn to God
Who gives me strength?
To go on day by day

When I'm standing in the dark
When my way seems jumbled
I turn to God
And the help of others
Who stick by my side?
And offer words
Of encouragement

When the day seems dark
There is always a light
A salvation to bring us hope
God my refuge

9/20/17

Looking forward not Backward

Looking forward, not backward

Is the thing to do.

Looking forward to life

And its little blessings

Is the way to go

Looking forward, not backward

Not at past mistakes

But how to better yourself

Is the way to go

Looking forward, not backward

Is the way to go

Strengthen relationships that are good

And let go of the ones that are bad

Looking forward, not backward

Is the way to go

Looking forward to life

And its little blessings

Is the way to go.

9/22/17

Shaking and Churning

I shake-my stomach churns
When I'm around certain people
I've been hurt before
And
I don't want to be hurt again
So, I must be scared

I shake-my stomach churns
I feel like hiding and isolating
Even calming up too
Because I've been hurt before
I don't want to be hurt again
So, I guess I'll have to be scared

I shake-my stomach churns
I just shut down-run and hide
To get to a safe place
Where I won't be hurt
Where no one can find me

I shake-my stomach churns
When I'm around certain people
I feel like hiding and isolating
Even clamming up
So, I don't have to feel
So, I don't have to deal with it
So, I guess I must be scared.

Noise

Noise fills my head

I can't make sense out of it

It's quite disturbing really

Can't quiet concentrate with it all

Noise fills my head

A chorus within

A band outside

It's quite disturbing really with it all

Noise fills my head

It's all jumbled up

Like a car stereo blaring

Its beat reverberating

Its quiet disturbing really

Can't quite concentrate with it all

Noise fills my head

Where is it coming from?

I can't make sense of it all

It's quite disturbing really

Can't quite concentrate with it all

9/22/17

Oceans Emotions

An ocean is like our emotions
During a storm the ocean
Is angry and tumultuous
Much like ourselves when
We are angry or upset

The ocean during the storm
Is rough and unpredictable
And when we are angry
And upset we can be rough and unpredictable

Finally, after the storm
The ocean turns smooth and calm
How we are once our anger has
Blown over

During all this
The fish that swim in the ocean
Remain safe and unharmed
Calm no matter what
We too since we are god's children
Remain safe and unharmed
During the chaos during
The ocean in the storm.

9/23/27

Smiles

Smiles are great
Smiles can change any bad day
Into a good day
Smiles can cheer you up
when you're feeling down
especially smiles of our loved ones
for me it's the smiles of my kids

smiles are great
if vary that pictures are
worth 1000 words
then smiles are worth
turn 1000 words
yes, smiles are great

smiles are great
when you seem lost or hopeless
smiles can swim swing your day around
smiles can change
you for the good

smiles are great if you're mad
try smiling it will make you glad
yes, smiles can change you
smiles are great

9/23/17

movies

movies are fun to watch
if you think about it
we all have a movie
which represents our life
and
the current state where in

movies are fun to watch
my movie would be
the blind side -particularly
the way Michael protected his brother calling in the accident

movies are fun to watch
the reason the blind side portrays me
is because I too would go
at any cost to protect someone
close to me

so, think about it
what movies are fun to watch
which movie speaks to you
which one fits the stage
of life you're currently in

yes, movies are fun to watch

9/24/17

Flowers carnations

Flowers are pretty to look at
and Flowers are sweet to smell
carnations are pink
they remind me of sunsets and sunrises
while the Sky is pink

Flowers are pretty to look at
and they are sweet to smell
each of them is unique
one of a kind
and they cheer you up on a bad day
because even on bad days
they still bloom

Flowers are pretty to look at
and Flowers are sweet to smell
carnations are pink
like the pink of sunsets
over the snowcapped mountains
you can see the creator's hand
in them all

Flowers are pretty to look at
and they're sweet to smell
each is unique and they cheer us up
even on a bad day
they still bloom

fishing

anybody can do it, it's a good pastime

fishing

on a lazy day without much to do

just try some fishing

anybody can do it it's a good pastime

fishing

you can do it by yourself

or

you can do it with others

just sitting in the solitude

fishing is fun to do

anybody can do it, it's a good pastime

fishing

just seeing the different fish, you catch

there are different kinds

putting them back though is nice

fishing is fun to do

without much to do,

just try some fishing

9/25/17

outside looking in

Bing on the outside looking in
can be daunting
cause people have seen what I've done to be here
and they worry about my safety
I can see why they're concerned
but I also know with the right support
I can make it

being on the outside looking in
can be daunting
I know what I need to do
to keep myself safe
I just need to do it improve it to everyone

being on the outside looking in
can be daunting
cause people have seen what I've done to be here
and they worry about my safety
I know what I need to do
to keep myself safe
I just need to do it and prove it to everyone

ultimately, it's my choice where I go
I think with the right supports
I can make it

9/25/17

what do people see

looking at me people think
I'm confident cool and collected
but on the inside, I feel
scared lonely and afraid

looking at me people think
that I have it all together
but on the inside
I'm hesitant and take my time

looking at me people think
that I'm a good person
but on the inside, I'm flawed
with many mistakes
that I wish I could do over

looking at me people see what they want to see
on the inside I am
intuitive listener
who accepts all no matter what?
because I see each person as unique
except for myself
who is scared lonely and afraid?

9/25/17

focus

what should my focus be?

my focus should be

on myself and staying safe

no matter what for my family and friends

what should my focus be?

my focus should be

doing all I can to be safe

no matter what

from my family and friends

what should my focus be?

my focus should be

taking one day at a time

not trying to do more that I can handle

and accepting help where needed

what should my focus be?

my focus should be

on myself and staying safe

no matter what from my friend's family and friends

9/25/17

Confusion

Confusion all around me,
So many footprints in the sand
Confusion all around me confusion al
how am I to find my way

confusion all around me
so many footprints in the sand
confusion all around me
too many going this way and that

confusion all around me
some many footprints in the sand
confusion all around me
I don't want to get loosed

confusion all around me
so many footprints in the sand
confusion all around me
I'll let the Lord take my hand

confusion all around me
so many footprints in the sand
confusion all around me
the Lord makes my way clear

9/26/17

anxiously scared

I am feeling anxiously scared
cause of the unknown
and being stuck in here
well, I can be outside enjoying life

I'm feeling anxiously scared
cause I want my freedom
don't have it here
I'm stuck and want to get out

I'm anxiously scared
I feel hot and flushed
I just need to get free
from this dungeon I am in
I want to get out and live my life afresh

I am feeling anxiously scared
I feel sweated in a call over
cause I am stuck in here
white could be outside enjoying life once more

I am feeling anxiously scared
I have a plan to succeed
but I just need to get there
and have my chance

9/26/17

utterly destroyed

I feel destroyed inside
like my insides have
all been ripped out
with one blow to my body

I feel destroyed inside
I don't know which way to turn
I feel like my insides have
open ripped out
of my body

I feel destroyed inside
like a tornado came with its violent winds
and ripped my insides
from out of my body

I feel destroyed inside
like hurricane force winds
have torn me apart
and left me for dead

9/26/17

Weed Wacker

My mind is like the grass
Getting weed wacked
By a weed Wacker
It's hurting-the pain is so deep

My mind is like the grass
Getting weed wacked
By a weed Wacker
I hear one thing
And
I also hear something else

My mind is like the grass
Getting weed wacked
By a weed Wacker
It goes everywhere
And
Anywhere it pleases
Why I had to open
My mouth and tell my supporters
They stabbed me in the back

My mind is like the grass
Getting weed wacked
By a weed Wacker
It's hurting-the pain so deep

Jumbled on Race Day

All jumbled up
Is how my mind feels
I can't make sense of anything
It feels like it's going
A million miles a second

All jumbled up
Is how my mind feels
Blurry and hazy
It feels like it's going
A million miles a second

Why is it that I feel?
This way?
I don't know
I wish I knew

All jumbled up
Is how my mind feels
Like a race care whizzes by on race day
It feels like it's going
A million miles a second

Why is it that I feel?
This way?
I don't know
I wish I knew

Dark but Light

Its dark outside, too dark to see

How can I find my way?

I cry out to

God alone

Its dark outside, too dark to see

I can't find my way

Unless I take a light

And the bible as my guide

Its dark outside, too dark to see

How can I find my way?

I cry out to

God alone

Its dark outside, too dark to see

I can't find my way

Unless I take a light

And the bible as my guide

Where can I go when

Its dark outside?

Only where the light is

I can find my way

9/27/17

Limbo

What is limbo-being stuck

Without answers

Being in-between without any answers

It's scary-because I like

Having a plan

Being in limbo is unsettling

Because when your there

There seems like there is

Nothing to look forward to

Being in limbo is unpleasant

Cause you want answers

And

There are none

Your just existing

Being in limbo-being stuck

Without answers

Being in the in-between

It's scary because

I like having a plan

I like knowing what is happening

Being in limbo is not my choice

But it is a consequence of my actions

I want to prove myself-prove that I can make it

Fire Burning in my soul

There is a fire burning in my soul

A fire burning out of control

This fire in my soul is for the lost

In this world

There is a fire burning in my soul

A fire burning out of control

I've been to Russia and left my heart

A long, long time ago

There is a fire burning in my mind

A fire burning out of control

I'll be a pastor some day

In that land mother Russia

Calling my all

There is a fire burning in my soul

A fire burning out of control

This fire in my soul is for the lost

In this world

9/27/17

Glad

I'm glad I don't need to do it
There is now a glimmer of hope
But earlier there was just
Sadness and frustration all around
All because I burn too many bridges
Everywhere I go

But this time I will do my best
To not burn bridges
I want to take care of my self
For my kids and for crystal

I'm glad I don't need to do it
Cause there is a glimmer of hope
But earlier there was just
Sadness and frustration all around
All because I burn too many bridges
Everywhere I go.

9/27/17

Tornado

My mental health feels like a tornado

The winds tear me apart

And leave me for dead

Why does it feel like a curse?

To have issues like this

I feel like a burden

Like a mouse compared to an elephant

Other people are more important than me

My mental health feels like a tornado

The winds tear me apart

And leave me for dead

I feel like an odd one

Cause of the issues I face

I feel like a burden

A mouse versus an elephant

My mental health feels like a tornado

The winds tear me apart

And leave me for dead.

9/28/17

Waiting

Waiting is hard especially
Waiting for good things
It puts my stomach in knots
And makes my heartbeat faster

Waiting is hard to do
But in the long run
It produces a character
Tested by time
In us

Waiting is hard to do especially
When you feel stuck in a situation
But, in the long run
Waiting produces a proven character
Makes our skin tough figuratively

Waiting is hard to do especially
Waiting for good things
It makes my stomach churn with knots
And makes my heartbeat faster

9/28/17

Coping Skills

When I'm feeling bad, depressed,
Lonely or overwhelmed
I need some rest from it all
So, I have my coping skills that help me

When I need to get out of a bad space
I like to write poetry or listen to music
I like to exercise or watch tv
I like to go somewhere with someone too

When I'm feeling bad, depressed,
Lonely or overwhelmed
I like to do many things
One of them is to talk to someone
Or
Take a walk around the block with someone

When I'm feeling bad, depressed,
Lonely or overwhelmed
I know what to do but don't always do it
Why don't I do it?
I don't do it because it requires work
But that's the point
I need to put in the effort
In using my coping skills effectively

9/28/17

Stillness in the Dark Night

In the stillness of the dark night
I hear you speaking
Words of comfort and not of fright
I hear you speaking
Words of hope and a future full of light

In the stillness of the dark night
It is so peaceful
And I can think and plan
Hope for a better tomorrow

In the stillness of the dark night
I can meditate or read
From my bible
Which gives me comfort
Because I know I am in your sight

Even in the stillness of the dark night
I cannot hide from you
For you are everywhere
And I am right here

In the stillness of the dark night
I hear you speaking
Words of comfort and not of fright
I hear you speaking
Words of hope and a future full of light

Learning is a lifelong process

Learning is a lifelong process

Which I love to do

I have a passion to reach the lost

Bring them to the lord

I want to be a pastor some day

Learning is a lifelong process

I did go to college-but never finished

So recently I started bible college online

I need the strength to keep after this

Because I want to prove myself

Learning is a lifelong process

I'm afraid of failing

But

I won't know unless I try

To keep after that which is my passion

Learning is a lifelong process
You can grow leaps and bounds
If you set your heart to it
But
You'll never know unless you try

Learning is a lifelong process
Which I love to do
I have a passion to reach the lost
Bring them to the Lord
I want to be a pastor some day
My calling from God.

9/29/17

You will make it

You will make it

Just take one day at a time

Maybe one second at a time

When you're feeling overwhelmed

And

Wishing you could go away

Done take on more than you can handle

Talk to someone

To get you through the moment

You will make it

Just take one step at a time

Don't worry if you mess up

Just pick yourself up

And try again

You'll make it in the end

You'll make it

Just take one day at a time

Maybe one second at a time

If one day feels too much

When you're feeling overwhelmed

And wondering if you want to make it

Talk to someone to get you through it

9/30/17

Barging in and making me feel uncomfortable

They don't care how I feel
Just barging in my room
And make me feel uncomfortable
And now I have tears
Flowing down my cheeks

They don't care how I feel
They like to see me in pain
I wish I had never been born
Then I wouldn't have to
Worry about that anymore

They don't care how I feel
My walls were down
And they crossed a boundary with me
That I am unwilling to let down

They don't care how I feel
Just barging in my room
I need to to leave, get the hell out of here
It's my fault anyway
Someone please protect me
And
Respect my boundaries

9/30/17

Disturbing Racing Thoughts

My mind is racing

And

I can't seem to stop it

It feels like a hurricane wind force tunnel

Stuck-with no way to stop it

My mind is disturbing me

With thoughts of self-harm

I don't want to do anything

Cause I've come a long way

My mind is disturbing me

They tell me I can't make it

Because I keep doing the same thing over and over

With the same results

I get banished from places I've been

My mind is disturbing me

I can't seem to stop the thoughts

One thing though is

I'm feeling no anxiety

That I had all day

My mind is disturbing me

Thoughts of self-harm

I don't want to do anything

Cause I've come a long way

Change is a big thing

Change is a big thing

The days are getting shorter

And

Fall will soon be here

With long night and shorter day's

Change is big thing

The days are getting cooler

Snow is on the way

Change is a big thing

Change is a big thing

The leaves on the trees

Are changing color

Fall is on the way

Change is a big thing

Change is a big thing

Short days and longer nights

Fall is on the way

Change is a big thing

Change is on the way

I'm feeling better than yesterday

One day at a time

Change is on the way

Change is one the way-embrace it

Choice, Chance, and Change

The three Cs of life

Choice, chance, and change

A choice I'm ake is to use my coping skills

When I am feeling overwhelmed

But

I must in making that choice

Take a chance and be vulnerable with my emotions

So, someone I trust can help me

When I make this choice to be honest with my emotions

And trusting someone

I am making a change to grow

Choice, chance, and change

1. My choice-to talk to someone I trust
2. My chance-to share my deepest emotions with someone I trust
3. My change-to not hurt myself on purpose or by accident

10/1/17

Did you hear it?

Did you hear it?

Someone told me that I am nice

And

That I am a good man too

So, I said that back to the person

And

After I said that the staff

Was laughing and looked at me weird

Did you hear it?

It sounded like someone was

Right by me

I saw them it was an old man

Who talked to me?

Oh, well-it was real like the plain of day

Did you hear it?

I usually hear voices during evening hours and nighttime too

It wakes me up

Disturbs my sleep too

Did you hear it

Other people look at me weird

When I tell them about the voices?

But it's true nonetheless

10/2/17

Sons' song

In my son's song, "open your eyes"

'The nerve-racking parasites'

He sang about

For me are like bugs

Eating me alive

They are like the voices

When I hear them

The voices eat me alive

They torment me and leave me for dead

In his song, -Ben say's they are

"Hurting him now"

That's like the voices are for me

They hurt me now

Then the song says "open your eyes"

How can I open my eyes?

I usually don't see anything

But

There are rare occasions when I do

So maybe I need to open my eyes when I hear the voices

And try to see who is talking to me.

10/2/17

I want my freedom

All I ask is to leave this prison

I cry and feel embarrassed

When I do

I'll get a med change when I get out

I want my freedom

To see the trees and grass again

If I could find a way to get out of here

I'd do it in a jiffy

All I ask is to leave this prison

So, I have freedom to do what I want to do

I'm being kept here against my will

I'm not in danger to myself

And

I'm not in danger toward others either

All I ask is to leave this prison

I cry and feel embarrassed

When I do

I want the freedom

To do what I want

When I want

10/2/17

Life is a gift

Life is a gift from God

Every day we should live like it

think about the roles that we have

in life -son daughter, father mother

Grandparents as well as sister and brother

life is a gift from God

every day we should live like it

I live the role a father son and brother

and I wouldn't change any of these roles

Life is a gift from God

every day we should live like it

the role I play as father

is the one I would not change for anything in the world

I have the four most wonderful kids in the world

My son Ben Jr is in college at Villanova

He is a singer, writer, and musician. He is smart cookie of whom I am proud of

My second son Amzi is bright too, his simple way of life is invigorating

My youngest son Josiah is a Sophomore in Highschool he bright and smart with many things

My daughter Eloise is a Daddy's girl my little Princess she has me tied around her little finger

Life is a gift from God

Every day we should live like it

Don't take it for granted

Don't know why some would say I'm a good man

I don't know why anyone

Would think I'm a good man

When my mind is full of junk

I'm way to flawed to be a good man

I don't know why anyone

Would think I'm a good man

Not with how often I've tried to kill or hurt myself

The people around me deserve someone who is whole

Who is not a piece of junk?

In the junkpile waiting to go to the landfill

I don't know why anyone

Would think that I'm a good man

Not with me having a mental illness

And

Couldn't keep a family together

I don't know why anyone

Would think that I'm a good man

When my mind is so full of junk

I'm way to flawed to be a good man

10/2/17

Resolve

Well, with a resolve I say that
I will have no more thoughts
About hurting myself or suicide
But you can't always stop the thoughts
What you can change are the actions

How can I stop the actions?
I can stop them by talking to someone
And using my coping skills
It requires stopping the actions
To stay out of the hospitals

With a resolve I say that
I will have no more actions
Promoting hurting myself or suicide
I will do the hard work
Facing my issues head on
And with head held high
I will talk to people and use my coping skills too

With a resolve I say that
I will say "stop" when having bad thoughts
But that's not all,
I will change my actions too.

10/3/21

God brought you in my life

God brought you in my life

Many years ago

We drifted apart-but

Our hearts were thinking of each other

And now God as brought you back in my life

We both feel the same of each other

After these many years

I'm not married, but you are

I hurt for you because

You are hurting in your marriage

God brought you in my life

Many years ago

And now God has brought you back in my life

I wish I could hold you

And protect you from the hurt your feeling in your marriage

God brought you in my life

Many years ago

And now God brought you back in my life

And I don't want to lose you again

I won't be going anywhere

You don't have to worry about that

I want to spend the rest of my life with you

Together we can make it

Cause god has brought you back in my life

10/6/17

Speck of Dust

I feel like a speck of dust
In the pile of dirt
Alongside the road
Like a flake of snow
On a winter day

There are so many of us
That we wonder if
There is any meaning to our lives
Which there is when
We walk with God

I feel like a grain of sand
On the beach
Wondering how I can matter
To a god that rules this world
I know he sent his son for us
So, we do matter

I feel so small and wonder
How I can feel useful
And feel important to people
But God has a plan
A purpose indeed
Even though we may feel small
To God were big

Clutter

clutter in chaos and debris
when we feel so undone
there is no sense in our lives
what are we to do?

clutter and chaos go hand in hand
where there is clutter
we feel out of control
how do we gain our footing?
but to take one day at a time
and follow God

clutter and chaos and debris
when we encounter these
our lives feel haphazard and loss
but we need to come to God
and
take one day at a time
if that feels too much
then take one minute at a time

so, during chaos and clutter
there can be cleansing in our lives
a newness each day

10/20/17

soaring in the air

soaring in the air

above all creation

we can see the awesomeness of it all

soaring in the air

it makes one wonder

who made it all?

it was God that made it

soaring in the air

above all creation

we can see the vastness of it all

it takes one's breath away

knowing that God made it all for us

soaring in the air

we can testify

that all of creation screams the wonder of our God

who made it all for us to enjoy?

10/20/17

cycle

it's a cycle

in and out

what can I do?

stability in mind body and soul

is a cycle

it's a cycle

in and out

I feel stuck

unable to change a thing

it's a cycle

in and out

now they're talking about state

because I can't trust me

they make up lies

all of them

I'm unable to change a thing

it's a cycle

in and out

what can I do?

I need stability in mind body and soul

I try to tell them I can be safe

but they don't believe my actions

it's a cycle

in and out

what can I do?

unable to change a thing

Winter Blues

the winter Blues tears flowing from my eyes

I feel at a loss

unable to cope with my feelings

a panic scared and lonesome

the winter Blues tears flowing from my eyes

I feel at a loss

I don't want to keep trying

I just want to give up

the winter Blues I feel so alone

I feel at a loss

I feel like giving up

I really don't want to go on it's too hard life is hard

roulette game

every night is a roulette game

without my cpap

I can stop breathing

so, I pray that I will die

and feel no more pain

every night is a roulette game

without my cpap

I pray that I will go to heaven

and leave this earth

when I will feel no more pain or sadness

cause Jesus is my life

every night is a roulette game

without my seat pad

I can stop breathing so I pray that I will die

and I feel no more pain

or sorry anymore

every night is a roulette game

I pray that I will go to heaven

when I have no C pad

I'm tired of this pain deep within

I want to go to heaven

and be happy once for all

11/1/17

Time has a way of healing

it always takes time

what time has a way of healing?

of making us stronger

better at coping with things that bring sadness to our souls

it always takes time

but time has a way of healing

hurts the plague us in grief that lingers

it always takes time

but time has a way of healing

of making us stronger

better at coping with things that bring sadness to our souls

it always takes time

that time has a way of healing

hurts the plague us in three fat lingers

yes, time has a way of healing

Relief

My soul yearns for relief
A rescue from
The pain in my mind and being
My soul yearns
To be rescued from it all

I want it to end
I will do anything
To get free from the vices that bind me

My soul yearns for relief
A rescue from
The pain in my mind
I want to end
The vices that bind me
I will do anything to get free.

My soul cries out in anguish
Free me from the captivity
The pain, the shackles
That keep me in the prison of shame and fear
I will do anything to get free
From the vices that bind me
To get some relief from
The pain in my mind.

11/2/17

The master plans

The master plans

One look at the blueprint

And I know what I am doing

Just one look at the master plan

The master plans

The things going on in my mind

No one can know about

And I can not speak about

Just one look at the master plan

The master plans

Lots of stuff

Formulating inside

Just laugh, just pretend

Like everything is great

Shush!!!

The master plans

One look at the blueprint

And I know what I am doing

Just one look at the master plan

The master plans

The things going on in my mind

No one can know about

And I can not speak about

Just one look at the master plan

11/7/17

My Heart

Can I be safe?

My heart say's yes

But

My mind screams No!

Do I feel safe?

My heart say's yes

But

My mind screams No!

Will I be safe?

My heart says yes

But

My mind screams No!

Do I have any plans?

My heart say's no

But

My mind screams Yes!

Can I be safe?

My heart say's yes

But

My mind screams No!

Do I feel safe?

My heart say's yes

But

My mind screams No!

11/8/17

Questions and Answers

When we have questions
And the answers seem
So very far away
Or

We have no answer at all
We need to trust that
God is in control

We need to trust
That god sees everything
That is going on
That god is in control

When we see bad things
Happening to the innocent
We must let go of our control
And
Trust that there is a purpose
That god is in control
In the end He will judge all

When we have questions

And

The answers seem so very far away

Or

We have no answers at all

We need to trust

That God is in control

11/11/17

Hope

To keep going on

It's important that we have Hope!

Something we look forward to

Each new day

Hope for today

And

A hope for a better tomorrow

Keeps us going

If not each day

Then

Minute by minute

To keep going on

It's important that we have Hope!

Something to look forward to

Each new day

Hope for today

And

A hope for a better tomorrow

Keeps us going

Hope is something greater
Then we have right now
Hope in a being, that's Hight
Then anything else
Hope in God
Hope in something better
That God is in control
In all situations

11/12/17

Christmas

Christmas, a time of

Joyful celebration

The birth of Jesus

Christmas

Christmas, a time of

Opening gifts and giving gifts

Cheering people up

Remembering the birth of Jesus

Christmas

Christmas is nice when it's snowing

A new world

All white and pure, Undaunted!

A newness

Remembering Jesus coming into the world

Christmas

Christmas a time of

Joyful celebration

The birth of Jesus

Christmas

Christmas celebration

A newness

Remembering the coming of Jesus

Into the world,

Christmas

11/13/17

Cat's (Main Coon)

Cats are wonderful animals
They come up on our laps
When we feel sad
They help us feel better
They have a mind of their own sometimes

Cats are wonderful animals
I had a cat once
He was a main coon named "cuddles"
And he lived up to his name

Cats are wonderful animals
They are fun to pet
Nice soft fur
They like their heads scratched too
Cats

Cats are wonderful animals
They bond with you
Trust me-cuddles bonded with me
He liked to knead on my belly
It was ok, except that his anis
Poked through me

Cuddles, it made me terribly sad
When one day he got loose out of the house
And didn't come back
The next morning, I found him lying
In the back of our car,
It made me cry -I miss him

11/13/17

Forgiveness

Forgiveness, what is it?

There is forgiveness of others

And what they have done to us

And there is

Self-forgiveness

Which is important for self-esteem

Forgiveness of others is important

We see this in the bible

Probably the most well-known example is:

Jesus and one of the thieves hanging beside him

The thief asked Jesus to remember him

And

Jesus said that he would be with him this day in paradise

Forgiveness of self is important too
Because if we don't forgive ourselves
It affects our self-esteem
We do things to hurt ourselves
Instead of bringing healing to our soul.
If we forgive ourselves
Then we tend to be happier with ourselves
And
Then we will be safe and treat ourselves
With compassion and respect

Forgiveness of others

And

Forgiveness of self

11/14/17

Cars

Cars, there are many different cars

There are

Sedans, sport cars, luxury cars, etc.

These are a few

Cars, there are many different cars

There are

Racing cars too

This one is used in NASCAR

It's boring to watch because

The cars are constantly going

In a left circle.

Cars, there are many different cars

They come in many colors

My favorite is a dark green ford mustang

Because

My favorite color is green

What is your favorite color?

Cars, there are many different cars

What is your favorite car?

11/15/17

Tornado

The winds of a tornado
Ravage buildings apart
It is like the tornado in my mind.
The winds tear me apart,
Ravage me and leave me for dead

The winds of a tornado
Utter destruction
Destroy my mind and my life
Makes me unrecognizable
To those around me

The winds of a tornado
Inflict things upon me
That make me scared
To live my life, for those I love

The winds of a tornado
Are so powerful
They are like the voices I hear
And
The pain in my mind.
The winds tear me apart
Ravage me and leave me for dead.

11/15/17

Blizzard

During the winter when there is
A blizzard blinding the way
My mind is all awash
And its
Hard to clearly see the way I should go

My life is like a blizzard
Many different things vying
For control
The voices and the pain in my mind

I feel like I am stuck
Alongside the road
In a pile of snow
I can't get free
I need to be dug out-rescued
From the blizzard
That I am facing right now

During the winter when there is
A blizzard blinding the way
My life is one big blizzard
A chaos within
I want to dig myself out
So that I can get free
I just don't know
Where to begin

Wintertime

Wintertime is a good season

When it snows

Everything looks so fresh and new

So pure and bright

That it reminds me of Jesus

Wintertime is a good season

When it snows

It is fun

Because you can make snow angels

And

Snowmen too

Wintertime is a good season

When it snows

You can go skiing

My favorite is cross country skiing

Wintertime is a good season

When it snows

Everything looks so new and fresh

So pure and bright

It reminds me of

What heaven may be like

The snow washes away the dirt and grime

The snow from heaven

Washes our souls

From bad to good

11/17/17

Remember

When you're feeling sad
Cause we're far apart
Look up at the moon and stars
And think of me
Knowing I am thinking of you

When you're feeling lonely and scared
Remember that I am praying for you
That you'll have the strength
To keep going on
Remember I am trying to fight
To keep going on
Even though it might be hard at times

When you're feeling like no one
Understands your feelings
Remember that God holds
Us in his hands
And never lets us go

When you're feeling sad
Caous were far apart
Look up at the sun during the day
And the moon and stars at night
Think of me because I am
Looking at them remembering you
That we need to keep on going
Even though it may be hard at times

11/18/17

Stars

At night when all seems dark
There's always a light
That shines so bright
The stars

How vast, how grand
Are the stars in the sky
Each telling their story
A meaning to be understood
The stars

At night, when all seems dark
There's always a light
Millions of them in the sky
The stars

How vast, how grand
Are the stars in the sky
Each one is unique
Placed there by God
The stars

At night, when all seems dark
There's always a light
That shines so bright
The stars

Peanut

Are two in the same

When you graph

A pea with a nut

You get a peanut

Peanut, the is a use

You make peanut butter

Which some people like

With bananas

Or

With bread and jelly

Peanut a mix of

Peas and nuts

What is a nut?

Its someone who's crazy like me

But you can't eat me

On bananas or bread jelly

I would not like that too much

So therefore, are peas and nuts related?

My answer is no

It just does not make sense

When you think about it

I think it people

Trying to confuse me

Bunnies

Bunnies are cute to look at
But beware,
Bunnies will bite you and it could hurt
That is why I am not
A fan of bunnies

Bunnies are white and black
Like dalmatians, my favorite dog
Bunnies are brown like chocolate
But you can't mix them with milk

Bunnies are cute to look at
They come in many different colors
Each is unique
Made by God himself

Bunnies are cute to look at
But be careful letting them loose
If they are out too long
They will leave pellets on the ground

Bunnies are cute to look at
But beware,
Bunnies will bite you
And it could hurt
They may be fluffy-but
I'm afraid of them hurting me
I'll look at them from a distance.

11/19/17

Cage

Four walls.

Being stuck in a cage

With no way to get out

No way to get freedom

Four walls.

Being stuck in a cage

If feels like we're in a zoo

With no hope

Of getting out

And no hope for freedom

Four walls.

Being stuck in a cage

Why we are treated like animals

That are dangerous

With no hope to get out

And no hope for freedom

Four walls

Being stuck in a cage

Try as we might

There's no way of escape

We're living in a zoo

No hope to get out

And no hope for freedom

Beach

On a cold winter day
It's fun to fantasize
About warm weather at the beach
If I could, I would live by the beach
Cause then I could go swimming
Anytime I wanted

The beach, it is fun to go barefoot
On the sand when its warm from the sun
Remember to bring buckets
To make sandcastles
With a moat around
That way when the tide comes in
The water won't touch the castle

The beach when its warm
You can go to the ocean for a dip
But be careful of sharks
I don't want my limbs being chomped on
So, I won't get in the water
But you might not mind

The beach, my favorite is
Playing in the sand
Nice and warm on a cold winter day

11/20/17

Shredded

My life is like a paper shredding machine

The way it shreds paper

Is like myself with the voices

Shredding my life apart

Why can't I get free?

I cry out,

But only in vain

Free me from the torture

Some days are better than others

But some days are worse

With the voices battering

The life from me

I feel hopeless like I can't go on

Like a hurricane with gale force winds

Tearing everything apart

Utter destruction

Unrecognizable- when people see me

They can't recognize who I am

Because of this destruction

Of the hurricanes gale force winds

And the paper shredding machine

Tearing me apart

Please help me!

Free me from this Hell

And the torture that envelops me

Sports

Sports are fun to watch

And play too

There are many different ones

Like: football, soccer, baseball

And basketball too

Sports are a good outlet

For anxiety

Like: walking, running, or lifting weights

Yes, sports are fun to watch and play

Sports provide a way

To get disciplined-

To train yourself for life and its problems

That we experience each day

Sports are fun to watch

And play too

Sports are a good outlet

For anxiety

And

Sports are a way

To instill discipline in life

And how we live it

Softball is good because

It's hard to get hurt when playing it.

Thankful

Thankful for the little things

Like family and friends

Thankful for big things

Like God

Thankful for things

We take for granted

Like life

Thankful

When things seem hard and rough

I know it's hard to be thankful

But we need to try

To be thankful

Despite it all

When things go well

It's easy to be thankful

But sometimes then it's easy

To take this for granted

Still, we should try to give thanks

For what we have

Thankful for things

Like family, friends, and God

Take some time and thank God

For all we have

Vacuum

Like a vacuum cleaner
Picking up the dust,
I need to do something to
Pick up the dust
In my life

What is the dirt in my life?
Voices and thoughts of suicide
And bad evil thoughts
That I am tortured with
Day by day

I feel so tortured,
That I just want to give up
But how?
I have ideas and plans
All whirring about in my mind
I need to tell someone
But how? When I am afraid

Like a vacuum cleaner
Picking up the dirt
In need help to pick up the dirt in my life
I need someone to help me
Break free from
The torture in me

Penguin

I feel like a penguin
That lost his family
And I now held captive
With no way to get out

I feel like a penguin
So insignificant
With many like me
But I am an outsider

I feel like a penguin
That lost his family
And is now held captive
With no way to get out

Black and white
Seeing myself in a mirror
I can't recognize myself
All I see is ugliness-freakiness
Filled with pain
It scares me
I don't know what to do

11/24/17

Prison

I feel like I am stuck in a dark prison

Full of sorrow

Despair and loneliness

Every day I die

Bit by bit

Till one day there will be nothing left

I feel like I am stuck in a prison

The voices keep me trapped

In despair and hopelessness

What should I do?

I feel like I am stuck in a dark prison

Nowhere to go

No way to get free

Full of sorrow,

Despair and loneliness

Every day I die

Bit by bit

Till one day there

Will be nothing left of me

11/29/17

Longing

There is a longing
Deep within us
A longing for peace
A longing that there is
A light at the end of a tunnel
That in the end
Every one of us
Will have something better

There is a longing
Deep within us
Go after what we want
And who knows
We may just get what we want

There is a longing
Deep within us
A new day will dawn
Act
Go after our dream
God can do his will
God brought us together
Always and forever
We'll stick together
There is a light
At the end of the tunnel

Mountains and Valleys

Mountains and valleys

We all go through them

Mountains are good day's

Valleys are the rough day's

Mountains and valleys

Are like *see* saws

One day we're up

The next day we're down

Mountains and valleys

First you must climb up the mountain

It may be difficult

In the end it will be worth it

Mountains and valleys

Valleys are the hard days

Sometimes we need some help

Being vulnerable we walk with *God*

Mountains and valleys

We all go through them

Mountains are good days

Valleys are days that are rough

12/10/17

Cards

As a lion goes after its prey
I go after my prey
When playing rummy
Or kings in a corner
The prey is winning a game
Although its fun playing in general

As a hunter goes after
His or her prey
I go after my prey
In winning card games
Like: rummy or kings in a corner
Although it's fun just
Playing with friends

Strategy, having a goal in mind
I can't let anyone know
This is called the sneak attack
In no time I will win
But it's fun playing cards with friends
As a hunter goes after
His or her prey
I go after mine.

12/6/17

Parched

Parched-dry as a desert

There is no relief

No water in sight

Laying down, scorched by the sun

Parched-dry as a desert

I yearn for the day

When rain comes my way

Is there any relief?

Parched-dry as a desert

I search for shelter

Scorched by the sun

Is there anybody to guide me?

Parched-dry as a desert

I wander all alone

I search for any soul

But I am lost

Parched-dry as a desert

Scorched by the sun

Trying to walk in the footprints

But its windy and I can't find my way

12/18/17

Rocks

I look outside the window

And this is what I see

Rocks.

Many sizes

Both large and small

Rocks.

Each one is different

And not one the same

Rocks.

Each one is different

Just like us

Being shaped and rolled

God loves us all

Look out your window

Rocks

Many sizes

Both large and small

Remember God's creation

Rocks.

Each one is different

And not one the same

12/20/17

Stress

Stress is something
That we all go through
Whether it is good or bad
How we handle the situation
Is one thing we can look at

Stress, there are things and ways
To cope as we run into daily problems
Some good ways in dealing with stress
Like: exercising, music reading
Or even playing with a stress ball

Stress, there are negative ways
To deal with stress
Like: arguing, yelling, destructive behaviors and
Suppressing one's emotions

Stress, whether good or bad
We can use it for growing
How we respond to stress
Is under our control

Stress, is something
That we all go through
Whether it is good or bad
How we handle the situation
Is one thing we can look at

Seasons

Four seasons-there are

Winter, spring, summer

And fall

The winter is cold

Being inside makes me feel trapped

Four seasons-I like

Sprint

Because it is a time

When the old is being made new

Four seasons-I like

Summer

Because it is warm

The only thing I don't like

Is the humidity

Four seasons-I like

Fall

Because it has leaves on the trees

That are many different colors

And my birthday

Is in the

Fall.

12/29/17

Relationships

I've been told that the relationships
Between mother and daughter are important
And the relationships between
Fathers and sons are important
But I've been learning
That the strongest relationship
Is between father and daughter

It is important to remember
That as a dad
I need to respect my daughter
Treat her as a princess should be
Setting a good example for her
How a man should treat her
In any relationship

For me I have been learning
When to set boundaries
When to pick battles
When to let her be free

I've learned
That I need to be involved
In any role
She may need direction with
Teach her how to be treated
Stick up for her when she needs it

When your feeling Blue

When your feeling blue

Find a place that's safe

It could be anything you imagine

For me its by the beach

Or even camping in the mountains

When your feeling blue

Find a place that's safe

When my family feels blue

I like to help them

I even like to help my friends

When you're feeling blue

Find a place that's safe

When your alone

Call a friend

Perhaps they may help you

Take you to a safe place

When your feeling blue

Find a place that's safe

For some spending time with God

Will help too

Even though the way may be hard

When you're feeling blue

Find a place that's safe

The smoking guns

The smoking guns

On a fridged dark day in Alaska

Everything was peaceful

He felt alone and misunderstood

Held captive by the thoughts in his mind

All he wanted was freedom

To have a "welcome to heaven" party with Jesus

He felt misunderstood

His family left him

Without saying goodbye

He had no choice or so it seemed

He felt preplaced because someone stole his role

He had no choice because people laughed at him

And it seemed like they did not care

On that fridged dark day

He had enough of it all

His neighbors were concerned because he did not get his paper that morning

So, they decided to pay him a visit

The house seemed eerily quiet

So, the neighbors combed through his house

They were merely characters in the game of clue

Taking bets where they would find him

In the bathroom they smelled a scent

Which was the smoking gun

The curtain was torn

They found him in the bathtub lying in ice

With a note saying he wanted to be free

And have his

"Welcome to heaven" party

Perplexed

He was perplexed yet he knew the answer

Laying within the book

It was the great book

It would be through many centuries

A tool that held the answers

For many who read the pages

As he grew older, he forgot for a while

The great book collected dust

As it laid on the shelf

Till one day he was cleaning his home

He found the great book

He had forgotten his mission in life

He was attending bible college

There were many things

Sure, he struggled-he had his ups and downs

When he found the great book

He found a note written in this book

He was reminded of the good old days

His mission in life,

That one day he would be reaching many people

With the truths that were found

In this book

Like a fire that burned deep in the soul
His passion for life was renewed
He was afraid of what others would say
But no matter the cause
He would follow the mission
He even kept this matter in his prayers
He had the courage and boldness
To follow regardless of what people thought

You see, this man is me
At one time my mission in life was clear
It is once again
If have family and friends
Who supports my dreams?
But for many years it was dormant
But through reading the bible and praying
I have decided that no matter the cost
I will follow my mission in life....

1/28/28

Oasis

The spunky white-haired man
With wind swept hair
For thousands of years
Was perpetually ageless

Back when the nation of Israel
Wandered the desert for forty years
The man wandered his own desert
He kept searching for an oasis
Which he was sure
He would get the prize
At the end of the journey

During his journey
The man found himself daydreaming
About what life would be like
In the future
He was quite surprised
When out of the blue
A dr pepper fell from the sky
And hit him in the head

Surprised by the turn of events

The oasis found him

He was quite sure

That the great one

Would never let him down

During his future endeavors

1/28/18

Lost in a lonely space

It came fast

Like lightening and thunder on a stormy night

His weakness was his anger

Every time strangers would come

He was fearful

About opening to people

He was quite certain that people

Would ridicule him

His coping skill, which was not very good

Was that he would bottle up his feelings

Only leading to

His anger spewing out

His true friends

Out of love and concern for him

Exhorted him

Teaching him about forgiveness

Both forgiving himself and others

You see forgiveness is a choice

When you don't forgive others

It will destroy you

If you do forgive

True healing will take place for yourself and others

Purpose

We all have a purpose
Some people struggle with finding a purpose
But for some people
It comes easier

Some people that struggle
May have had a lot of hurt in their past
And have low self-esteem

For the people
Who find it easier?
They have a healthy self-esteem

I've read in the bible
About when Moses was called to go in front of pharaoh
I think Moses struggled with his purpose
He felt confused and scared about his purpose
In the end God sent his brother Aaron
And together they were able to confront pharaoh
With God's help

For me, at times I struggle with finding my purpose
Sometimes I find it easier
But I've learned that I have God on my side

my esortation is that you should spend time in prayer
and read the bible
and be willing to
heed Gods call in your life

1/30/18

Bittersweet Life

Life can be

Bittersweet

And at times it can be sweat

The way that life is bittersweet

Can be the struggles and trials of our life

There is nothing that guarantees that life will be sweet

So, if we learn to accept

The bittersweets in our lives

It can be used to help us grow

There are times that life is also sweat

If we allow ourselves to be molded

In God's way

Also, by learning how life should be lived

Through the bible and through prayer

No one is exempt

From the bittersweet life

So, what we choose to do

When we are presented with the bittersweet life

Is the question

My exhortation is this....

To accept you will not always have an all-sweet life

And to use our coping skills during the bittersweet life.

Life's Perplexing Problems

Life is full of perplexing problems
Thru time the problems will turn into solutions
The solutions may be hard to come by
But thru time and effort
The hard times can help us grow if we let them

It is important to point out
No one is immune to problems
If we accept
These problems
And don't run away even if we feel like it

Too many of us find the perplexing problems hard to go on
Because we are afraid of change

Living life in the status quo
Willing to put forth the effort to grow
It may feel like roses during the thorns

It is important to note that we are not exempt from problems
How we respond to the problems is the answer
Number one by studying the bible
Number two by prayer
Number three by following Jesus' example
We will become better in the long run

2/1/18

A story goes like this

There was a man with an Alaskan style facial hair

One day like Josephs brothers

Put him in a pit

To sell him,

The man got himself into a predicament

He fell into a black and cold pit

He could not even see any light at all

He was claustrophobic

So, with pix and a rope

He started making his way up the wall

One step at a time

When he got to the top

It was dark because the suns had set already

He didn't know where he was

He downloaded the Uber app on his phone

After he emerged entering his information of the app

All he had to do was wait

After what seemed like a while

His Uber came for him

After the 250-dollar trip got him home

He went inside to get the money

When he went inside his home had been ransacked b

By two petty criminals

He was embarrassed because his money was stolen

He did not want to face the driver

And the embarrassment

So, he went outside and said I will send you a check
The driver said OK that is fine if you send the money soon
The man went inside
And there on the table
He saw a note from his wife and kids
That they were leaving him
This devastated the man
Because he knew that he would be alone
He felt hopeless

And a life changer that affects so many people
He went to his garage
He hung the rope along the ceiling beams
While he was hanging there the rope broke
He fell into a can of wet blue paint
He praised God
Because he had an angle looking out for him
He used this to give his story to people he met
He was a testimony to reach people for God.

2/1/18

Amarillo

Amarillo, I've never seen one
But I hear they are pretty
It could be used
As a centerpiece for a table

Each flower
No matter what type they are
Nevertheless, they are pretty
They can cheer you up

Amarillo, reminds me
Of a spade
And a deck of cards

These unique flowers
Also remind me
Of a candy
Specifically peeps

Amarillo, regardless
Even though they remind me
Of cards or even peeps
I know they are not these things

These flowers
Are pretty flowers
They can cheer you up
When you're feeling down

2/5/18

During the
Shadow of war
There is a nurse
Who has compassion for?
All they take care of

During the
Shadow of war
A nurse helps the patients
Feel better when they are
At their lowest point in their life

During the
Shadow of war
There is a nurse who
Brings healing to all
They take care of us

A nurse does their job
Not just when they feel like it
But every day they come to work
Yes, nurses are a dime a dozen

2/5//18

A Harp

The harp as we know it
Is tuned like a piano
The harp calms the soul
Especially if we are having a bad day

The harp is delicate
As we know,
David played the harp for king soul
Which calmed his soul
From evil to peace

The harp is wonderful to hear
It takes an extra ordinary person
To write the music
To instill peace in our lives
Especially if we are having a bad day

"The delicate musician knows his creativity comes from *God* and spreads it to all who listen."

2/7/18

Singing

Singing and the
Voices mixing
Sounds like music
In the air

Singing and the
Voices mixing
Sounds like angels
In the heavenly choir

Singing and the
Voices mixing
Cheering us up
When we are down

Singing and the
Voices mixing
One day we too
Will be singing in the choir
Like the music in the air

"Even though we feel insignificant at times we must be willing to join in the heavenly choir."

Drums

Drums set the tone

For the orchestra

They carry all the instruments

For the beat of the music

Drums play at different venues

Like parades, churches, and schools

Drums

Each drum is unique

For the rest

Drums set the tone

For the beat of the music

Drums are therapeutic

They are easy to catch onto

You can have fun playing with other

Drums carry the passion

Watch and learn

You can use your gift

"Making music can be your passion between the instrument and the beat of your heart."

2/8/18

Confusion

Confusion

Leaves no one untouched

Opens our eyes

Toward the chaos that surrounds us

Confusion

Pulled in either direction

We must ask ourselves

Which way we want to go

The hard way or the easy way

Confusion

The easy way

Is running away from what we know is right

This will add more confusion to our lives

The hard way

Produces character in our lives

As our lives are a testimony

To what God is producing

"In spite of confusion we must always ask: do we want to go the easy way or the hard way?"

Patience versus Impatience

Patience versus impatience

The dialects of life

Patience is a gift

A gift from God

Patience is for when we are content

With what we have

Impatience is when

We are not content

Even though we have

Everything we need from God

Impatience or Dissatisfied versus Patience or Satisfied

Satisfied with what we have

Or

Dissatisfied by wanting more

"All of us one time or another have wanted more we need to learn to be content with what we have."

2/10/18

Valentine's Day

Valentines' day

A day of plans

Or surprises

To treat your sweetheart

With something that comes

From the heart

Valentines' day

No matter the distance

You can still celebrate this day

Use a little creativity

Treat your sweetheart

With something that comes

From the heart

Valentines' day

Treats to share

Like candy hearts

With phrases like:

"Be mine" and "I love you"

This comes

From the heart

"Take time to share with your sweetheart what they mean to you with something that comes from the heart."

2/10/18

Suicide

Is not for me

Taking one day at a time

Even though sometimes

I may feel hurt

I'm going to pick myself up

And try, try again

Suicide

Is not for me

I want to be

God's hands and feet

A testimony of what God can do

Suicide

Is not for me

Taking one day at a time

With the master's help

I'm going to keep on walking

I'm going to be a success

Of what change will bring

I will do my part

To help others

How they have helped me

"Even though sometimes we may feel hurt, with God's help we will help others know the victory that we can have through our master."

2/11/18

Northern Lights

Northern lights

Also known as

Aurora borealis

Gods' creation

A gift for all to see

Northern lights

Blues and greens

Pinks and oranges

To see them dance across the sky

A gift for all to see

Northern lights

Don't take them for granted

No matter how much

You see them

Whether the first time

Or the hundredth time

It is a gift for all to see

"God's creation is easy to take for granted especially when you see it day or night. Our prayer should be to see God's creation as if its new every morning."

Seasons of Change

Seasons of change

Spring, summer, fall, winter

Like the stages of life

Young, young adult, middle age, retired

Seasons of change

You can't avoid it

Because whether you like it

It happens

Seasons of change

Spring is a time for new growth

The innocence of life

Summer is when the flowers bloom

As we grow in awareness of life

Fall, as the leaves change

So do our lives as we gather wisdom

Winter, as the snow falls

We can't change it

Time to relax as we impart the

Seasons of change

2/14/18

"Seasons of change, no matter how hard are a part of life. We must choose to embrace it and teach it to our children."

Conflicts

Conflicts

Are like silly puddy

Constantly being stretched

This way or that way

Conflicts

We always have them

Whether with our loved ones

Or people we don't know very well

Conflicts

Can stretch us thin

With our loved ones

Can be hard

Because we know

They have our best interest at heart

We have trouble

Because we don't want to disappoint them

Conflicts are defiantly

There to help us grow

"Even though we have our differences with loved ones or strangers, we must be willing to go the distance to work on resolutions"

Maintenance

As a car needs to get maintained at times

So, do we

There are many different areas

Family, friends, to name a couple

Our maintenance manual is the Bible

Family and friends' relationships

Are important to maintain

Because they have our back

We need to have their backs as well

It is important to remember

That at times we may fail them

And at times they may fail us

It is also important to remember

That we are not exempt to hurting people

And in doing this

We may burn some bridges

To maintain these relationships

No matter how hard it is

We need to follow our master's example from the Bible

Which is the maintenance manual

2/15/18

"We need to remember that our lives are not exempt from needing tune-ups. Therefore, we need to follow the maintenance manual which is the Bible."

Green

Green is the color of springtime

The days are getting warmer

And longer

Gearing up for summer

Green is the color of springtime

With the trees budding

And the leaves growing

All portraying the newness of life

Green is the color of springtime

Grass growing and flowers blooming

All portraying the newness of life

Change is coming

Whether we like it or not

The days are getting warmer

Time for picnicks with family and friends

Embrace it because

Springtime is coming

2/15/18

"Springtime is coming. Embrace it for change is near portraying the newness of life."

Life is like

A coin

There are two sides of a coin

The coin

Represents the status quo

We must ask ourselves a question

Are we content with the status quo?

Or

Are we discontent with the status quo?

If we are discontent with the status quo

Then we are more likely

To change something that

Will help us grow

If we are content with the status quo

We are more than likely

Aren't motivated to make any change

2/16/18

"With the status quo, we ask ourselves a question. Are we motivated to make changes or are we unmotivated?"

Looking

Look out the window
See the snow falling
I'm reminded of our sins
Being washed away
And the newness
That we can have through Jesus

Look out the window
See the snow falling
So pure and undeniable
As we gaze upon the beauty
Our hope is on its way

Look out the window
See the snow falling
As Jesus walks with us
And leads us with his hand

Look out the window
See the snow falling
So fresh and inviting
We are called by his name
To be his hands and feet
To a world that is lost

Looking for Jesus
It is he who has saved us

"In the midst of the falling snow we are reminded of the newness and purity found in Jesus."

2/17/18

Rose

A rose grows
During the thorns
So do our lives
During the problems
In our lives

As a rose grows
And blooms
Our lives can bloom
In the midst
Of the problems we face

As a rose grows
So do our lives
In situations
Like: death,
Losing our jobs
Or even divorce
For whatever the situation
You may find yourself
Stuck in

As a rose grows
During the thorns
Our lives can grow
As we walk with Jesus

Artist

As a painter uses his paint
For inspiration
So, a writer uses his words
For inspiration

As a painter uses his paint
To encourage others
So, a writer uses his words
To encourage people

Sometimes painters
Make mistakes
So, a writer
Makes mistakes too

For the most part
Painters and writers
Desire to be used
As *God's* instrument
To be an inspiration
To others

"As an artist uses his creativity to inspire others, so we should allow *God* to use us."

Bees

As bees have stingers
When they sting us
Out of fearful defense
We too out of fearful defense
Use our words
To sting others

We are reminded in the Bible
That we need to control our speech
To lift people up
Instead of using our words to
Sting and hurt others

Bees have stingers
And do not have any remorse
When they sting us
We, on the other hand
Can make things right
No matter how hard it is
We are reminded
To lift others up

2/18/18

"We are reminded that we can sting others with words by hurting them, instead we need to learn to lift people up."

Master Builder

As the master builder

Uses his ingenuity

To build a foundation

That will stand the test of storms

We need to use our ingenuity

To build a foundation

That will stand the tests

Of the storms in our lives

The deeper foundation that the master builder builds

The steadier that foundation is

The more likely it will stand the storms

2/19/18

"The foundation that we build to stand the storms in our lives should be deeply rooted in our faith with God."

Crops

As a farmer grows his crops
And reaps them in the fall
So, we too have our crops
To be harvested when we're having hard times

The crops that the farmer harvests
Are used as food that sustains them
During the hard winter
The crops that we harvest
Are meant to help us
When we're going through hard times

As the farmer waits for his crops
The rain helps the crops grow
The crops in our lives need the rain
To help us grow
It's important not to rush the time of harvest
But to be willing and ready to let
The harvest grows
Not on our times
But on God's

2/22/18

Faith

Faith is believing
Even in our hard times
Things will eventually get better

Faith is believing
Believing that *God* has a purpose
And carries us
Even when we can't see

Faith is trusting
In something we can't see
Our goal should be to be open
And
To be vulnerable to what *God* is teaching us
We should teach this to each new generation

Faith is something that *God*
Wants us to be open to what he is teaching us
Embrace this to go the distance

2/23/18

Stonewall

Stonewall is our defender!
Our protector and our fortress!
When we are going thru hard times
The stonewall is there to bring us thru
Thus, producing character in our lives
So, we can be a living testimony of what
God is doing in our lives
Thus, the stonewall is our defender

Stonewall is our protector!
When people rise against us
The stonewall is there to protect us
From the enemy
To make us more like Jesus

Stonewall is our fortress!
Impenetrable, unbreachable
And helps keep us secure
And helps us when we're facing the enemy!

2/25/18

"a stonewall is impenetrable, unbreachable and helps us when we're facing the enemy."

Goals

There are short term goals
And long-term goals
It is important to have a goal
Because it gives us the strength
To strive for something

Some goals I have for instance
Go back to college,
Become a pastor,
Be the dad I know I can be for my kids
Strengthen my relationship with God
Have a book published

For each person their goals have
A uniqueness to them
As their dreams and their passion
They are more than likely to have
Success in accomplishing them

2/28/18

Cages

Do we live in a cage?

Or are we exhibits?

People looking in

Treating us like animals

Do we live in a cage?

Is there a way

To get some freedom.

Because we are what people

Want us to be

Do we live in a cage?

Sheltered from the storm

Someday we'll all

Have freedom

From people treating us like animals

2/28/18

"Sheltered from the storm, someday we'll all have freedom."

Silence

Silence is golden
Even during chaos
As we open our ears
We learn a lot
About the souls of people

Silence is golden
Because it helps us
To be more observant
And not to judge others

Silence is golden
Even during the hard times
We should allow
God to speak to us
It makes us sincere
To encourage others

3/1/18

"Silence is golden, even in the midst of hard times."

Midnight

The land of the midnight sun
While you're out
It is easy to get lost in the time
When you're having fun with family and friends
This is Alaska

The land of the midnight sun
As summer fades
And winter draws near
We are reminded
That God is in control
Even though you find it hard
As winter draws near
We are reminded
Of the newness
Of the season

The land of the midnight sun
As the nights get longer
You see in the sky there's a vast array
Of the stars
Which shows the masterpiece
Of all creation
Showing us how unique we are
Cause God made us all

"The land of the midnight sun. as summer fades and winter draws near, we are reminded that God is in control."

3/3/18

Benjamin

Benjamin

I like being called Benjamin

Because its more professional

And I love my name

Benjamin

I'm kind to people

I'm caring

I'm faithful

And no matter what or whom

I respect the women in my life

And would do anything to protect them

Sticking to my values

As best as I can

I will do my best

Not to trample on women

Benjamin

I'm a quiet observer

I like to use that to help people

To help people find hope and meaning

I'm friendly

I enjoy seeing people smile

When I can

I enjoy encouraging people with words of wisdom

That God gave me

Benjamin

I try to be humble as I praise *God*

For using me to help others

3/3/18

"I'm a quiet observer. I like to use that to help others find hope and meaning."

A shelter

Just as a turtle

Has a shell

To keep it safe from harm

We too have a shell

That protects us from harm

This shell is a boundary

That we have

To keep us safe

Our emotions being violated

Makes it hard

To share with others

And

Trust others

Because of fear and rejection

Our boundary

To keep us safe from harm

Is to hide our emotions

Because of fear and rejection

Just as a turtle and we have a shell to hide under

Eventually with baby steps

We'll come out of the shell

And trust others again.

Ice Cream

Just as ice cream
Melts in the sun and heat
We too melt
When the sun scorches us

When the ice cream melts
It becomes different than it was before
And when we're scorched
We too become different

When we want to freeze ice cream again
We put it in a different environment
Which molds it into a different shape
This is part of change
To be willing to be molded

Even though the sun scorches us
A change happens inside us
When we are seen differently
From chaos into something beautiful
We are molded into something new

So therefore, we must be willing to be molded
Into something God wants
And embrace the change

Second Chances

Second chances

Just as Jesus

Forgave us

No matter how many times we've wandered

He did not give up on us

Just as Jesus

Forgave us

We've been called

To forgive no matter how many times

How Christ did for us as an example to others

Just as Jesus

Forgave us

No matter how many times

And no matter how difficult

Forgiving as Jesus forgave

We find healing in our lives

3/7/18

"Just as Jesus forgave us, we've been called to forgive others."

Tears

Tears that come from the sky
Are tears that help
The earth to grow
During harvest time,
We can reap from the earth

There are tears that come from God
They are the tears that help us to grow
Even though it may be hard,
We must be willing
To let God, do his work in us

Tears from the sky
And the tears from God
Are both important
Because the earth will have its harvest time
And we will have our harvest time
A time when God is in control

3/8/18

"There are tears that come from God. They are the tears that help us to grow. Even though it may be hard, we must be willing to let God do his work in us."

Even Though

Even though

It is cloudy outside

There is always a light

That shines so bright

Even though

Int the midst of darkness

We will find our way

Even though the darkness comes

There is still one that leads us

When we can't see

It is God who carries us

He will never let us go

Even through the pain we see

That God cares

He is there as our Protector, our Defender

The same

Even though

It is cloudy outside

We are taught to be God's hands and feet

Forever we will follow him.

"Even though, in the midst of darkness, we will find our way."

3/9/18

St. Patrick's Day

The luck of the Irish
Is what I think about
Traditional garb are the colors
Green and Orange!

The luck of the Irish
Is St. Patrick
Maybe St. Patrick was afraid of snakes
Maybe that is why he got rid of the snakes!

The luck of the Irish
Green and Gold
Are the colors of the team Notre Dame
Their reputation
Is the luck of the Irish
Yes, St. Patrick is the
Luck of the Irish!

3/10/18

"The luck of the Irish on a special day when st Patrick came as an evangelist to reach the people with the love of Christ."

Multifaceted

Multifaceted is what it

Is like looking

Out a screen of a window

Multifaceted is what it

Is like for a bee to see with its eyes

To me its hard to see this way

It can be very confusing

But to a bee

It is normal

Because God created the bee

For special jobs

God created us unique too

For a special job

Multifaceted is what it

Is like for a bee to see

We can get a glimpse into

This creature by opening

Our minds for learning.

"Multifaceted is what it is like for a bee to see. We can get a small glimpse by looking out of the screened window into this unique creature."

The Ocean

The ocean can be rough
And sometimes it can be still
Much like our lives
Our lives can be rough
And other times our lives are still
You need to respect the powerful ocean
As well as the storm.

The ocean and tide can carry us anywhere
If you are a surfboarder
Look for the best wave
Either the wave is big
Or sometimes small

The ocean is like our lives
Either our lives are hard
Like the rough ocean
And sometimes our lives can be still
Like the calm ocean
We should be respectful of the ocean

"The ocean can be rough and sometimes it can be still, much like our lives."

Easter

Easter time

A time of reflection

For what God has done for us

He was unselfish

When he gave his son up

For our sins on the cross

Easter time

A time of reflection

For what was done for us

He was beaten and whipped

Crucified for our sins

Easter time

A time of reflection

For what was done for us

He was unselfish

He chose to do this for us

Because of his great love for us

He sacrificed his body

That we may have life

Through him and him alone

"Easter time, a time of reflection for what God did for us. He was unselfish, that we may have life through him and him alone."

Relaxation

Relaxationology, the study of relaxation

Everybody at one time or another

Needs to learn how to be relaxed

And take a time out

Relaxationology, it's hard to do

When there's so much going on

In our minds

Relaxation can be fun

And can be work

Depending on the situation

And how we react to each other

It takes time and effort

But in the end

We grow and are hopeful

Once again

Relaxationology, as an art

Is different and unique

To each one that learns and practices it.

Relaxationology, the master example

We find in scripture is

Jesus the author and protector of our faith.

"Relaxationology, the master example we find in scripture is Jesus the author and protector of our Faith."

Lion

A lion is a picture of strength
A lion hunts for its prey
And doesn't give up easily
Till he gets what he wants

A lion is a picture of strength
A lion moves stealthily
As he sneaks up on his prey

A lion is a picture of strength
A lion protects his family
No matter the cost
A lion doesn't give up easily

A lion is a picture of strength
A lion hunts for its prey
And doesn't give up easily
Till he gets what he wants

3/29/18

"God is our lion, is always seeking people to follow him. And he leads us safely home."

statue of liberty

the statue of liberty
is a symbol of freedom
given as a gift from across the sea
the country of France
we are forever indebted
it means a lot-because
as people immigrate from harsh lives
they all come for two things:
opportunity and freedom

the statue of liberty
is a symbol of freedom
don't take it for granted
and don't forget its meaning
a land of opportunity and freedom

the statue of liberty
is also for new beginnings
it should be a reminder
of our duty to give back
to this great land
a land of opportunity and freedom

3/29/18

"The statue of liberty is a symbol of opportunity and freedom, a land of new beginnings."

Recovery

Recovery can be easy at times

And

Recovery can be hard at times

But it's important

Not to let it get you down

Because it's a part of life

Recovery can be easy at times

And

Recovery can be hard at times

Sometimes we take a couple steps forward

And

Sometimes we take a couple steps back

But its important

Not to let it get you down

Because it's a part of life

Recovery can be easy at times

And

Recovery can be hard at times

If we learn

From the hard times

Then it is beneficial

Because it's a part of our lives

"Recovery is a part of life. Don't let it get you down."

New Beginnings

A new day has dawned
And things are getting clearer
I'm working on myself
Each day I'm getting stronger

A new day has dawned
I have a fire in my soul
I am in a place
Even though I am nervous
God has a plan for me

A new day has dawned
Taking one day at a time
Even though sometimes
I may feel discouraged
I choose to make each day
For growing and awareness
Of whom I am in Christ

A new day has dawned
I will make use of my time
Learning from others
What keeps them going
Each day I will become stronger
And things are getting clearer.

"Even though we may feel discouraged, we choose to make each day for growing awareness of who we are in Christ."

3/15/18

Tired

Tired

When you're tired at work

Take a time out for a quick break

When you're at home

Just lay down to relax for a bit

Tired

Things that make us tired

Are

Work

Family

Not enough sleep

Busyness

Too much rest

Tired

Don't push yourself too hard

Or you'll burn out

How a candle can burn

Till there is no more wick left

Save some for a rainy day

Don't burn it aimlessly.

3/31/18

"a candle can burn out aimlessly till there is no more wick left. Save some for a rainy day. Don't let it burn aimlessly."

My world

You light up my world

When I see your eyes

Even though its only on the tv

Your smile permeates within me

It pierces my soul

And

Makes me happy

You light up my world

I would like to meet you

And

Have a chance with you

Now that I am near you

Id like to get to know you

And

See where things would go

Maybe there is a chemistry between us

You light up my world

And id like to be a part of your world.

Racing

My mind is racing
It is keeping me awake
I try to distract myself
But to no avail

My mind is racing
It disturbs me to the core
I want to be a hero
But I am here
And she is far away

My mind is racing
I'm willing to try anything
Get my mind off what I want
I try to distract myself
But to no avail

My mind is racing
Up and down like a see saw
Is the mood that I am in
One moment I'm crying
And
The next the tears are gone

4/1/18

Home

Home is someplace

You feel safe

Home is where you feel

Cared for

Home is anything you

May want it to be

Home is where your

Family is at

Home is where you

Feel loved

Home is anything you

May want it to be

Home is your very

Own fortress

Home is where you

Feel protected

Home is anything you

May want it to be.

4/2/18

"Home is not always a bed of roses; it is always a part of what happens to you which is God's will."

Trials

When you are

During trials

In your life

You are unquenchable

And

Want something better

For yourself

When your goals

Are going well

You are unquenchable

Because deep down inside

You want more

And

Want to be more

Sapphire

A sapphire for the
Woman of my dreams
Would make her happy
With beautiful flowers too

A sapphire for the
Woman of my dreams
I must be adventurous
Taking a leap of faith
For the woman I love like crazy

A sapphire for the
Woman of my dreams
I'm taking a risk
To win her heart

Sometimes women like tall men
But they get mad when
We are mischievous
Unless we are.

New Day

A new day is upon us
We are tired of the snow
And long for spring
With the multitude of flowers
That pop up from the ground

A new day is upon us
We are tired of the snow
And the rainy days too
We long for spring
And the trees budding
With new growth
Of flowers and leaves

A new day is upon us
We are tired of the snow
The grass is growing
And the bushes too
Soon there will be picnics
With family and friends
Fun times are near to remain close

4/4/18

Coloring

Coloring is fun and creative
An extension of artwork
That reflects who we are
As individuals

Coloring is fun and creative
To each person
As the picture gets clearer and clearer
It turns into something great

Coloring is fun and creative
An extension of artwork
People will admire it
And
They will tell the artist
Which can help you feel good

Coloring is fun and creative
To each person
As the picture gets clearer and clearer
It shows the uniqueness
Of the artist
And
Turns into something great

"As coloring a picture gets clearer and clearer, it shows the uniqueness of the artist and turns into something great."

Respect Women

It makes me upset

When I see people disrespect

Women and elders

Both

Talking bad and making fun of people

It makes me upset and uncomfortable

When I see and hear people disrespect

Women and elders

I was brought up respecting

Women no matter what

It makes me upset and uncomfortable

When people disrespect

Women and men

But especially women

It also makes me upset and uncomfortable

When people make jokes of all people

Not only is this rude and uncalled for

But

It shows that you don't care about others.

Cars

Cars

There are many different kinds

Each one has its own

Special purpose

Cars

One make is a chevy

Which they say

Is "Like a Rock"

Sturdy

And can make it through

Anything that comes its way

Cars

If you're a car buff

You know your stuff

It makes for interesting conversation

Cars

When they are advertised

Each has its own jingle

Chevy is called

"Like a Rock"

4/26/18

"Like a rock our true foundation is our stability in Jesus Christ."

A Right Time to Forgive

The right time to forgive

Either it is too soon

Or

Either it is too late

The right time to forgive

It is important to forgive

No matter what

That way

We can let go of hurts

Done by us to others

And

By others to us

The right time to forgive

The time is now

Before it is too late

And

You lose someone you love.

The right time to forgive

Can't be rushed

Make sure it is genuine

And

Comes from the heart.

4/26/18

Guilt

Guilt

It can eat you alive

Especially if you've

Done something to someone

Guilt

It can eat you alive

If you've wronged someone

But

It's important to say

"I'm sorry"

Guilt

It can eat you alive

Once you've made things right though

You'll emerge stronger than you were before

Guilt

It can eat you alive

Make sure you mean it

When making amends

You'll be an example

For others to follow

4/26/18

"Guilt it can eat you alive. Just say these two words: 'I'm sorry' and others will follow your lead."

Frustrations

Frustrations

We all face them

They can cause high anxiety

Then you may have problems

Frustrations

I am tired of this

People treating me like garbage

Frustrations

I wish I could hide

Because it hurts way too much

People picking on me

For no apparent reason

Frustrations

I can't wait till

I leave this place

And go someplace familiar

Where people will respect me

And not upset me

Frustrations

The time will come

Soon enough

Hopefully real soon

Cause my anxiety is way too high.

“Bring your frustrations to God and see Him work miracles.”

4/26/18

A time in Nature

A time in nature

Experiencing Gods creation

And

Gods still calm voice

During the wind

A time in nature

Experiencing Gods creation

We see him at work

During trials

A time in nature

Experiencing Gods creation

A song rises within us

Sing it to all of Gods creation

And bring glory to His name

A time in nature

Experiencing Gods creation

4/26/18

“a time in nature experiencing God’s creation-see it brand new as the sun rises each day.”

Thieves

There is nothing I hate more than
Thieves who steal your possessions
And then take off
Without a word

There is nothing I have more than thieves
What am I to do?
About it all
This makes me very upset

There is nothing I hate more than thieves
I'm stuck because I
Have no identity anymore
Should I just quit
Or call the police
And let them handle it

4/26/18

A light that shines in the Darkness

A darkness envelops me

So thick that

I cannot see

A darkness has descended upon me

I need room to breathe

And get out

In search of a light

A darkness envelops me

But I search for a light

A true light

Which is found in Jesus

Who is our guide?

A darkness has descended upon me

I see a faint light shining

That gets brighter and brighter

So bright that it points to Jesus

Our true Light

4/27/18

“Our true light, which is Jesus, shines in the midst of the darkness that envelops us.”

Fall

The change of seasons

Is inevitable

As summer fades away

The temperatures get cooler

We know that

Fall is on the way

The change of seasons

From summer to fall

The leaves changing color

To reds, oranges, browns, and yellows too

It all happens each fall

The change of seasons

Is inevitable

As summer fades away

Fall is on the way

4/27/18

“The change from summer to fall...from hot to cool, and to vibrant colors too. Show Gods creativity in all he created.”

Summer

Warmer days ahead
The sun beating down
Upon our heads
Summer is on the way

Warmer day's ahead
The sun beating down
Upon our heads

Finally able to do activities
Like: swimming, laying in the sun
And picnics too

Warmer days ahead
The sun beating down
Upon our heads
Summer is on the way

4/27/18

"Warmer days are ahead, finally able to be free cause summer is on the way."

Tears

Tears flowing down my face

I feel so lonely

Why am I even here?

I feel like giving up

Tears flowing down my face

I feel so lonely

My heart is breaking

I feel so lonely

Tears flowing down my face

I can't trust anyone anymore

My heart is breaking

I feel like giving up

Tears flowing down my face

I feel so lonely

My heart is breaking

I feel like giving up

4/27/18

"Even when tears are flowing down our faces, we are reminded that Jesus can heal us even when we feel lonely or feel like giving up."

Food

Food

All people like to eat

Everybody has them

Own favorite

Food

Down in the south

Crawfish are good

And up In Alaska and Northwest

Crabbing is famous and good

Food

Some people

Like grits and scrapple

And on New Year's Day

Some people like

Pork and Sauerkraut

Food

Some people

Like the eggs of fish

Which is caviar

Food

All people like to eat

Everybody has their own favorite

“Food is good, but the food that God gives is everlasting.”

4/27/18

Marines

The proud and the few

Saving our country

They are the marines

When you see a service man or woman

Thank them for their service

The proud and the few

Serving our country

They would give their lives

For the country they love

And for the freedom we have

The proud and the few

Serving our country

The work is tireless and strenuous

But they'd do it in a heartbeat

For the freedom of the country

The proud and the few

Serving our country

They are the marines

When you see a service man or woman

Thank them for their service

“For our freedom they’ve served. At the ready for God and country. Find a way to give back to them as a token of our thanks.”

4/28/18

Nighttime

In the silence of the night
When all is dark
And kind of slow
Is when you can do
A lot of thinking

In the silence of the night
God's still calm voice
Speaks to you
In many different way's

In the silence of the night
When everyone is asleep
The night owls come out
And work with all their might

In the silence of the night
When all is dark
Your creative juices come alive
You're a blessing to all

4/30/18

"In the silence of the night your creative juices shine in the dark."

Change

Change can be positive

And

Change can be negative

It all depends

On How we view it

Change can be easy

And

Change can be hard

It all depends

On how we view it

We will never know

If change is positive

Or

If change is negative

Or

If change is easy

Or

If change is hard

Unless we try to change

The point is this

The only way you can fail at change

Is if you do not try to change

Also

One way you can succeed with change

Is if you put your best foot forward

And act on the change needed

“The way we view change can make or break us. Either we do not try to change, or we do try to change.”

4/30/18

Earthquake

Life has hit me way to hard
Like an earthquake
I'm stuck in the rubble

Life has hit me way to hard
Like and earthquake
I'm trapped admist the rubble

Life has hit me way to hard
Like an earthquake
I'm suffocating in the rubble

Life has hit me way to hard
Like an earthquake
I can't find my way out

Life has hit me way to hard
Like an earthquake
There is no help
Cause I'm lost in it all.

Life has hit me way to hard
Like an earthquake
I'm dying inside

4/30/18

Shoe's Soles-vs-Human Souls

Shoes have soles

And

We have souls

But unlike us

The sole of shoes

Does not keep existing

After the shoe is no longer usable anymore

Shoes have soles

And

We have souls

Our soul keeps living

Even after we die and are in heaven

Shoes have soles

And

We have souls

Our shoes sole doesn't live on

But

Our soul lives on

5/1/18

Spirits and Demons

I'm being tormented
By the spirits in me
And the demons that surround

I cry out to God
Does he hear me
Or is he deaf

I'm being tormented
By the spirits in me
And the demons that surround

I seek help
But it lasts only a short time
Then it fades away
Like a flower in a vase

I'm being tormented
By the spirits in me
And the demons that surround

5/3/18

"Tormenting thoughts can be made new as we make an effort to walk in the light."

July 4th

A grand celebration

Remembering the freedom

Of our country

July fourth when families, friends, and strangers

All gather

As one, having

A grand celebration

A grand celebration

Looking forward to the time

When we all see the

Awesomeness of the fireworks

The booms and bangs

Everyone is in awe

A grand celebration

The birthday of our nation

Freedom? Yes, we are all free

Which you can't take away

No matter what people do

Our country united

All standing together as one

5/3/18

"a celebration of the freedom of our country. Thank God for all we have."

My Family

My family is precious
And mean the world to me
My four kids
All so vibrant and so full of life

My family is precious
And mean the world to me
I think in my head all the time
Of the agony I would feel
If I lost any of them

My family is precious
And mean the world to me
I want time with them
Not to be wasted on empty promises
But be a man of my word

My family is precious
And mean the world to me
Id lay down my life for them
Whatever it would take
To protect them at all costs

My family is precious
And mean the world to me
I wont waste another day
Missing anymore of their lives
Each day will be a blessing
As I get closer to them

“Family should be our first priority-don’t ever put other things in place of them.”

5/4/18

A Smile

A smile goes a long way
To make someone's day
A smile goes a long way
When there's no words to say

A smile goes a long way
Give it a try
It'll cheer someone up
More than you will ever know

A smile goes a long way
It is medicine for the soul
A smile goes a long way
It keeps you young
And your day will not be dull

A smile goes a long way
To make someone's day
A smile goes a long way
When there's no words to say

5/5/18

"a smile goes a long way. You never know whose life you may touch when their struggling with what life's dealt them."

A Cryptic Message

A cryptic message

Written in blood

On the dirt

Told of the pain he felt

A pain so deep

That he felt numb

Cause it happened day after day to him

The cryptic message

Written in blood

Told of the rejection

And the taunting

From people he knew

The cryptic message

Written in blood

On the dirt

Told of the pain

A pain so deep

That he just wanted

To escape from it all

And never come back

The cryptic message

Written in blood

On the dirt

Told of a pain

So deep that he closed himself up

Cause it was of no use

To keep going

5/6/18

Happy Mother's Day

Happy Mother's Day

A day of celebration

For our mothers

And

What they mean to us

Happy Mother's Day

Whether near or far

We can celebrate this day

With cards, flowers, and poems too

Happy Mother's Day

A day of celebration

A day to honor them

And what they do for us

Happy Mother's Day

Through the years

Mothers protect us

Nurture Us

And Mother's love us.

Happy Mother's Day

Through the years

Mothers Stick by us

Mothers teach us

And Mother's Defend us

Happy Mother's Day

Through the years

Mothers care for us

Mothers are non-judgmental

Happy Mother's Day

A day of celebration

For our mothers

And what they mean to us

"Mothers, words cannot express all they mean to us. Honor them this special day and celebrate all they do for us."

5/8/18

Never Again

I'm never coming again
In another hospital
If I'm given another chance
I'll make sure I do it right

I'm never coming again
I'm tired of the pain I feel

I'm never coming again
I'm tired of it all
I want to leave this earth

I'm never coming again
Forever with Jesus
There will be no more pain
For us who believe

I'm never coming again
Make this be the last time
There will be no more next time
Cause with Jesus I will be

4/27/18

Trees

Some seem big and strong

And

Some seem small and weak

Trees

Some seem big

And

Some seem small

On the outside

But

Deep down the surface

Is the root system

Which goes deep down in the ground

Which supports

The trees above ground

Trees

We can learn a lot about them

How it is important

To have our root system

Strong and stable

Which supports us

Even through life's storms

4/27/18

“Trees have a root system to keep them growing. Our root system is the Bible-God’s word.”

Who’s Voice

When we lie awake at night

How do we distinguish

Gods voice versus the devil’s voice?

God’s voice is calm and reassuring

But

The devil is accusatory

Likes to trip us off

With confusion

When we lie awake at night

How do we distinguish

Gods voice versus the devil’s voice?

God’s voice is strong and stable

But

The devil’s voice is tricky because it to is

Strong but it is confusing

When we lie awake at night

How do we distinguish

Gods voice versus the devil’s voice?

God’s voice lifts us up

But

The devil’s voice tears us down

And

Beats us up

“When we lie awake at night and hear the devils’ voice-we need to get down on our knees and plead the blood of Christ to hear God’s voice instead.”

4/28/18

Dreams

Dreams

What are they

Are the the desires that we have?

For something better

Dreams

It's good to dream

Cause then we have something

To strive for

Dreams

Are they a part of our imagination?

I think not

I think it is deep down something

That we want for ourselves

Dreams

Its important to go after

What you want

The deep-down desire

For something better

4/28/18

"Its important to dream-cause then you will have something to strive for."

Don't Understand

I don't understand

Why people do it?

They call me freak

Dumb, ugly, and fat

These are things that

I've heard over and over

Through the many years

Why do people do it?

It makes me hurt and cry

I don't understand

Why do people do it?

I hate myself

I am no good

Even though some tell me different

I don't understand

Why do people do it?

They call me freak

Dumb, ugly, and freak

4/28/18

"The absence of tears in life is stagnation, but with tears there is growth and healing."

The need for speed

The need for speed

Its race times

The cars with their engines running

The drivers waiting for the start

The need for speed

Its race times

The cars racing around the track

The driver is in control

Pushing the car to its limit

Hoping to win the race

The need for speed

Its race times

Every car and its driver

Greedy for the win

Of the coveted prize

The need for speed

Its race times

The cars with their engines running

The drivers waiting or the start

4/28/18

“If you find yourself speeding through life, slow down because life goes too fast as it is.”

Earth

The earth and all its fullness

Proclaim the glory of God

But

All too often we destroy the earth

By cutting down trees

And polluting the air

And many more things

The earth and all its fullness

Proclaim the glory of God

But more and more

The earth is groaning

Because of the destruction

We are putting it through

What should we be doing?

What is our responsibility?

Our responsibility

Should be that we take care of the earth

Because God created it

For us to take care of it

Just look at the story

Of Adam in the Bible

The earth and all its fullness

Proclaim the glory of God

But all too often we destroy the earth

Stop! Take a step back

Before it's too late

And respect the earth by doing your part

To take care of it.

"The earth is a part of God's creation. We should respect it and do our part in taking care of it."

5/11/18

A Betrayer in Your Midst

Have you ever wondered

What it was like

To have a betrayer in your life

A Judas by your side?

Have you ever wondered

What it was like

To be stabbed in the back

To have an agreement

A pact with a friend

Only to see the friend is a traitor

Have you ever wondered

What it was like

To have a betrayer in your life

A Judas by your side

To a certain extent

I do know this

And believe me it's no fun

It's just childhood games

Have you ever wondered

What it was like?

5/12/18

Just Gotta Have Faith

When life seems hopeless
You just gotta have faith
You gotta have faith that,
There's a purpose in it all
And that God will bring you through

When life seems scary
You just gotta have faith
You gotta have faith that,
God is bigger than
Any fear you may have

When life seems weak
You just gotta have faith
You gotta have faith that,
God is your strength and shield
And will give you peace in the midst
Of weakness

When life is full of questions
You just gotta have faith
You gotta have faith that
The answers to your questions
Reside in Gods word which is truth during trials

You just gotta have faith

A faith that God will bring you through

Rage

There is a rage burning in me

A smoldering fire deep in my spirit

I've come to my end

I don't know how to help anymore

I've tried many times to reach out

But,

It always ends the same way

Rejection! Pure and simple rejection

There is a rage burning in me

A smoldering fire deep in my gut

I'll quench the fire

At least I'll try

To calm it down a bit,

Yes, I'll still try

And be who I am

But

Will it still end in rejection!

Pure and simple Rejection

There is a rage burning in me

A fire smoldering deep in my gut

It's time to call in the troops

Music

When I hear music

Sometimes all I hear is the sound of the drums,

Piano and saxophone

I also hear words

Loud, angry, happy, and sad

When I hear music

I get an emotion inside me

Anxiety, angry, sad happy and peaceful

Music can be healthy

Or

Music can be unhealthy

Music also declares things

Next time you hear music

Think about these things

What the words mean that you hear

You see,

Music is powerful

4/8/19

Crumbling

I'm crumbling apart
Into tiny minute pieces
Scattered all over the place
In one complete mess

My mind is racing
I can't gather my thoughts
My emotions are up and down
Happy, excited upset hurt sad and anxious
All over the place like
Paint splattered across a canvas

I'm crumbling apart
Into tiny minute pieces
Scattered all over the place
In one complete mess

My actions are questionable
My fuse is getting short
I'm hanging by a short wick
And I'm slowly falling, falling, and falling
I can't control the landing
Cause I don't know where I'll land
I'm crumbling apart

Wakeup call

When we say we are powerless?

We are in essence helpless

And even unprotected.

It means that we are vulnerable

To attacks of the mind

Criticism from others

Fear of death,

Loneliness as well as

Addictions of any kind

What do we do to protect ourselves?

From these things?

First set up an alarm system

Decide what wires you will need for

The alarm to work

There are different colored wires for each area

The attacks of the mind for example

Could use scripture wires,

Criticism from others could use

Wires of complimenting the one who criticized you

Wires for fear

Could include a resolution to try something new.

Finally

Wires for addiction could include

Accountability from others.

Now that you have these wires:

Scripture, complimenting, resolution, and accountability

Connect the wires together and finally

Plug them into your body to use

The alarm will only work if you set it and use it

Alarm Set-Alarm Engaged

4/10/19

Mirror

I looked into the mirror
And I say deep scars
With tear-stained cheeks
Looking like a monster
With red eyes and red nose

But the scars inside
And the ones that
Burn like coal
Hot coal
The pain I feel inside
Is unbearable at times
I just must learn to go with the tide
At times
Because it may be the only way to go to change the paste

I feel shame
Because I couldn't stop it
Then I happened to my kids
And I couldn't stop it either.

Nature

Nature,

What do you think of when you are out in nature?

The vast variety

The many different trees, bushes, plants, flowers and even the moss that grows

On rocks

There is so much variety in nature

Animals, birds, bears, rabbits

Moose and even turtles

Nature is so much more

We see mountains

Valleys, rivers, lakes, and streams

Nature is alive and well

It speaks to you when you're during it

Because God Created it

And He created you

Next time you're out in nature

Ask God when he wants

To say to you

Nature is God's masterpiece

Painting for you.

5/6/19

Sun or Clouds

Sun or clouds

What do you see?

When things go wrong

Loss of job or failing marriage

Continuing health problems

One sees clouds

But

When things go right

Promotion, or weddings

One sees the sun

When the sun shines bright

Its as if a light comes on

And keeps us going

But

When the clouds roll in

We seem to cower

Even stay in bed

Its all a matter of perspective

What do you see?

The clouds or sun

5/10/19

Mothers' Day

Mother's

Are indeed special

Mothers are where we begin our lives

By nature

Mothers minister to us in many ways

When we hurt emotionally or physically

They nurse us, bring healing to us through

Encouragement when we need encouraging

Loving, when others seem to reject us

Our mothers stick by us

Mothers instruct us and guide us

How to love and trust others

Mothers wait on us too, in different areas

Laundry, Cooking meals and many other things

Mothers do lots of things for us and with us

Let's give back to our mothers today

Let them know we love them

Happy Mother's Day!

5/12/19

Need for Freedom

My mind is going insane

Running and running

So fast

That it taken flight

At peak speed

Like

The speed of light

I feel so anxious

From the chaos

The claustrophobia

The Loud Noises

And especially

Being caged in

I'm ready to

Fly like a bird

Exercise my wings

Tasting freedom is like having a

Whoopie pie

On a special day.

5/26/19

Surrendered to God

The Sun beating down

Scorching hot

Burning away

The bad thoughts

As well as my

Senseless actions

The sun beating down

Searing me a new way

Pure thoughts

As well as appropriate actions

Beyond blame

I can only do this

With God on my side

Giving credit to him

To all the world

He has changed me

For

His love has lifted me

5/27/19

Circle

Like a circle that

Goes round and round

Like a never ending

Cycle

Its god's love for me

I am surrounded

Forever grateful

For God's friendship and Love

Circles

Can be large

Can be small

But

God is so big

It's hard to fathom

A circle so big

God's Love

Never ending.

5/28/19

How to treat those in need

How do you treat

Those in need

Those who are poor

When I

See some one how is in need

I tend to have compassion

And I have empathy

So, I'm generous

And help them out bit maybe

For a bite to eat or a warm place to stay

I even may go so far as to share

My faith with them

How do you treat

Those in need

Those who are poor

It depends

On

Your attitude

Toward others.

6/1/19

Thy Dynasty

My fathers a king

And I'm a prince

And I have royalty

Coursing through my veins

Whatever I want I can ask for

If I want wisdom

It is mine

If I want honesty

It is mine

If I want strength

It is mine too

Whatever I need

He gives to me

An so much more

Why/

Because I am part of the Dynasty

The faith of Abraham

The faith of Joseph

The faith of Joshua

And many more

6/1/19

How Should We Live

How should we live?

Sounds funny?

Our father is a King

Which makes us Princes and Princesses

That means that we have

Royalty Coursing through our veins

Expectations for our lives should be

Faithful to our family

Loving and caring

A sense of humor in bad times

Communicating truthfully to each other

Living lives of purity

Of mind and actions

Peaceful and Patient

And so much more

Sounds like a tall order.

Well, I shouldn't be

Because our example is written down for us

And

Shown not only by our father the King

But also, by people like

Job, Moses, David, and Solomon too.

6/5/19

A Beached Whale

I feel like a
Beached whale
Slowly dying
Trying to catch my breath
So hard
Parched by the sun
Beating down on me
Slowly dying

I feel like a
Beached whale
Slowly dying
Stranded on the shore
So hard
Gasping for breath
Slowly dying

Will anyone find me
Will I ever be free

I feel like a
Beached whale
Slowly dying.

9/16/19

Cold

The cold penetrates me,
It's hard to move
To keep going
When it's so cold
My fingers and toes hurt
My nose and ears
Outright Pain!

We often carry this pain
Inside us
Afraid to go on
Afraid to show
Thinking our lives are a mirror
And when people look at us
They will see it
And ridicule us

This ridicule
Leaves a residue
That freezes us
Makes us afraid
To be an open book.

11/16/19

Desperation

Desperation

Aspirations

Looking for the good all around

Open your eyes clearly seeing

All that is before you

Let them go

Resentments

Things that hold you back

According to the word

Desperations

Aspirations

Try to be amazed

At all that's going on inside you

And around you

Desperations

Aspirations

Amazements

Learn how to be thankful for

The unexpected gifts

11/19/19

Colors

Blue,

Not just a feeling

A sign of tranquility

The calm ocean

When our emotions are calm

Red

Not just a feeling

A sight of fury

The burning fires

When we are in turmoil

All these are vivid colors

Each with its own meaning

Symbols that

Relate to us

Colors

Looking through binoculars

They all come together

To make up the whole picture.

11/20/19

The Defense

The defense makes its mark

I'm now on the offence

Justifying why

Trying to answer the call

The Defense made its mark

I'm not in denial

I need to act

And I need to protect myself

What kind of protection do I need?

I need to be

Where I feel like home

11/21/19

Infections

if infections are left untreated
what is the vision that it could very well?
lead to permanent damage
rotting our lifeblood from us
and
would cause lasting consequences

enough reminiscing
time for some good news

if you catch the infection early on
then there is hope
a hope for healing
to make our lives matter
and
lead others with a calm hand

remember there is hope
allow or cares and concerns
to be taken by Jesus himself
and watch him perform miracles

Music

Music has a powerful message

A universal message

To all its listener

A variety of music

Is aa vast

As the people who hear it

There is for example, rock music

To some it sounds chaotic

But to others,

There is a thrill of

Hearing it as it releases

A fair amount of energy

To get them through the day

Another example of music is

Contemporary Christian music

Popular to many

Listening to this calms the heart

And

Gives them the strength to meet

The day head on

As well as inspiring the Dreamers and vision makers

To be creative using the gifts

The master gave us.

Stars in the night sky

There are so many stars

In the night sky

Sometimes I wonder why we don't

See stars during the day

Then I am reminded how God created

The earth with many things especially

Day and night

There are so many stars

In the night sky

Just look

There are too many to count

But

God calls his creation as very good

This includes us as well as the stars too

How did the stars get names for?

The pictures, also known as constellations

I don't know but they are all named

Think about this for a moment

And rest in the knowledge

That all of creation

Matters so much to God

We should show

That God see so much of us

10/15/18

Limbo

Limbo, our lives at times seem to
Perpetually hang in the balance
With two choices that we can act upon
Making choices to change
Or
Staying the same and refusing to change

Limbo, hanging in the balance
The easiest, but not the best is
That we stay the same and
Not change even though we know
That inside us,
Life could and would be better if we took one small step
Our character would develop

Limbo, hanging in the balance
The other and best choice is
That we take and try to change
Because even though it may hurt
And
We are stretched and pulled around
That whether we know it or not
God is developing his character in us
Just take that small step and make a choice to change

Respect

If you want respect
You need to earn it
Sometimes when you don't show respect
It will alienate you from others
Even those close to you
That a change is needed
Out of love and respecting others
You need to respect yourself as well

Sometimes, but not always
A lesson learned
Is like a diamond ring
Precious as it is
It needs to be taken care of with love
Out of love, even though
It may hurt,
We need to be cleansed
And start life with a new slate

Watch yourself though, because again
You need to respect
The delicate nature
Of those around you.

10/19/18

Selflessness

Selflessness, a big word

That few ever possess

Can be mistaken for being a people pleaser

Thinking about others even before yourself

Selflessness, is something that

Few people ever possess

Because in this day in age

Everything is Me! Me! Me!

A selfish attitude

Trying to beat others to the finish line

Selflessness, thinking about others

Before you think about yourself

It can be taxing

But

It is ok to be selfish sometimes

Whats hard is doing it

Because you may feel guilty

But remember to pamper yourself

Because there are times when

Me! Me! Me! Is ok and

don't feel guilty about it.

10/19/18

Captains

What to you think about when
You think of a captain
A leader, a rudder of a ship or
Glue that patches things together

One of a captain most important job
Is that of a leader
A leader guide those around him
As an example
Slow and steady
With a firm grip
Others will follow

A rudder of a ship is like a captain
When there is danger, the ships operator
Alters the course of the ship
By adjusting the rudder in a new direction

Glue, also is an example
A captain
Glue patches things together
When things seem chaotic and out of sorts

The glue that patches things that are
Chaotic and out of sorts
Together is a bond that won't fall apart

Life's Threats

It can be a hard thing
When you feel threatened by
Life's many demands
Upon our families and ourselves

One thing that feeds our threats
Is being alone
It is often lonely when you
Immerse yourself with
The demands of our careers

Another thing that feeds our threats
Is when all you know to do is work, work and more work
And you begin to pull away from others

One more thing that feeds our threats
Is when our home life seems
To be crumbling all around us
When this happens, it can be scary
And
Leaves us with feelings of insecurity as well as hopelessness
Because we fall back to do what is best
Then the vicious cycle starts again

Having the feelings of loneliness, immeasurability in our work
A lastly insecurity

Leader

Leadership is a quality that few people possess
It is a gift to instill in Generation after Generation
To share a clear vision
And
Propel us forward despite the unknown

One thing a good leader possesses is
That of having a sharp mind

A sharp minded leader is constantly
Learning and uses that knowledge
To give those that follow a clear objective
Of our vision and fan the flame
So that others will follow without grumbling

Another quality that a good leader
Possesses is that of being precise
Knowing what needs to be done
And
Getting it done without wavering

A precise leader
Is also one that leads by example
Passing on to others without wavering
Who will carry the mantle?

Hard Decisions

Hard decisions met at

The crossroads of life

Should not be taken lightly,

Because I could determine

The course of life

A toxic environment

Is best met by

Separating oneself from

The toxicity

That we are around and

Starting as a flower

Blooming for the first time in spring

Hard decisions

Met at the

Crossroads of life

We chodl follow the map

To get us safely home.

Ready for a change

At the crossroads of our lives

Patchwork Quilt

Have you ever wondered
About quilts
Especially patchwork quilts?
They are unique
Never the same and never dull

A patchwork quilts
Haas many pieces which are all different
Yet they come together as one
Despite the differences
Each quilt tells its own story with deep meaning

A patchwork quilt has a message
Each telling its very own story
You may not know the story

We are like a patchwork quilt
Telling our own stories with deep meaning
Encouraging others to
Greatness as we walk the path of life.

10/23/18

Generator

A generator has many uses.

One is providing electric to power lights.

What does light do?

Light illuminates what is hidden

To be seen by all

Bothe the good and the bad

As a generator powers light

So, does God

When we are walking with God

As well as reading God's word

We will shine forth the love of God

When a gerator runs out of power

Darkness envelope everything

And

Things that were seen before

Are now hidden from everyone

As a generator can run out of power

So do we when we are not walking with God

As well as neglecting to spend

Time in god's word

10/23/18

Carmel Apple

When you think of Halloween
There are a variety of candies
That one can think of
Like: 3 musketeers, snickers,
Skittles, as well as Carmel apples

On one hand
Carmel apples are sweet
The caramel is extra smooth
Especially with an extra dose of sweetness
For those with a sweet tooth

The apples on the other hand have a semi tart taste
That makes your mouth water
As you take a bite of the Carmel apple

One notices the unique
Combination of the sweet caramel as well as the tart apple

10/23/18

Changing Leaves

Changes can be hard on one hand
It depends on the circumstances
Or on the other hand it could be easy
As we adapt to life's constant changes

One change is in the fall
When the leaves on trees
Change colors from green
To vibrant colors like:
Reds, yellows, and oranges
And
Sometimes even brown
It is amazing to see all this happen

As the leaves change colors
We too are constantly changing and growing
Giving up on old habits
To develop new ones
It is important not to complain
Because God has his plan for our lives

Another thing that happens during fall,
Is that the leaves on the trees fall to the ground?

10/24/18

Folded Paper

Paper that is folded

To the point where it can't be folded anymore

Is like secrets that we hold inside ourselves

To not hurt others

And

Ended up alienating us from those around us

Paper that is fresh without being folded

Is like an open book that is translucent

So as not to hold secrets inside us

And helps us to be open

To constructive criticism

Which helps us to grow and change for the better

10/26/18

Potholes of Life

Potholes are unpredictable

From out of nowhere

They can pop up

And

They can cause damage

Potholes can be deep

Or

Potholes can be shallow

But potholes are a part of life

Potholes help shape our lives

And

Make us who we are today

When we take our eyes

Off the road and are not paying attention

That is a recipe for disaster

In fact, it could be too late

And the damage too great to repair

On the other hand

Potholes if we allow them

Can be repaired and patched up

When this happens, we can

Make amends with people that we hurt

And

Start over with a clean slate.

Christmas Lights

Lights, a small word with such deep meaning

There are many lights

A few of them are the moon and stars,

The sun and lastly

Christmas lights

So, here is what some of us think of

When we start putting up the Christmas lights

Christmas lights come as multicolored as well as

Some solid lights

When we see Christmas lights

We are reminded of the shepherds

Following the Christmas star to go worship

Baby Jesus in Bethlehem

You see the Christmas light

Is the true light

The light of the world

Now go share the light of the world to a lost and hurting world

Boats

I like boats, but I am not
A fan of traveling on the water
There are some life lessons
That one can learn from boats

First, we have a sinking boat
These boats are unprepared for
The journey on the water
And
Are weighed down by the cares and worries that one may have

Like boats, we too can be unprepared
And
Weighed down by the cares and worries in our lives
What grieves God is that we don't trust Him with this

Next, we have boats that float
These boats are prepared for the journey

We too can be prepared for our journey
As we give our cares and worries to God
He can handle anything
Just ask God to be prepared
For the journey on the water
As well as the journey we have with God

Engaged

Engaged in life

What does it look like?

There are some things that

Come to mind

The first thing that I notice

Is that we need to be fully involved

Fully involved in our faith

And

Sharing with others, so that they will see our conduct

Engaged, what a word

What a meaning

Being fully involved

In the many different aspects of our lives

When we are fully involved in life

We purposely share our faith

One more thing I notice is that

When we are fully involved

We are living examples

Of God's work in our lives

Mountains and Valleys

The mountains and valleys

We all have them

What we do when we have them

Are what matters

Mountains are all different heights

Within these heights

Are feelings of ecstasy and invincibility

To name a couple

Having these feelings can seem

Scary and at times downright frightening

Because we feel unworthy of these feelings

Valleys are all different depths

It is normal to have valleys

Because life is not always “peachy”

In fact, when we are in the midst

Of the valleys feelings of insignificance or whatever you think of

They can feel normal because of our upbringing

What are we supposed to do?

When we are in the valleys?

Since they are various depth

We can go help those who

Are having a difficult time making it from day to day

Life in the Frozen North

Life in the frozen north

When all is dark and cold

With no one around to help

It can be scary and downright frightening

Beware, you may have

The company of wolves

Bears or even moose

To name a few

The only way to travel the majority of time

Is by dog sled or snow machine

In the remotest areas where cars

Cannot reach for there are no roads

The people have to live off the land

Hunting, fishing, and trapping

To sustain themselves

To last all winter

Beware of the hazards

The hazards of life

That can swallow us up

As unsuspecting people

Who becomes stuck?

In the reality of life

Calm before the Storm

Our lives sometimes can be stormy,

Like a hurricane

Or

Sometimes it can be calm

With smooth sailing, peaceful

And

Even in the quiet stillness

That come before the storm

Then comes the relenting hurricane

Without advanced warning,

Rearing its head in the form of

Our anger, impatience and sometimes even fighting

What do we do when we go through the?

Hurricanes in our lives?

Remember God is in control

And

The hurricanes in our lives

Will eventually turn into the calm before the storm.

What is our job?

Our job is to keep each other

Accountable and calm as well as

Helping our brothers and sisters out

Even though we may not feel like it

Bitter cold as well as the coming Snow

Winter, spring, summer, fall, seasons of change

Happen whenever we like it or not

Or even if

We are ready or not

Seasons of change happen in our lives too

Therefore, we need to prepare for each season

As we think about this, we think about

Fall turning into winter

In the fall we experience the crispness

Of the air as well as the changing of the leaves

But,

In the Winter we think of the bitter cold

As well as the coming snow

In our lives we can be bitterly cold

To those around us

By hurting others with our words as well as our actions.

When we do this its hard to

Gain the respect from others that we have hurt.

The coming snow offers hope,

Hope for forgiveness, hope for healing

As well as hope for the future

Finally, the snow offers a brand-new pure cleansing and a fresh start.

The Uncle I never knew (Robert Lewis Barr)

When my uncle entered the is world

His life hung in the balance

Even through this time

There were blessings in disguise

First God carried my uncle through this time

Then lastly

My grandpa Came to Jesus

Both blessings made an impact

That shaped our lives

As time marched forward

My uncle grew passionate

For our country and the freedom

We enjoy

To give back to this country

He joined the marines

By serving faithfully

My uncle also has a passion and appreciation

For the arts and entertainment

Especially in the area of music

You see, when we hear music, it has the

Power to shape and make a difference

In our lives for the good or the bad

My uncle was born a hero and died a hero

Hoping, Longing and Waiting

Christmas, is a time of hope
A time of Hope which is
A longing for something more
A hope that gives us peace
A peace that only
God can give to us

Christmas, is a time of both
Receiving as well as giving
God Giving his son
During a time of waiting and longing
A longing for the King of the World

Truly
Even though it is fun to receive on Christmas
They heart is in the giving as well as making others glad
Especially in the Deep Darek world as it is

Christmas is God's Gift
Sending Jesus to a
Longing, waiting world

Adapting to Life's circumstances

Typically, we are creatures of habit

Sometimes we are selfishly stubborn

Thinking only about ourselves

And on the flip side

We can be selfless, thinking about others

When it comes to adapting

In different areas of our lives

Again, we can be selfishly stubborn

By refusing to make concessions with others

Because we may be afraid of being

Stretched in new directions

The second way we could approach life's problems

Is by truly adapting

Going with the flow and making do

Even when things don't go our way

First way we step on people's shoes

Is by not caring about others

But

The second way we make decisions together

By respecting others

We show others that we care about them

Don't blend in...Stand out to others

Purpose, what a word

Do you ever find Yourself asking?

Do I have a pulpous

Or even

What is my purpose

If you find yourself asking these questions

Know that you are not alone

Regardless of what you have previously thought

You might rather sit on the sideline

By letting others have

The limelight

Thinking that if you are quiet enough

You may be able to blend in among those around you

But,

God made us for a purpose

A reason that we are meant for,

To live for sharing with others that cross our path.

In this way we are meant to stand out

By being a light of God's love to all

Two Sides of Christmas

There are two sides of Christmas

There are those who

Celebrate the Christmas season

And

There is ae those who don't celebrate

They are anti Christmas

Christmas is a time of hope

A time of longing

A time of giving

A time of waiting

When we celebrate Christmas

We celebrate God's gift to us

His son, the Light of the World

And

Sharing the Light with others around us

This time of celebration

Is meant to share with

Family and friends

As well as

A time of laying aside our differences

During this joyful season

But

This is not always so.

You see, those that matter most to us
Have the power
To sting us with words and actions
Which could ruin the season
This does not have to be

No matter where we are
Or
Who we are with,
We still celebrate this joyful
With those around us
And this my friends
Can make us glad
Because we know, the light of the world
Is with us forever

Chestnuts and Cocoa

Sitting by the fire on
A merry Christmas eve
Roasting chestnuts
Sipping cocoa
Enjoying the company

Sitting by the fire on
A merry Christmas eve
The snow gently falling
The fire gently crackling
The story we are writing
On this merry Christmas eve

Sitting by the fire on
A merry Christmas eve
The carolers, they are singing
Oh, what a melody
Were roasting chestnuts
And
Sipping coca
By the fire
On this merry Christmas eve

Old Things Become New

Out with the old

And

In with the new

The old way of thinking

I feel overwhelmed....so I will hide

I feel overwhelmed....so I am lonely

I feel overwhelmed...so I am scared

I feel overwhelmed...so I will end it all

To think these things

How absurd

The new way of thinking

I feel overwhelmed....so I will unveil myself by being open with others

I feel overwhelmed...so I will make new friends

I feel overwhelmed...so I will become confident by trying new things

I feel overwhelmed...so I will live life to its fullest

To think these things

How logical

There is a purpose and vision for everyone

Everyone needs a purpose

And

Everybody needs a vision

What is your purpose?

Your calling?

Your mission?

Your objective?

Your aspiration?

All these, although seem different

Are all interrelated in some form

In essence it is what is

Deep down inside your core

Your heart's deepest desire

That keeps you going each day

For everyone it is different

For me it is to shine forth the light of God

By being compassionate and caring toward others

What is your purpose?

Once you know your Purpose

The next question is your vision

Your revelation

Your aspirations

Your goal

Your Ambition

All these although seem different

Are interrelated in some form

In essence it is what is

Deep down inside your core

Your hearts greatest dream

That keeps you going each day

For everyone its different

For me it is to foster healing and encouragement

Through my poetry, my work as well as my ministry

What is your vision?

Dharma' (dharma)

Dharma,

A small word with such deep meaning

What is Dharma?

It is in essence, "a virtue, quality or value

That we cling tightly to."

When we think about Dharma or Value

What is some Dharma's or values?

That you cling tightly to.

For everyone it is different

It could be Dharma's or Values like

Being loyal to your friends

Being helpful to people (helping people)

Or even

Being appropriate in your daily conduct

For me some additional Dharma's or values

That I cling tightly to are

Pleasing God

Being compassionate and caring toward others

Treating people fairly

As well as

Relying on God for my life course direction

So let me ask you,

What Dharmas', virtues, or values

Do you cling tightly to?

Word's

Hope

What is hope

It is in fact encouragement

Spoken words of encouragement

So, what is the definition of encouragement

Words of encouragement are "words that make

One confident and secure with themselves or others."

We all need these types of words

Spoken to us

Both by ourselves and by others

But all too often we are put down

By sarcastic remarks that

Hurt and sting us to the core

This can leave us feeling empty inside

Which is not good at all?

How do we become confident and secure?

With ourselves?

Start by writing down positive affirmations

About ourselves

Some of these would include:

"I have a great smile,

I am kind."

"I am forgiving, or even

I am gentle"

Once you write these down

Repeat them over and over

You will begin to gain the confidence and security

That you deserve.

The passion of Christ

When we think about

The passion of Christ

We think about the

Excruciating agony

That he went through

He was betrayed by one of his own

Scourged at the hands of the Romans

Mocked, spat upon, ridiculed by putting a robe on him

The crown of thorns thrust upon his head

Hung between two thieves

Crucified on the cross

As well as

Being insulted

By those passing by

But the story does not end there

There is hope

Because after his death and burial in the tomb

After three days'

He rose from the dead

And

Conquered the grave

He did this

All for us

On this passion day of Christ

The Educator

Whether you know it or not

We are all educators

But first let me explain

You see we are also sages

A sage is a "wise scholar who is a lifelong student

That is constantly asking questions."

As you know when we ask questions

We learn not only about other people's life experiences,

But also, our own.

We also learn about a variety of subjects like:

Nature, religion, relationships etc.

Thus, we can educate people about the

Things we learn

An educator is "one who teaches about a variety of subjects."

Some of these subjects would include:

Value's, ethics, the arts, as well as those listed above

So, you see, we all have a lot to offer

As educators

To those whom we meet

What an awesome responsibility

Our Sustainer

To sustain is to "nourish and love one by showing
Compassion to them and treating them as valuable treasures."

Who are some people that one may sustain?

Some people that one may sustain

Could include:

Your physical family

Your spiritual family

Your friends

And

Lastly as Christians,

Strangers and nonbelievers

Who sustains us?

The bible is Clear that God sustains us by

Showing compassion to the poor and the needy

The sick, the troubled

The saddened or emptied etc.

As Christians God wants us to sustain others

Showing compassion by

Loving and caring for others including:

Loving our enemies etc.

Fear

Fear is a word that is often

Misunderstood by many

What is fear?

Fear is to have a "reverence or awe of something or someone."

What are some things or people we might fear?

Some things might include:

Death, violence(terrorists), wars etc.

What does the Bible say about fear?

The bible says

That we do not need to fear because God is in control

Our Expressions

What is an expression?

An expression is "what we wear on our face."

Well, that I one definition of expression

Another definition of expression is "our ministry or desire in life."

What are some desires that people may have?

Some desires that people may have could be

To make more money,

To grow and become a better person

To diet

To get a new car etc.

A few of my desires would be

To grow in my relationship with God

To be there for my kids

To help people

To love and serve God

As well as

To worship and pursue God wholeheartedly

To name a few

So now that we know what expressions or desires are

What are some of the expressions or desires that you have?

A Big Thank you To my God who gave me the words for these poems. It is my goal that the God who inspired others may inspire you as you read these poems. Also, a shout out to my church family and friends who stick by me without judgement or prejudice. Also, Multnomah University staff that work with me in my schooling. I also want to thank my family you know who you are. As iron sharpens iron so one man sharpens another. Feel free to call me if you are in need of prayer or encouragement. 717-379-0920

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