**My Personal Mission Statement**

-To use my poetry as a tool to show others with mental health issues that they are not alone.

-To encourage others

-To please God in all I do

A verse that helps me remember this is Ephesians 2:10

“For we are His workmanship created in Christ Jesus for good works which God prepared beforehand that we should walk in them”

**Introduction**

These poems in this book are meant to help people who are going through rough patterns in their mental illness and to encourage them where needed with my faith. The compilation in this book is: a reflection of my own emotions and struggles with Mental Illness, some light- hearted material as well as works reflecting my walk with the Lord.

Like Paul in II Corinthians 12:7-9, I have prayed and prayed that God would take this from me.

“And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me ‘my grace is sufficient for you, for my strength is made perfect in weakness’ Therefore most gladly I will rather boast in my infirmities that the Power of Christ may rest upon me.”

Many of the poems in this book I have written, while in and out of many different hospitals.

I would like to acknowledge the many men and women: Doctors, Nurses, Psychiatric Technicians and Therapists who have helped me over the years. I would like to acknowledge my parents and my sister who have always stood by me. I also acknowledge all my friends and my children: Ben Jr., Amzi, Josiah, and Eloise. Last, I acknowledge God who, through Him alone, gave me the words in this book.

**Animal Friends**

More than just creatures

They are pets

They are our Friends

Cause they sense our emotions

More they just creatures

They provide things for us like:

Milk, wool, eggs

Sometimes other things like

Hearts, valves and things

Like that.

More than just creatures

They depend on us

And we on them.

Just animals?

No! they are our friends

2/2/13

**Gone**

In the matter

Of a blink of an eye

You can be gone

Leaving family and friends

Gone.

In the matter

Of a blink of an eye

You can be gone.

Put that gun to your head.

Gone.

In the matter

Of a blink of an eye

You can be gone.

Put that needle in your arm.

Gone.

Gone forever

In the blink of an eye.

8/12

**Snow**

You can go sledding in it.

You can make snowmen with it.

Snow! It is fun.

You can go skiing in it.

You can make snowballs with it.

Snow! It is fun.

You can make forts with it.

You could play croquet in it

But I would not suggest it.

Snow! It is fun.

2/3/13

**Northern Lights**

The dazzling Brilliance

As the lights dance across the sky

takes one’s breath away.

Shekinah (Glory)

The Dazzling Brilliance,

The colors,

Their super

Blue’s and Green’s

And others too.

It takes one’s breath away.

Shekinah (Glory)

The Dazzling Brilliance

As the lights dance across the sky.

Do you see it?

Shekinah (Glory)

2/4/13

**Joy**

More than just words,

Joy.

It comes from the heart,

Radiates from within.

Joy

Can change your life,

Make you feel again.

You will find your purpose

Once more.

More than just a word-

Joy.

Search for it.

You will find it.

2/5/13

**Candy**

One day in Hershey

I felt free.

I looked up at the sky

And what did I see?

Clouds.

Clouds

Fluffy like

Cotton candy.

But you cannot eat them.

They are fun to look at

If you do not want the

Calories.

2/5/13

**Awake or Asleep**

Am I awake?

Or

Am I asleep?

The visions play over and over

In my mind.

It is hard to decipher.

Am I awake?

Or

Am I asleep?

The voices I hear over and over,

It is hard to decipher,

Are they real?

Or

Are they fake?

Am I awake?

Or

Am I asleep?

**2/6/13**

**Denali**

It’s huge-

It’s great-

Denali.

Just to be there

Lost in it all

Is where I want to be,

To hide from it all.

The majesty,

The snow-capped peaks,

The sun in its rising,

The sun in its setting,

Over the mount

Denali.

To see it from the sky

Takes one’s breath away.

It’s huge-

It’s great-

Denali.

2/6/13

**Prison**

“Do this” and “Do that”

“You are this “and “You are that”

And things like these

Are all I hear.

It is tormenting me

Like I am stuck in a prison

And cannot get out.

Where can I go?

What can I do?

I just want to escape

I just want to be free

I feel like I am stuck in a prison

And cannot get out.

2/6/13

**Welcome to Heaven**

“Welcome to Heaven”

The party I want to have-

Why not now?

Why do I have to wait?

I just want to be with Jesus

“Welcome to Heaven”

The words I long to hear

will make me happy

Just to be with Jesus.

Why not now?

Why do I have to wait?

I just want to be with Jesus.

2/6/13

**Gift**

On birthday’s

We get these things-

Gifts.

On Christmas, too.

Gifts.

We give them,

We get them.

Some make us happy,

Some do not.

These are gifts.

Gift

The greatest gift of all,

The one that matters most,

This gift is

Jesus

2/6/13

**Contentment**

Contentment is a

Peacefulness that is within us

When we know that

People have our back

And

Friends stick by us.

Contentment is a

Feeling that all will turn out well

No matter what

We are going through.

Contentment is a

Peacefulness that is with us

If we allow ourselves to feel it.

It will make us happy,

It will make us strong,

Cause we know

That everything will turn out well.

2/7/13

**The Ocean**

Blues and Greens-

The color of the calm ocean,

The fish swimming.

How vast!

How big!

The Ocean.

The swells,

The crashing

Sound of the angry ocean,

Still the fish swim untouched

By the anger around them.

The calm ocean

After the storm-

Beautiful and serene,

With Blues and Greens.

How vast!

How big!

The Ocean.

2/8/13

**Peace**

The feeling

Deep within us

That everything will be ok,

The knowing

That Someone has your back.

The feeling

That everything will be ok,

The knowing

God is in control.

The feeling

Even in times of calamity

will make us stronger

In the end.

Things will turn out well.

2/8/13

**Hesitation**

Hesitation

Keeps us from trying,

Makes us scared of doing new things,

Freezes us,

Even though time still goes on.

Hesitation?

“Hesitationology”-

The study of hesitating-

It silences us,

Freezes us, to stop doing.

2/9/13

**Crying Out**

From the depths of my soul

I cry

Cause the voices

Seem unbearable!

What am I to do?

From the depths of my soul

I cry

“Free me

From the violence within!”

Cause it feels unbearable.

What am I to do?

From the depths of my soul

I cry out

“Can anybody hear?”

“Does anybody care?”

From the depths of my soul

I cry!

“The voices- they’re unbearable.”

What am I to do?

2/13/13

**Hamburgers**

Hamburgers, Hamburgers

Many of them-

Big Mac and Whopper

Are two,

But my favorite is

The “Baconater”.

Hamburgers, Hamburgers

Many of them.

Cheeseburger is one,

There are many others.

Which is your favorite?

2/14/13

**The Storm**

The storm clouds

Rolling in,

Chaos around me.

But I long for a peace

During the raging

Storm.

The torturous voices

Tell me bad things.

I want to be free!

I long to be free

During the raging

Storm.

The storm clouds

Rolling in,

Chaos around me,

The impulses,

The urges,

I long to be free

During the raging

Storm!

2/15/13

**Happiness**

Happiness is

Seeing the cream

In the Whoopi pie.

Happiness is

Seeing the smiles on my kids

As they greet me.

Happiness is

Being with friends,

Walking and talking-

And spending time together

Happiness is

A feeling deep inside

That can outweigh

The sadness

And Make for a good future.

8/12

**Hope**

A glimmer of hope

On a bleak day

Fired him up

And gave him a strength

A purpose

He had not felt for a while.

A glimmer of hope

Is all it takes

To fire us up,

Take one day at a time,

And never give up.

A glimmer of hope,

A longing,

A yearning,

Hope for a better tomorrow.

Hope for security.

A peace

During chaos.

2/17/13

**The Journey**

They pierced His side,

Bruised and crushed Him.

A crown of thorns

Placed upon His head-

This He went through for us.

They pierced His side,

Bruised and crushed Him,

Spit at Him,

Beat Him.

A sign placed above His head-

“This is Jesus- King of the Jews”

They pierced His side,

Bruised and crushed Him,

Laid Him in a tomb.

On the third day He rose!

This He did for us.

2/18/13

**What If’s**

The “What if’s” in life

Keep bogging me down

Like an anchor on a ship.

What if I do this?

or

What if I had done that?

The “what if’s” in life

Immobilize me.

Cannot move forward,

Cannot move back.

Stuck.

What if I had done this?

What if I had done that?

The what if’s in life-

How can I move past them?

How can I move forward?

The what if’s in life

Keep bogging me down

Like an anchor on a ship.

What if I had done this

Or what if I had done that?

2/19/13

**The Outsider**

He felt alone

Like no one understood.

They were inside him-

The people.

Yet

He felt like an outsider.

There were those

Around him

Who knew nothing of this.

So,

He felt like an outsider.

He felt alone,

He felt like an outsider.

2/23/13

**Cat**

Cat- animal

Or

A machine?

A cat can be good

If you are stuck in the snow

Or

Stuck in the mud.

You cannot pet them

Or

Give them food.

But,

The other cat-

Originally a kitten,

Is soft.

And they

Usually let you pet them.

They are cute

And

Cuddly, too.

2/26/13

**Milk**

Milk is good.

It makes me feel smooth.

Chocolate milk,

Strawberry, too.

They all are good.

Milk is good.

Can cause a word war

Though.

There are many varieties.

Buttermilk

Though,

Is my favorite

To have with

Whoopi pies, doughnuts and Klondike bars.

Yes, milk makes my way smooth.

3/1/13

**Summer Sun**

The sun,

The warmth,

Summer is near.

To the beaches we will go

Cause summertime is near.

Summer is near.

Ice cream we will have,

And lemonade too.

The sun,

The warmth,

Summer is near.

3/17/13

**The Statement**

He was timid.

But one day made

A bold action.

A decision one made with

A statement that sent

Shock waves through all

Who were there.

“I want to go home

To be with Jesus is

My plea”!

In a split second

that sound sent

Shivers through all.

That man met his

Maker that day.

3/29/13

**The Fog**

The fog makes

It hard to see.

Don’t know which way

To turn.

Don’t know which way

To go.

The fog

Makes it hard to see.

The way could be straight,

The way could be winding.

The fog.

Being stuck,

Hard to make

Things clear.

It is hard to see.

4/1/13

**The Bright Light**

The young man

Standing in the shadows

Came out into the light

And said

“Come to me.”

I started on my way

To meet him

When he said “Stop.”

He looked into my eyes

And with a twinkle

Said “Come the rest of the way.”

So, I started again.

I reached the man

But to look at him

I could not

For he was too bright-

Like the sun.

I could not even look into his eyes

For in him there was no sin

I said. “Forgive me Lord.”

And he said,

“I have already forgiven you”.

2/25/24

**The Rainbow**

The rainbow

A sign,

A promise

From God

Never to flood

The earth again.

The rainbow

A sign,

A promise,

The calm after

The storm.

A rainbow

4/3/13

**Nothing**

Do we really exist?

Nothingness-

What the world was

Before creation.

Nothingness-

The act of being

Nothing.

Empty and void.

Nothingness-

Do we really exist?

4/8/13

**New Beginnings**

With new beginnings

The old die

And have gone away.

We have a new start.

With new beginnings

The old die-

Hopefully gone forever.

Sometimes they linger

And crush us like

A load.

But,

We must find a way

To go on

Cause we can have

A new start.

4/21/13

**Question**

Thoughts to die or not to die

Is the question.

Sometimes the thoughts to die are stronger.

Sometimes the thoughts not to die

Are stronger.

Thoughts to die or not to die.

How do I get

Rid of the bad ones

And

Keep the good?

5/10/13

**Attack**

Attack one

Attack two

Attack three

All in a row.

Then

I will be here no more.

Attack one

Attack two

Attack three

I want to be free

From the pain within.

Attack one

Attack two

Attack three

Maybe now

I will have my

“Welcome to heaven” Party.

5/24/13

**Ouch!**

When you stub your toe

You cry out “ouch”.

When you have a headache

You cry out “ouch”.

It is best not to say “ouch”

When someone is tickling you.

When you are eating ice cream

And you get a brain freeze

You cry out “ouch”.

When you break a leg

While riding a lawn tractor

You cry out “ouch”.

But again

It is best not to say “ouch”

When someone is tickling you.

6/15/13

**Chalice**

The old man

With trembling hands

Held out the chalice

And said

“Please Lord fill it up”.

Then he

Heard the voice of the

Lord saying

“I am the wellspring of

Life,

I am all you ever need”.

So,

If the Lord, then

Is all we will ever need

They why not live like it?

Halleluiah Lord!

Thank you!

5/14/13

**Dog**

The summer

Is hot and humid-

The dog days of summer

When we drink lemonade,

Iced tea and iced coffee.

Dog

It is a pet that people

Like.

They are loyal,

Can cheer you up

When you are sad.

Dog

what kind do you like?

My favorites

Are Siberian Husky

and Dalmatian.

How about you?

7/24/13

**Headache**

Some people get headaches

When they think

Too much.

You can get a headache.

Some get headaches when

They need caffeine.

You can get a headache.

Sometimes I get a headache

From my children,

From the chaos within

And without.

You can get a headache.

7/25/13

**Innocence**

Why did he do it?

Take advantage of me,

Took away my innocence

And

Left me with a pain

So deep?

How can I go on?

I feel like giving up

But that’s the coward’s way.

Whey can’t God just take

Me in my sleep?

So fast, so painless.

Anything is better than

This pain.

Please God, take it away.

Take me away.

7/29/13

**Destroyed**

Destroyed

In the matter

Of a minute-

My life.

Hung in the balance

This pain stings.

How can I go on?

How can I make it?

Sometimes I do not know

If I go forward

Or

If I go backward.

Hung in the balance-

Waiting for me

To give up, to just die

And not to live.

8/2/13

**Help Me**

My mind hurts.

Help me!

Take me away from it all.

Help me!

I want to hide.

Help me!

I want to run away.

Help me!

This pain, this torture,

Help me!

Why did it happen to me?

Help me!

Am I some freak?

Help me!

Send someone to me.

Help me!

8/3/13

**An Awakening**

What good am I to others

When am I just hurting inside?

An awakening-

I would be better off dead; I am just dead weight.

What good am I to others

When I just wear a mask

And

Be someone who I am not?

An awakening-

I would be better off dead; I am just dead weight.

What good am I to others

When I am just crawling around?

I am battered.

An awakening-

I would be better off dead; I am just dead weight.

8/6/13

**Sometimes**

Sometimes I feel better,

Sometimes I do not.

When I feel better

I walk,

I talk,

I write.

Sometimes I feel better.

When I do not feel good

I cut.

I feel like I want to die.

I isolate.

Sometimes I do not feel better.

Sometimes I feel better,

Sometimes I do not.

When I feel better

I read,

I pray,

I play cards.

Sometimes I feel better.

8/9/13

**Sunday**

Christ is risen!

What a glorious day!

Our sins are

Forgiven

If we trust

In the Lord.

Christ is risen!

A new day dawns!

Rise up and rejoice.

Our sins are

Forgiven.

8/12/13

**Pain**

The pain in my mind

is so real.

It is so raw.

How can I move past it?

The triggers, the scenes

Play over and over.

They hurt so much.

How can I move past it?

The pain- It is so real.

The pain- it is so raw.

Why did it happen

To me?

How can I move past it?

How can I move forward?

The pain is so real.

The pain is so raw.

I want to heal.

Help me heal.

8/14/13

**House, Not a Home**

The place where I live

Seems to have

no room for people.

I try to talk

But they do not want to listen.

The place where I live

Seems to

not want to help.

If you are in need

They do not want to listen.

8/15/13

**Restless**

Going and going

And never stopping,

“Restless”.

That is my name.

Walking and pacing

Restlessness,

Never stopping.

That is my name

Knees bouncing, legs going,

“Restless”,

Cannot stop.

That is my name.

Going and going

And never stopping.

“Restless “,

That is my name.

8/15/13

**The Voices**

Voices torment.

I want to die.

I want to give up.

They hurt my mind.

The voices torment!

Free me from

This pain.

I want to go home

To be with Jesus.

The voices torment!

Help me!

9/15/13

**Trembling**

They make me

Tremble-

The voices.

They chip away

My life

Till it is unrecognizable

Even by my

Family

And

Friends.

The voices-

They are leaving me for dead.

I feel like giving up.

What is the use?

To keep on going.

The voices make

Me tremble.

9/24/13

**Marching**

My life moves on-

Marching forward

During all

The chaos,

Are my kids.

My life marches

Forward,

Hearing the voices

Of my kids

On the phone,

Hearing them say

“I love you Daddy”

gives me

Hope

To keep moving on.

My life marches forward.

9/24/13

**Poem to the Voices**

Get away!

Leave me alone!

You have hurt me way too much.

You have put things in my head.

You have made my mind hurt, too.

I hear you talking,

Feeding me lies,

Things I should do.

Leave me alone!

You have hurt me way too much.

Get away!

I want my life back.

I want to live,

To be happy,

To be strong.

You have done enough

Damage!

Leave me alone!

9/28/13

**Words**

The word he uttered was

“Please”.

“Please let me die”.

“Please free me from this

Torment. Please”!

The next word he uttered was

“Party”.

“I want a

Welcome to Heaven

Party”.

” Please” and “party”

In the same breath

meant

“Please, I want a welcome to heaven party”

9/28/13

**Drowning**

Oh yes, he was swimming

In the ocean.

But in reality,

He was drowning in life.

Nowhere to turn,

Nowhere to hide.

Yes, he was drowning in life.

He lost his family,

He lost his house,

He lost his job.

Yes, he was drowning in life

Nowhere to turn,

Nowhere to hide.

He was drowning in life.

10/8/13

**The Dream**

In his dreams

He saw a vision.

He was a prince,

He was a king.

No,

He was a great man.

What made him great

Was not his stature,

But his heart of a servant.

You see, to be a great man

You first must be a servant.

When you do this, you will find yourself.

Who knows? You may find yourself

A prince,

A king,

No!

A great man.

Then he woke from his dream-

A boy with a dream-

A boy who would one day be

A great man.

10/8/13

**Tale of the Hapless man”**

The hapless man

Went on with his usual routine,

When one day

His fortune turned a new direction.

The hapless man’s wife

Went out and bought a lottery ticket.

That is when his fortunes turned

A new direction.

The couple watched

The news that night.

When the drawing went on

They looked at their ticket.

In the minutes that followed

They heard the numbers.

They thought they heard wrong

But they checked their ticket.

The couple

Found they had won the lottery,

And the hapless man

Found luck that day.

10/13/13

**Trust**

In whom do we trust?

Our founding fathers said

“In Gold we trust”.

Not in something, but in God.

You see,

To put our trust in something

Is to believe that

It will not fail.

Therefore, to put our trust in God

Is to believe that He will not fail.

And God never fails

Never, ever.

So, in whom do we trust?

The answer my friends, is God.

“In God we put our trust”.

“In God we trust”.

10/15/13

**Change**

Popping pills

It is an addiction for me.

Lost my family,

My job,

My house all because of this.

It is time to make a change.

Change can be good,

Change can be bad.

But this change can help me

To live a normal life.

It is time to make a change-

To work on myself,

To work on my spirit

Because people need me.

My kids,

My family,

My friends,

And my acquaintances, too.

It is time to make a change.

10/15/13

**Realization**

The realization hit him

That even though one day he would taste freedom

He would still give up.

He would have his “Welcome to Heaven” party.

The realization hit him-

There were none who understood him.

One day he would have his

“Welcome to Heaven” Party.

He would still give up.

The realization hit him-

Sure, he had kids he loved,

They were not enough to stop him.

One day he would have his

“Welcome to Heaven” Party.

10/16/13

**Destiny**

Destiny

Wouldn’t it be great if we had this or that?

Wouldn’t it be great if we were this or that person?

What happens to us

Lies not in what others around us do

But,

What we ourselves do.

Destiny

Only you have the power to choose

What you do.

What you do will come to head in the future.

What is our destiny?

It is our fate.

Can be good,

Can be bad.

Only you have the power to do what you want.

Only you have the power to choose.

**10/20/13**

**Temporary**

Why do I do it?

It is a temporary fix

To a long- term problem.

So why do I do it?

Why do it do it?

At first it releases me,

But the torment is still there-

The voices I hear

Why do I do it?

The voices get strong.

I just want to be free.

But it is a temporary fix

To a long-term problem.

Why do I do it?

I do it because it is easy-

So that I can escape

The voices,

The torment,

The pain

In my mind.

**10/22/13**

**Love**

Love is kind.

Love is forgiving.

Love is understanding.

And,

Love is candy.

True love is amazing.

Love is a warm bubble bath.

Love is heart, body and soul.

And,

Love is sweet.

Love is compassionate.

Love is respectful.

Love is caring.

And,

Love is sweet like candy.

**10/24/13**

**Friends**

Friends are hard to come by.

Friends are rare,

But true friends stick by you

Through the thick and thin.

Through the thick and thin

Friends can be counted on-

Especially my friends.

They help me feel better

As we talk, laugh and spend time together.

Friends can be leaned on

When you have a bad day.

Friends can cheer you

When you are feeling blue.

My friends do this

And I try to, too.

Friends are rare,

But true friends stick by you

Through the thick and thin.

10/25/13

**Birthday’s**

Birthdays

With family and friends.

Birthdays mean

Presents, balloons, cake, pizza and cards-

Another year,

Aging year by year.

Birthdays are fun days

With family and friends.

Presents, balloons, cake, pizza and cards-

Another year,

Aging year by year.

Another year of

Birthdays,

Going to school.

Pastor? Or Missionary?

Maybe both.

Another year,

Aging year by year.

10/27/13

**Shining**

The sun is shining

And so am I.

I feel super,

I feel happy

Even during showers.

The sun is shining.

It is warm

And

I feel super,

I feel happy

Even during Turbulence.

The sun is shining

And so am I.

I see through the

Tunnel,

I feel super,

I feel happy.

Yes,

The sun is shining.

**2/16/14**

**Noises and Voices**

Noises are loud.

Sometimes noises are quiet.

The noises are the voices

In my head.

Go away

And leave me alone!

I want to be free,

I want to live free.

But there must be

A purpose-

To be used by God

To help others

When they are hurting.

Noises and voices.

I pray that

They may leave.

But I hear there is

A purpose-

For something good

To be used by God.

4/2/14

**Guilt**

Guilt is a weight.

A burden.

It is like an anchor

That pulls us

Under the Riptides.

Guilt is a weight.

Can ruin us,

Can kill us

If we do not get Rid of it.

Guilt is like

An anchor.

Can cause a lot of problems-

Pulls us under the riptides.

Send me a lifeline!

A buoy to help

Me get free from the guilt

Which is a weight.

**4/14/14**

**A New Year**

One day at a time

We are led by Jesus.

One day at a time

Our dreams are answered.

One day at a time

We can control our actions.

Our actions are controlled

By what we say and do.

One day at a time

We will spend eternity with Jesus.

One day at a time

We are comforted

By Jesus.

One day at a time

We are led by Jesus.

12/30/14

**Blank**

What is there when

We feel lonely.

It is blank.

How can we feel better?

By feeling whole again,

Or better,

By the light that shines in the darkness-

a light that shines in the blackness.

What is there when

we feel lonely.

it is blank.

Pray for the light.

Pray for wholeness

Once again.

1/28/15

**No**

When we try

Something

That is dangerous

We hear someone say

“No”!

Sometimes when we hear

“No”!

It is our conscience.

“No” is sometimes good

Because it keeps us safe

Rather than

Doing something

That is dangerous

For us.

So, we had better heed

The word

“No”!

1/29/15

**One Day at a Time**

One day at a time

Is all we can do

To maintain ourselves

And not have too

Many highs

Or too many

Low’s.

One day at a time

Is all we can do

To not hurt ourselves

But, to live life-

Our life,

To live life to its fullest.

One day at a time

Is all we can do.

Take one day at a time.

You deserve greatness.

Live life to its fullest.

1/29/15

**Communication**

Communication

Is where the ball can

Be dropped.

I hear one thing

And

It happens.

But suddenly,

After a long time,

I hear something else.

Where did the ball get

Dropped?

I did one thing

Cause they said it was ok.

Why did it change?

I hurt deep within

So, all I can Do

Is use my coping

skills-

Singing, collages, word searches

And

Watching TV., reading books and writing poetry.

**1/29/15**

**God’s Goodness**

I hurt deep within.

But I read how

God is good.

I do not always

Believe it

Cause it seems as though

At times God

Is silent.

I hurt deep within.

I cannot

Get behind the funk.

God is good.

But I do not always

Believe it

Help me Lord

To see

Your goodness

In my life.

1/29/15

**Lasagna**

Wow!

Lasagna is good

The tomato sauce,

The cheese

And

The noodles.

What kind do

You like?

Russian

That has vodka.

French

That uses French dressing.

Or

American

That uses “Prego”?

I like them all.

Which do you

Like?

1/30/15

**Heavy and Hurt**

My heart is heavy.

My soul hurts.

During the chaos,

I know You are near.

This I read.

I cry out

For You,

But I have trouble

Hearing

Even when You speak

Loudly in my life.

My heart is heavy.

My soul hurts.

I know I need to:

Talk,

Write,

Watch TV,

Do word searches,

Sing, and make collages.

1/30/15

**Salvation is an Appointed Time**

The day of Salvation

I have read,

The appointed time

Too,

This is the day that

We should

Proclaim.

Our calling is

To share these things

So that others would

Know.

The day of Salvation

I have read,

The appointed time

Too.

Oh, what a day

To keep moving toward,

To see other’s change.

Yes, Lord we thank you.

1/31/15

**Walk in the Light**

Walk in the light

And

Walk not in the darkness,

I read.

We should rather then

Be the light

To the people

Who do not know,

The Light.

Walk in the light

And

Walk not in the darkness.

Help me Lord

To be light

To those who

Do not know you.

2/1/15

**God’s Greatness**

The greatness of God

The glory of God

I read,

The brightness-

We cannot see it.

We must close

Our eyes because

God’s greatness

And

God’s goodness

Are so awesome.

We must bow before Him,

For He alone is worth

It.

It is all we can do.

2/2/15

**Card’s**

There are many ways

To play cards.

Rummy,

Poker,

Spades,

And others too.

Solitaire is another.

You can play

Solitaire by yourself.

But if you like

Playing with others,

Rummy,

Poker,

Spades,

And some others too.

I like playing

All of them

Except poker.

My favorite is

Rummy

Which is yours?

2/2/15

**Grace of Christ Jesus**

In the grace of Christ Jesus

We are to suffer hardships,

Teach others also,

I read.

As an athlete,

We are to be strong.

So be strong in Christ Jesus

And

Suffer hardships

As Christ Jesus did

On the cross.

He alone is our example.

So, we are to live this life.

Thank you, Jesus,

For what you did for us.

2/3/15

**God’s Blessing**

God our Father blessed us.

He bought us

With

His blood-

For His inheritance.

This I read.

God our Father

Adopted us

To be His praise.

What a day it

Will be

When we will

Be with Him.

God our father

Bought us

With His blood.

So, let us live like this,

Because He paid

Our debt.

Thank You Lord,

For Your word.

2/4/15

**Trust**

Trust in God

And pray without ceasing.

Ask in His name

And He will answer it.

Trust in God

And live in the land.

We will see His faithfulness

In our lives.

Trust in God

And give our lives to

Him.

And He will do it.

Trust in God

And dwell in God’s land,

For He is our

God.

Thanks for being our God

And

Answering us.

**2/5/15**

**God’s Timing**

We may not always

Believe that God’s timing

Is when we want.

But God is always

Leading us

For His purpose.

Where we are is

God’s timing-

Not ours,

It is in His choosing.

Therefore, we need to

Heed God’s timing,

To be His hands and feet

To others.

2/6/15

**God is my Refuge**

God is my hope.

He is my confidence.

He alone

Is worthy of

Our praise.

God is my refuge.

To Him we shall

Give our praise,

And to

Nobody else.

God is my hope.

To Him alone is

Our praise.

Every day

We shall praise.

We should live like this.

Help us to

Always

Live this

Every day.

2/7/15

**Our God**

God, our God alone.

For us He died.

God our God alone.

He rose for us,

I have read.

God our God alone.

We must live

Like this,

And be His

Hands and feet.

God our God alone.

His grace He

Lavished on us

That we alone shall

Live like we

Are bought.

With His grace

Alone,

And not live

In sin

anymore.

2/8/15

**What a God**

What a God we have!

Each of us is especially

Designed for greatness.

What a God we have!

Your work in us

Is not done.

What a God we have!

We are not alone

Because You gave us

Someone special

To spend our lives together…

The Holy Spirit.

What a God we have

We should praise Him

Forever.

2/9/15

**Our God is Awesome**

Our God is awesome!

His glory, we will

Not see.

We will all bow down

To Him alone.

Our God is awesome!

We will

Serve Him

In all eternity

Just as we do

Now.

Our God is awesome!

He is worthy

Of

Our praise.

Hallelujah, Lord.

Help me to

Do so now.

2/10/15

**No More**

“No more” is what

I say.

Friends I should be happy for

But feel

Jealous about.

I feel hurt.

I know I should bring it

To God,

But I feel like he will not answer

Or

If He does answer,

I may not like the

Results.

“No more” is what

I say.

2/10/15

**One Day at a Time**

One day at a time.

Just hanging in there

And all will work out

Well.

I still feel hurt

because I keep it

All inside.

I pretend it does not touch me,

Like it does not hurt,

But it does.

Help me feel better.

Help the hurt

To go away.

Help me

Be happy for others.

2/10/15

**Mask the Urges**

Behind this mask

I wear

The tears keep

Flowing.

My chest is heaving

And

My heart is pounding.

The urges are strong

For doing self- harm.

I know I should not

Because I have the skills

To help me get through this time,

These urges.

Behind this mask

Are two people.

They are like

Dr. Jekyll and Hyde.

The tears sting my

Eyes and face.

My chest is heaving

And

My heart is pounding.

**2/10/15**

**Purpose**

God has bought us,

From the dead,

Redeemed by His blood,

By the power of His name.

God is risen!

He calls us His own

And His work in us

Is not done.

God has bought us,

Gave us a calling

To reach others

For His own.

God is risen.

By His mercy

We are called

To be His hands and feet

To those who do not know Him.

**What**

What is it that I ask myself?

When I want to do this

Or

When I want to do that?

What should I do?

When I am hurting?

I can bring it to God,

Talk to people,

And use other coping skills.

What is it I ask myself?

When the urge to hurt myself

Is strong?

I write poetry

And Use other coping skills too.

What should I do,

When I am crying out

But

It seems like

Its only in vain?

Just take one day at a time

And Hang in there.

2/11/15

**One Day**

One day, when the Lord

Comes again,

We will be like we are in

His presence.

We will all bow down

To Him alone.

Blessed we will be

As we trust only

In the Lord.

He has promised

That we will be planted

And we will not be touched

By the evil in the world.

We will not be touched

And we will be safe in the

Lord’s presence.

Blessed we will be,

As we behold the works of the Lord

In us all our days.

You have promised

And you will never fail.

2/12/15

**Don’t Give Up**

Like a tree

Planted by the river

Is my life

Which does not give up easily.

I keep on ticking

And take a licking.

During turmoil,

I press on.

I do not give up,

I just keep on moving

Which is all I can do.

Even when I am feeling bad

I look up at God,

And even though I do not see Him,

I do not know where He is leading,

but I just let Him carry me,

And trust Him completely.

2/12/15

**Our Prayer**

God, we pray that

You would teach us your

Ways

And that

We may obey

Your word.

God, we pray that

You would carry us even

When we cannot see

Where we are going.

No matter what people

Say and do to us,

You will not leave us.

Even when we may stray from You

You are always there

To pick us up.

Help us to follow you

All the days of our lives.

2/13/15

**Life**

God has promised that

He will be with us forever.

He has bought us

And given us a new life.

God is with us always.

He has promised

That when we give ourselves

To him

And Leave our sins,

Then He will give us a new life in Him.

Like a rock that cannot

Be moved

Is like God’s love for us.

And,

We will not be moved.

This rock is like our lives

And

Shows us God’s love,

He gave us a rock,

A shelter

For us to go to.

2/14/15

**Rejoice**

Lord you are holy.

You deserve our praise to You

Even though others may not.

We will worship You alone

With all our hearts,

Soul

And

Mind.

What a day that will be,

When we will be with you in Your presence,

With you forever!

In order to show your love,

We must love ourselves first

As well as others.

Otherwise how can we

Worship our God?

2/14/15

**My Calling**

It came to me one day

That one time I really

Wanted to be with Jesus

On my timing-

Right away.

But now I say I know that I should not

Rush the timing.

I can make it,

I can talk to people,

And use my other coping skills, too.

I have friends who care about

Me,

Who stand by me through

The thick and the thin.

Until the day comes

I will spend my time being

Committed to God

And

Doing His calling in my life.

You have reignited in me the desire

to reach others

For you thank you for my calling.

2/14/15

**Following God**

Somewhere along the way

I slipped and lost my way.

Recently though,

In my Bible reading

And

Spending time in prayer,

I have found my way again.

I want to serve God as a missionary.

But now, I feel called to be a pastor,

A shepherd of God’s people.

But no matter the cost, I need to be pliable

And do what God wants me to do.

I am ready to follow God,

To be His hands and feet

To those who do not know Him.

Thank you for this Jesus.

Help me to always follow You

All the days of my life.

2/14/15

**The Moment**

The moment etched

In his mind,

Burned with fire.

A new life-

A life following God,

The call from God.

And, when God spoke,

He followed the instructions

That God gave to him.

The moment etched

In my mind,

Burned with fire.

A fire to follow you to its fullness,

To follow You and no one else-

To serve You and no one else.

2/15/15

**God Our Healer**

Oh God, our lives are

In Your hands

To do with, what you want to do.

During sickness

You have the power to heal us.

God, your word is true.

You can do with us

Anything you want to do.

God if we believe-

Even though it may be hard,

If our trust in, You

Is strong

, Or If our trust is small

You will still work

Your way in us.

2/15/15

**A New Day**

A new day has dawned-

To be safe,

To one day getting out of here,

Doing what You want me to do

To share you with others,

To pray for others

And Serve you.

A new day has dawned-

A new day to live my life

To its fullest,

To be there for my kids,

To be an example for my kids.

A new day has dawned-

To be safe,

To be a friend to others,

To hang in there for

My friends and family

2/16/15

**God Our Teacher**

God, you are our Teacher.

Show me your way,

Lead us in your way,

And we will follow You

All the days of our lives.

God, you are our Teacher.

Guide us and train us

To go your way

So that we may follow you.

God, you are our Teacher.

Help us to show your way’s to others

And When you speak, help us

To speak as you want-

Not Our way.

God, you are our Teacher.

We praise you

And Only you.

We will continue to

Praise you in this life

As well as in you

**2/16/15**

**God’s Goodness**

I hurt deep within, but I read how God is good

I do not always believe it because it feels at times

That God is silent

I hurt deep within and cannot get behind the funk

God is good though I do not always believe it

Help me Lord to see your goodness in my life.

1/29/15

**Salvation’s Appointed Time**

The day of salvation, I have read

The appointed time, too

This is the day that we should proclaim

Our calling is to share these things

So that others should know

The day of salvation, I have read

The appointed time, too

Oh, what a day to keep moving on

To see others change

For this, Lord, we thank you

1/31/15

**Walk in the Light**

Walk in the light

and walk not in darkness, I read

We should rather, then, shine the light

For people who do not see the light

Walk in the light and not in darkness

Help me Lord to be a light

To those who do not know You.

2/1/15

**God’s Greatness**

The greatness of God, the glory of God, I read

The brightness we cannot feel it

We must close our eyes

Because of God’s greatness and God’s goodness

We must bow before Him

For He alone is worthy

It is all we can do

2/2/15

**Grace of Christ Jesus**

In the grace of Christ Jesus, we are

To suffer hardships

Teach others also, I read

As an athlete, we are to be strong

Strong in Christ Jesus

And to suffer hardships as

Christ Jesus did on the cross

He alone is the example

So, we are to live this

Thank you, Jesus, for what You did for us

2/3/15

**God’s Blessing**

God, our Father blessed us

He bought us with his blood

As His inheritance, this I read

God our Father adopted us

To be His for his glory

What a day that will be

When we will be with Him

God, our Father bought us with his blood

He paid our debt

Thank you, Father, for your word

2/4/15

**Trust**

Trust in God and pray without ceasing

Ask in His name and He will answer us

Trust in God and live in the land

We will see his faithfulness in our life

If we trust in God, give our lives to Him

And ask of him and He will do it.

Trust in God, dwell in God’s land

For He is our God.

Thanks for being our God

And answering us

2/5/15

**God’s Timing**

We may not always believe that

God’s timing is what we want

But God is always leading us

For his purpose

While we are in God’s timing

And not ours, it is his choosing

Therefore, we need to heed

God’s timing to be his hands and feet

2/6/15

**God is my Refuge**

God is my refuge, God is my hope

He is my confidence. He alone

Is worthy of my praise

God is my refuge. He alone must

Be praised, and no one else

God is my hope. He alone is our praise

Every day we should praise.

We should live this every day

Help us Lord to live this each day.

2/7/15

**Our God**

God, our God alone, for He died

God, our God alone, He rose for us

God, our God alone. We must live for this

And be his hands and feet

God, our God alone, his grace

He lavished on us

We alone shall live as we were bought with his grace

And not live in sin anymore.

2/8/15

**What a God**

What a God we have

Each one especially designed for greatness

What a God we have

Your work in us is not done

What a God we have

We are not alone for you have

Given us someone special to spend

Our lives together

What a God we have

We should praise Him forever

2/9/15

**Purpose** 2/11

God has brought us from the dead

Redeemed us with his blood

By the power of his name

God has risen and calls us his own

His work in us is not done.

God has given us a calling

To reach others for his own

God is risen. By his mercy

We are called to be his hands and feet

To those who do not know Him

2/11/15

**One Day**

One day when the Lord comes

We will be in His presence

We will all bow down to him alone

Blessed we will be as we trust only in the Lord

He has promised that we will be planted

And that we will not be touched

By the evil in the world

We will not be touched, and we will be safe

In the Lord’s presence

Blessed we will be as we behold

The works of the Lord through all our days

His promise will not fail

2/12/15

**Do not Give Up**

Like a tree planted by the river

Is my life which does not give up easily

I keep on kickin’ and take a lickin’

During turmoil, I press on

And do not give up.

I just keep on moving.

This is all I can do

Even when I am feeling bad.

I look up to God

Even when I do not see Him

I do not know where He is leading me.

But I know I can trust Him

And just let Him carry me.

I must trust Him completely.

**Our Prayer**

God, we pray that You would

Teach us your ways, that we

may obey your Word.

God, we pray that You would

Carry us even when we cannot see

Where we are going.

No matter what people say

Or do to us, you will not leave us.

Even though we may stray from You

You are always there to pick us up.

Help us to follow You all the

Days of our lives

2/13/15

**Life**

God has promised that

He will be with us forever.

He has bought us and

Given us a new life.

God is with us always.

He has promised that

When we give ourselves to Him

Like a rock that cannot be moved

Is God’s love for us.

This rock is God. He shows us

That He is a sheltering love for us.

2/14/15

**Rejoice**

Lord, you are holy

You deserve our praise to You

Even though others may not

We will worship You alone

With all our hearts, soul, and mind

What a day that will be

When we will be with You

In your presence- with you forever

In order to show your love

We must love ourselves first

Otherwise, how can we worship God?

2/14/15

**My Calling**

It came to me one day

That I really wanted to be with Jesus

In my timing- right away

I know that I should not rush the time

I can make it, I can talk with people

And do other coping skills, too

I have friends who care about me

Who stand by me through the thick and the thin?

Until one day, the time to be committed to God

And His calling in my life; to reach others for Him

Thank you for my calling.

2/14/15

**Following God**

Somewhere along the way

I slipped and lost my way

Recently, though, in my Bible reading

And spending time in prayer

I have found my way again

I want to serve God as a missionary

I feel a call to be a pastor

A shepherd to God’s people

But no matter the cost

I need to be pliable and

Do what God wants me to do

I am ready to follow God

To be His hands and feet

To those who do not know Him

Thank you for this, Jesus

Help me to always follow You

All the days of my life

2/14/15

**The Moment**

The moment etched in his mind

Burned with fire

A new life, a life following God

The call from God, and when God spoke

He followed God’s instructions

The moment etched in my mind

Burned with fire- a fire to follow You

A fire to live for You in fullness

To follow You and no one else

To serve You and no one else

2/15/15

**The Healer** 2/15

Oh God, our lives are in your hands

To do with what you want to do

During sickness

You have the power to heal us

God, your word is true

You can do with us anything you want

God, if we believe

even if trusting Him is hard

For trusting Him is strong even

If our faith in Him is small

God will always work His way in us

2/15/15

**A New Day**

A new day has dawned to be safe

Today, getting out of here

Doing what You want me to do

To share You with others

A new day has dawned in my life

To the fullness, to be safe,

To be there for my kids

To be an example for my kids

A new day has dawned to be safe

To be a friend to others

To hang in there for my friends

2/16/15

**God, our Teacher** 2/16

God, You, are our Teacher

Show me Your way

Lead us in Your way and we

Will follow You all the days of our lives

God, You, are our Teacher

Guide us and train us to go Your way

So that we may follow You

God, You, are our Teacher

Help us to show your way to others

And, when we speak, help us to speak as You want, not our way

God, You, are our Teacher.

We praise You, and only You,

And we will continue to praise You in this life as well as in Your presence

2/16/15

**Barney**

A pet smiles when it is happy,

With its owner.

My dog smiled at me

He protected me

When I was scared

He comforted me

When I was sad and lonely

My dog was my

Best friend

In good times and in bad

We were there

For each other

His name was

Barney

7/3/16

**Warrior**

A warrior is a fighter

If fought

But

With the torment

In my mind

I feel like giving up

I want to get free

To be with Jesus

Is my plea

A warrior is a fighter

How can I fight

When I feel like a coward

To go on

The hurts,

The voices.

Only Jesus can free

Only Jesus can wipe away

Every pain,

Sorrow and tear I cry

I long to be with Him

7/3/16

**Trickle of Light**

A trickle of light passed

Through my window

Last night

A ray of hope?

I do not know.

The voices were not as bad

And my thoughts slowed down

But

There is a lot of pain

In my life

And

I want to die

To be with Jesus

My only true home

With no more pain,

Sorrow,

Or

Tears.

7/4/16

**A Purpose**

Does God have a purpose

For us?

I used to think so

But

Not any more

I have always been different

From others

I have a lot of pain.

My mind is tormented.

I cry out to God

It is all my fault

Take me

Because I am tired of this

Crying and pain

Does God have a purpose

For us

If He does

Please save me

7/4/16

**The Fog**

I woke up this morning

In a thick

Fog enveloping me

Cutting me like a knife

Are my thoughts and memories

All the pain tearing me apart

Its unbearable.

What can is do?

Its eating me alive

Like termites eat wood

I am dying inside

With no way to get free

7/5/16

**Whoopie Pies**

Whoopee pies

What do they do

For me

They help me feel good

When I eat them

They make me happy

There are many different

Kinds

Chocolate peanut butter,

Red velvet,

Lemon,

Oatmeal,

And

Chocolate chip.

They are all good

Eat them,

You cannot go wrong

The best part is the

Cream in the middle

7/5/16

**Sunsets**

Sunsets are majestic

Each sunset is

Unique

Like a painting on the sky.

It is God’s painting

For us

Sunsets are majestic

Orange,

Red,

And

Purples too.

God’s creative masterpiece

It takes one’s breath away

Sunsets are majestic

An act of God

Thank him when you

Look at one.

7/6/16

**Untitled**

I want to kill

Myself

I do not care what people think

It is my life

And

My mind is in turmoil

I just want to get free

To go to Jesus

People look at me

And

Think I look happy

But

They are not in my head

Only I know what goes on

All the pain I carry

I am just sick

And

Tired of it all

7/7/16

**Daisy**

Flowers are pretty

And nice to

Look at

One flower

Is a

Daisy

They yellow center

Reminds me of the sun

And the white petals

Are clouds

You see,

Even in the midst

Of clouds,

The sun still shines

And that makes me happy

Yes

Daisies make me happy

7/8/16

**Rose**

They say that every

Rose

Has its thorn

You see

In the midst of the thorns

You can still bloom brightly

Like a rose.

A rose is a beautiful thing

They smell good too

Roses come in different colors

Each one is

Unique in its beauty

Just like each of us is unique

Next time you look at one

Thank him

7/10/16

**Bumps in the Road**

We all face bumps in

The road

But without them our life is

Meaningless

And

Dull

Persevere and soon

You will feel better and pursue your dreams

We all face bumps in the road

Our mind can trip us

Up

But do not give up cause

Our will is strong

We can accomplish

Anything

We want

Keep on peddling

With head held high

We may even learn

To enjoy the ride.

These bumps in the road

7/12/16

**Puzzle**

As a puzzle has

Many pieces

So, our lives have

Many pieces

At first the puzzle

Is chaotic

How our lives tend to be

As we put our

Puzzle piece

By piece together

We need to do this

With our lives

Eventually the puzzle

Comes together

Little by little

The picture becomes

Clearer

No one puzzle is the same

What does yours look like?

As I put my puzzle together

I see a picture of myself with

Tears flowing down my face

From the torment that I am in

I yearn to be free from it all

7/15/16

**Clouds**

Remember as children

We would watch the clouds

In the sky

And

See what they reminded us of

The other day I saw a cloud

That looked like

A dungeon

The one I am in,

And cannot get free

I call out,

But

Feel all alone

And

Scared of the deep

Pain I am in.

7/17/16

**Summer**

Four seasons:

Winter, spring, summer

And

fall

Each season has its

Good points

I like summer

In the summer

It is fun to have

Cookouts,

Camping

And

Other activities too.

Like croquet

To lay down in the sun

Is fun too

What is your favorite season?

7/18/16

**Swimming**

In the summer

When it is hot

Try to find things to do

To cool off.

I like to swim

Swimming is good exercise

And

You could go to a

Pool

Or an

Ocean.

Just watch out for sharks.

7/18/16

**Untitled**

The weather can help us

Feel happy

And

Positive

Or

It can make us feel

Sad

And

Depressed

Sun and clouds,

I like the sunny

Weather

Because

It keeps us warm and without it,

Things would not grow as much

We need both rain and sun

I love sunny day’s

Because it lifts

My spirits

7/19/16

**Emotions**

I have many emotions

It is scary

And

I try to hide

I put on a mask

And

I go somewhere by myself

And

Cry

The tears flow from me

It is all the pain

And

Torment attached to me

I hear its ok to cry

Just let those tears

Flow

Because they can bring forth

A healing that we do not feel

I need to remember

This one thing

That I am not alone

7/20/16

**Without a Care**

The clouds float by

Without a care

In the world

It looks so calm

And

Serene

On the clouds

Are all the pain

And

Torment in my mind

Although they

Are

The storm clouds

And

I am afraid of it

Soon the storm clouds

Burst forth

Like when

I hurt myself

There is a little relief

But

The pain and torment

Are there again

7/28/16

**Ferris Wheel**

I am stuck on a

Ferris wheel

Going round and round

All that is in my mind

Keep spinning

I cannot seem to get free

I am afraid of what

Is inside

The pain and torment

Are keeping me

Stuck on it

I am stuck on a

Ferris wheel

I am scared

How can I slow it down?

Take my hand and help me off

7/30/16

**Jumbled**

My mind was

All jumbled up

But now it is getting

Clearer

I used to think

Of

The pain and torment,

But little by little

With help from the staff

I am thinking

Of

Happy things

People are here to

Help you

It is not good to hide

And be in hiding

In the prison of your life

For your own good

Reach out

Do not be afraid

Because one

We can have a whoopee pie

Together

8/1/16

**Trap**

Trap

I am stuck in a trap

The jaws are

Squeezing the life

Out of me

And I cannot get free

No matter what

I try to keep breathing

But I am being suffocated

By the pain and torment

In my life

Is there a way out?

I need to get free

8/5/16

**Secrets**

Secrets kept inside can

Torment you

You cannot live life

A free life

People tell me that I should

Live for my kids

And

Other family too

But

I feel that I am just

A burden

A load

Too heavy to bear

8/9/16

**Struggles of Life**

The struggle in my life

Is over my

Mind

How do I gain control over it?

I am defeated by the tormented

Thoughts

And

Voices which vie for attention in my life

My personal Olympics

My ultimate gold

Is

To try to forge on

To gain control

Of the mind

One day at a time

Bronze, silver and gold

Are all winners

Keep your eye on the goal

8/10/16

**Dance**

Captivated by the dance

But I do not know

How to dance

It is all foreign to me

They say just let yourself move

To the music

To express yourself

Each one is unique in

The way it is done.

Dance of life

Express yourself

Just let yourself move

To the music

The beat of life

Do not hold back

Do not be bashful,

Just move

8/11/16

**Nature**

Out in nature

Out in the woods

The beauty

The tranquility

Serenity

The woods

The trees

The animals

And

Other things too

Nature and beauty

Tranquility.

Sunsets on the lakes

With the swans

Gracefully

Laying there too.

Just be there and enjoy the beauty

8/18/16

**Untitled**

Hot coals, searing pain

Ripping me apart

Bit by bit

Until there is nothing left

The voices

The torment

The pain,

How do I get rid of it?

I do not know

Hot coals, searing pain

Get me some ice

Some relief from the

Voices, the torment

And

The pain

The shackles that

Bind me deep within

8/21/16

**Untitled**

Things go on in my mind

That I cannot explain

And

The voices,

The pain

And the torment

I cannot stand it,

I do not know what to do

But

To write and to talk

I feel like a freak

Like no one understands

And at times like no one cares

But they say they do

The only thing I can do

Is try another day.

8/23/16

**Glass Swan**

A long time ago I had a vision

I was a glass vase

Thrown and shattered

In pieces

Along the ground

Unable to make sense

Of any of it

That night though, I had

A dream.

I saw a beautiful

Glass swan

With no blemishes

Out of it

A perfect piece of glass

On display for all

To see

The moral of the story

Is that some day after

A lot of time maybe

That swan will be

Me a testimony for others

8/27/16

**Untitled**

My skin is crawling

My skin is boiling

Out from under me

I need relief from it

I do not know which way

To go

Which way is up

Any more

The sun is torching me

Searing me straight through the core

Of my being.

I need some water

Some parchment

For my soul

Some relief from the desert I am in.

9/6/16

**Haunting**

The voices haunt me

Like ghosts

On a dark

Haunted night,

Everywhere I turn

They are there

I cannot hide

I cannot get any rest

The voices come

And go like

A song in the night

Always there but sometimes

They are better at times

9/20/16

**The other night**

The other night I

Heard them calling

My name.

So, we talked till the wee hours

Of the morning

Till I fell asleep

It scares me because

They want me to do things

To myself that,

I know I

Should not do

It is just that at times

The voices are so strong

They are scary

They will not leave me alone

9/21/16

**Darkness**

Darkness

There is a darkness

That envelopes my soul

As the voices torment me

Day by day

They bind me

With shackles

I fell I cannot get free

Except to give in to them

When I do get

Some rest

I feel good

But it does not last

Cause the voices

Come back

Even more forever

9/24/16

**Dangerfield**

Dangerfield,

Be careful where

You step

Caution

All meant to keep

Us safe

Right where we are

But.

I have a major malfunction

I do not want to be safe

I want to be with

Jesus

Where I will be the only safe

I know

With no more tears, pain or fears

We will be happy forever more

10/9/16

**Fall**

Fall-the colors

The reds and oranges

And yellows too.

They all are pretty

Events of the fall

Hay wagon rides,

Cookouts with

Marshmallows and hot chocolate

Too.

Pumpkin carving

And do not forget

Pumpkin pies

Fall is a good season

And

I like it also because

My birthday is then.

I smile

10/10/16

**Monsters**

There are monsters

Vying for different

Parts of me

I cannot make it out

Because it is so confusing

I just try to take one day at a time

It is all I can do.

Just knowing I am

God’s

Makes me

Smile

Just knowing

I have a purpose

Keeps me going

10/16/16

**Standing**

Here is stand on a

Sunny calm day

In the midst

Of the shallows

As the tide comes

In and out

I just stand

There and watch

Waiting patiently

For a sign from

God

That everything

Will be alright

And

Deep down inside

I know it will

Because God

Is in control

And in that, I can rest

10/18/16

**Giving up**

The voices are so bad

I feel like giving up

I lay in bed

At night

Terrified that

They will hurt me

I want to do it myself

End it all so that

I can go to

Jesus

And

Bear it no more

Because with Jesus

There will be no more

Pain,

Sadness,

Crying

Or

Sorrow

11/12/16

**Untitled**

There is a darkness

A certain darkness

That envelopes me

At times

It is hard to move on

But

Somehow, I always

Find a way to

Bounce back

Especially

As I think about

My kids

They always pull me through

The tough days

11/16/16

**Urges**

I am having urges

To hurt myself

Make the pain

Go away

No one understands

I want to be near

Those I love

They do not care

People will ask me

What my plan is

But

Do they really think

That I am that stupid

To tell them.

Help me my friend

11/28/16

**Outside**

I walked out in the

Cold, windy day

For a brisk walk.

I felt free in a

New way

And

I heard the voice of

God

Say to me

That he got my hand

And

That he will be with me

No matter what

12/1/16

**Tears**

The tears are flowing

Form the insults

That come from

The mouths

Of others

I try to hold them

Back

But I cannot

Alone at times like

These are hard

Being so far away

From

Family and friends

But

We need to remember

The good times

And slowly

The tears

Dry

As we are with loved

Ones.

12/17/16

**Struggle**

The struggle for my mind

Is between

Bad and good

The bad are

The voices

And

The good

Are clear headed day’s

Truth be told

I am scared

Many day’s

When I wake

I do not like who I am

And

What I have become

1/2/17

**Loss**

I feel at a total

Loss of control

I am barely able

To make it

During the day

Because

I fall asleep

When I do not want to

I am afraid I will miss

Something important

I am taking one day

At a time

Is all I can do

I do not want to fail

My kids or anyone

Close to me

All I can suggest

To all who read

My writing,

Is do not try to take on

More than you can handle

1/20/17

**Untitled**

The blood drains form

My head as

They hang me

Upside down

The cut just

Drains freely

So that I can

Have my party

With Jesus

No more tears

No more fears

No more sorrow

We will be with

Jesus in heaven

1/21/17

**Stretching**

They stretch me this way

And

They stretch me that way

I feel like silly putty

Confused

Why can’t they leave me?

Alone and just

Guide me gently

No tear me apart

I am content being

Silly putty

If

They do not stretch

Me to far

3/1/17

**God’s Painting**

A sunrise is like a painting

God’s painting on a brand

New canvas

For a brand-new day

A day of new beginnings

A day of new beginnings

To pick oneself up

After a bad day

A day to start fresh

The sunrise is God’s beautiful

Masterpiece

Painted across the sky

God’s in charge

Of it all

God is awesome

5/11/17

**The Tide**

Thick as fog that descends from

The sky

Are the voices which perverts

My head

The voices come and go like

The tide of the ocean

Sometimes they are loud like the

Waves, crashing on the beach

Other times they are as quiet

Like a lake on a peaceful day

Thick as fog that descends from

The sky

Are the voices which permeates

My head

Sometimes they are loud like a

Roaring waterfall

Other times they are quiet like

Water in a swimming pool

5/11/17

**Mother’s Day**

Mothers are nurturing

Mothers are caring

Mothers are loving

And

Mothers stick by you

My mother is great

One day a year we celebrate

Our mothers

And what they mean for us

Mothers are special

Mothers are our protectors

Mothers are defenders

Mothers stick by

You

No matter our age

Even if we may be far apart

Happy Mother’s Day to all the

Mothers in the world

5/14/17

**Do You Remember Me?**

I wonder in my heart,

Do you remember me?

The times we spent together

Do you remember me?

I wonder in my heart

During this Mother’s Day,

Do you remember me?

You would take me out

For a banana split each year

Do you remember me?

I wonder in my heart

Do you remember me?

You were near

Now your gone

And

It makes me sad

Do you remember me?

Will you remember me?

5/14/17

**Untitled**

Tears flow from my eye’s

Because I am scared

Scared for my life

I need to be vigilant

Tears flow from my eye’s

Because I am scared

I do not know what to do

I feel like hurting myself

Tears flow from my eye’s

Because I am scared.

I need to turn to Jesus

Because He is always with me

Tears flow from my eye’s

Because I am scared

Afraid of the future

Afraid of the unknown

I just want to break free

To leave this all behind

Help me

5/14/17

**Scary**

Yelling and cursing scares me

It makes me uneasy

And

Afraid

Plus, its disrespecting others

And

My faith

I try to use my coping skills

When it happens

But it is hard because

I shake and get anxious too.

Yelling and cursing scares me

Why do people do that?

I think they do it for a power

And

Control trip

Or maybe because they feel

Inadequate themselves

Yelling and cursing scares me

It makes my chest hurt too.

5/16/17

**Forgiveness**

When we have regrets

Of things we’ve should have done

It may be hard,

But

We need to forgive ourselves

Forgiveness is hard to do

But the more we hold onto things,

The harder it is to forgive

We must practice self-forgiveness

To experience healing

When others have wronged us

Again, it is important not to hold on.

We must forgive

To bring healing

To us and others

Forgiveness is a hard thing

But

It builds character

And

Makes us stronger in the long run

5/17/17

**My Name Poem**

Bright

Enthusiastic

Nice

Jovial

Active

Musical

Innovative

Neat

5/18/17

**Bombarded**

My head is bombarded

With the chains

That bind me fast

The thoughts that are

In there and

The voices are scary too

Is there any respite

Is there any hope

For me at all

I feel hopeless

And

At a loss

Like a hammer and chisel

That cuts,

The voices cut right through me

I am tired and weary

Tired of fighting the fight

I am beginning to think that

There is no victory for me

I feel hopeless and

At a loss.

5/18/17

**Bird’s Song**

I hear a melody each morning

Coming from the birds

Singing their song

What it is,

I do not know

But

It is sure beautiful

I hear a melody each morning

Coming from the birds

Their song is majestic

God’s creation

I hear a melody each morning

Coming from the birds

Their song is wonderful

It brings joy to my ears

God’s creation

Manifested each day

New every morning

It sure is beautiful

5/19/17

**My Heart**

My heart carries many things

Scars and wounds from

Things that happened to me, like

Abuse, abandonment and rejection

These have caused much pain

My heart carries many things

Love from family and friends

With keeps me going on

No matter what

My heart carries many things

Both good memories and bad ones too

It makes my heart glad when

I dwell upon the good

My heart carries many things

The most cherished one is

The love of Jesus

Because

I know that He is with me

No matter what

5/19/17

**Untitled**

No one knows about him,

His name is Vladimir.

He wants me to hurt myself

Wants me to die

Gives me many plans

Vladimir follows me too

And

Rarely lets me go

I do not know what to do

Because it is scary

And

The real me wants to be happy

With this pen and paper

I write it down

Because

I want him to leave

I need to be rescued

He dresses in black, has long black hair

And

Rarely lets me go

Help me!

Get rid of him following me and speaking to me

5/20/17

**Wearing a Mask**

I wear a mask.

On the outside of the mask

I appear happy

But

On the inside of the mask

I am scared, lonely and afraid

I wear a mask

Outside of the mask

I try to appear like I have

It all together

But on the inside

I am in turmoil

And

Bound by shackles

Unable to get free

I wear a mask

On the outside

I wear content

But

On the inside

I am anxious and do impulsive things

I wear a mask

I need to trust

And

Heal, so that I can have a normal life

5/22/17

**Fire**

A fire is blazing in my mind

Burning out of control

With no relief of any kind

Even though the tears

Come at times

And

Quench the fire

It still smolders

And

The fire blazes again

A fire is burning in my mind

Burning out of control

The voices are bad at times

And

Sometimes they are better

A fire is burning in my mind

Burning out of control

I feel like I am all alone

Like no one understands

There are ae thoughts in my mind too

Such evil things I would like to do

Just to end it all

For some relief

What if?

A fire is burning in my mind

Burning out of control

I need to break free

Someday will come and,

I will have my way

And

No one will be able to stop me

5/23/17

**Commitment**

Commitment is keeping our word

At something

They ask me if I can

Commit to being safe

I tell them yes, but

Inwardly I know I cannot

I am not in that position yet.

Commitment is a sacred thing

One day I would like to

Commit to being safe, but

It will take a lot of work

With people I trust

And

Even work on my part too

Now though, I cannot

Commitment, what is it?

Sticking with something

Even though it may be hard

I cannot do it now

But maybe someday I can

5/23/17

**Raindrops Like Tears**

The raindrops that fall

From the sky

Are like the tears

That fall from my eyes

They are raindrops of

Anxiety, voices and the

Thoughts that race

Through my mind

They are raindrops for

The pain I feel

And

The shackles that bind me

They are raindrops for

Healing; because both

Raindrops and tears bring

Growth and healing to a soul

The raindrops that fall

From the sky

Are like tears that

Flow from my eyes

5/26/17

**Mirror**

I look in the mirror

And I see a

Scared, hurting and

Lonely individual

The reflection of someone

That I do not like

With low self-esteem

I look in the mirror

And I see a

Someone that I do not recognize or

Even have compassion for

I look in the mirror

And what do I want to see?

I want to see a

Normal person

Who has good self-esteem?

An individual who is healing

Little by little

Taking one day at a time

5/28/17

**Blessed**

I am blessed to have

You in my life

When I am down,

You are my rock

You took me in when I

Was sick

And

Still you stand by me

I am blessed to have

You in my life

You are strong when

I am weak

I am blessed

And

I admire you for

Standing by my side no matter what

I am blessed to have

You in my life

I cherish you and your family

And am blessed

To be a part of your life

6/1/17

**Survivor**

I am a survivor,

I have survived many things

Like the pain in my life

I am a survivor

I can live through anything

Make it through the toughest day

I am a survivor

I have survived this illness

And the

Tormenting voices

I am a survivor

I can make it through anything

I set my mind to

I am a survivor

I need to make it for my kids

I can do it

I am a survivor

And

Can make it through the toughest day

6/1/17

**Alone**

Lord, I feel all alone

I feel like you have

Abandoned me

And

Left me in a dark pit

Just to decay and die

Lord, I feel all alone

I feel stuck with

No way to get out

Like there is no escape

To safety

Lord, I feel all alone

Where ae you?

I cry,

I am tired of this,

Tired of this mess

Lord, I feel all alone

I cannot talk to anyone

Cause I feel like they

Do not understand

Where are you?

6/2/17

**Snowy Blizzard**

Like a snowy blizzard winter day

My mind goes a mile a minute

The thoughts just keep coming

I can find no rest

No shelter whatsoever to

Protect me

As the snow falls on a winter day

And it is cold outside

I shiver at the things that

Are in my mind

I need to break free

From them

I need protection

Like a snowy blizzard winter day

I am stuck out in the middle of it

Vulnerable to the voices and thoughts

Inside my mind

I am desperate to get some freedom

6/6/17

**Untitled**

When I am with my kids

And talk to them

I feel happy

When I am apart from

My kids,

I feel sad and lonely

When there is chaos

Around me

I feel confused

When I listen to music

And

Do my writing

I feel peaceful

I have trouble pinpointing

Just one emotion,

But,

If I had to pick one it would

Be happy because I am

Around my family and friends

6/7/17

**Flowers**

Flowers, there are

Many kinds

Each of them unique

Like each and every person

One of my favorites is

A sunflower

A sunflower has the center

And coming outward are the

Yellow petals,

Like rays of sunshine

Beaming down on earth

I believe sunflowers are like

The warmth of the sun

Warming the people as they

Look at them

You cannot help but smile

Flowers are indeed pretty

The sunflower is

One of them

6/8/17

**Untitled**

As the tide from the ocean

Washes up seashells

On the beach,

The thoughts enter my mind

At free will

Each time more thoughts wash up

In my mind

And

The voices come and go

They disturb me

And

I feel helpless.

I need rescued

As the tide washes up the shells

The thoughts and voices enter my mind

I try my best to ignore them

But,

They are strong and loud

That it is hard to drown them out

I cry out

Help me, I want to get rid of them

6/14/17

**Rainbow**

Beyond the rainbow

There is hope

A hope for a

Better tomorrow and day’s ahead

The rainbow is a reminder of

God’s promise

A promise that will last forever

God never fails

Beyond the rainbow

There is hope

A hope that is eternal

A hope that will not pass away

A rainbow,

A multitude of colors

Like a painting on the sky

Is a picture of hope

Hope for me

Taking one day at a time

6/15/17

**Wanting Freedom**

I am restless

I want my freedom

To get out of this prison

I am in

I feel stuck

With no way to get out

I am restless

Eager to move on

And

Soar in the sky

I want my freedom

To get out of this prison

I am in

I am restless

Itching to try anew

No more living in the past

Looking forward to the future

I want my freedom

To get out of this prison

I am in

6/16/17

**Battle**

I battle it every day

The thoughts of suicide

And

Hearing the voices

Sometimes they are less

And

Sometimes they are more

I battle it every day

The thoughts of suicide are strong

I try to talk back

To dispel them

But

They will not leave me alone

The voices too.

When will I ever feel better?

When will they go away for good?

I battle them every day

The suicidal thoughts and the voices

What am I to do?

Where can I go for safety

7/9/17

**Independence Day**

Independence Day

The men and women

Who fought for our country

We celebrate our freedom

That we are Americans

Independence Day

Cookouts with

Hot dogs, hamburgers,

Potato salad

As well as other goodies

We celebrate our freedom

With family and friends

Independence Day

Fireworks a display

Out of this world

A day we celebrate

Our freedom

The men and women who fought for

Our country

Independence Day

Freedom-we are Americans

7/10/17

**Road of Life**

This road of life is full

Of twists and turns

I have had my share of them

Been locked up for a while

But,

I am ready to take the

Plunge for bigger and better things

This road of life is full

Of twists and turns,

We all have our share of them,

But I have learned a lot,

A lot that I am grateful for:

My ability to write,

Waking up and talking and walking

Family and friends

The list goes on

This road of life is full

Of twists and turns

We all have our share of them

7/11/17

**My Son’s Worldview**

The other night I had

A conversation.

It made me glad

It was with my son

Had a great conversation

It was Fantastic

Each time I shared

Something with him

He would answer with

“That’s Fantastic”

What is Fantastic

To him, it is his dreams

And

His pure view of life

The other night I had

A conversation with my son

What is Fantastic for me?

The answer is my blessings:

My kids, and my dreams

And

That I am feeling better

Yes, that is “Fantastic”

7/11/17

**Uneasy**

When we feel uneasy

In certain situations,

We can get anxious

It can cripple us

Make us afraid to do things

Anxiety comes in many

Different forms

Like: sweating, shaking,

Headaches and upset stomach

There are other symptoms too

Anxiety, what are we

To do when we are afraid?

Sometimes it is best

To take small steps

To ease ourselves in a situation

It can be conquered

Just take one moment

At a time

7/15/17

**Perseverance**

When you are feeling down

You persevere

I see a strength that you have

You are working hard to overcome

When you feel weak

Just look where you came from

To be where you are

And

Take one day at a time

With the strength

That you have

I know you will make it

And

Be even stronger in the end

Perseverance is a great quality

Whenever you need it

Just read these words

And

You will make it through anything

7/16/17

**Thank You**

Thank you from the

Bottom of my heart

For helping me

During my dark day’s

Thank you from the

Bottom of my heart.

You listened to me when

I would talk

Thank you from the

Bottom of my heart

For guiding me through

The bad day’s as well as

The good ones

You all helped me through

I thank you from the

Bottom of my heart

I will never forget you all.

7/17/17

**Forgiveness**

Forgiveness is the battle of

The mind

Especially self-forgiveness

It racks our mind

There are barriers to forgiveness

Guilt is a barrier

Guilt for things that should have been

And

Guilt for things that have been

Forgiveness is essential if

You want to have peace

Both inwardly and outwardly

Forgiveness is a choice of

The mind

One small step toward healing

6/15/17

**My Cross to Bear**

This cross feels too much to bear

The voices and the thoughts

Are scary at times

When I feel scared, lonely, sad and depressed

I like to listen to music

This cross feels too much to bear

But I need to rely on people

And coping skills

It is hard I know,

I am not alone

Sometimes I cry,

Sometimes I am in pain

But

The Lord can help me carry my cross

5/2/17

**Mask**

I wear a mask

Confident, strong, and happy

But, behind the mask

I feel sad, lonely, depressed

And

I hear voices which scares me

I wear a mask

Behind the mask I feel:

Dumb, ugly, and unconfident

With low self-esteem

Wondering why I am here

Wondering why I struggle

With this illness

But

I remind myself

That I have a purpose

Which is to be used by God

5/8/17

**Fighter**

You are a fighter

You have a determination

That infects my soul

A determination to

Make it for my kids

You speak your mind

A determination that

I admire

A determination to keep on keeping on

You are a friend and a good listener too

You are a fighter and a true friend

That I can trust

A word of advice though

Just continue to be you

The fighter that I see

And

You will do great things

5/9/17

**Feeling Better**

I said a prayer for you

Last night

I do not like to see you hurt

Cause your my friend

You are my friend

Your smile is infectious

It brightens up my day

As I give you this blessing

I pray that God will take

Away your pain

That God will heal you this day

Cause you are my friend

You are my friend

You see the good in me

That I cannot see in myself

If there is one lesson, I learn from you,

It is to try to see some good in me

5/10/17

**Friends**

Friendship is a rare thing

True friends are hard to find

But when you have one

Do not take it for granted

Friends, true friends

Stick by you

They tell you the truth

Even if it may hurt

Cause they got your back

Friends listen to your

Hopes and dreams

Friends even listen when

Your day may be hard

Friends, true friends

Stick by you

No matter the cost

When the going gets rough

Your friend is there.

Thank your friend

5/12/17

**Prayer**

Your hurting inside

I can see your pain,

But

I pray to see you smile

To see you happy and

Enjoying the day

Your hurting inside

I see you cry

If I could wipe away your tears

I would do it in a jiffy

Cause I want you to be happy

Your hurting inside

I see your pain

You are my friend and

It makes me sad

To see you that way

But

I will say a prayer for you each day

5/12/17

**Always**

I am here and I love

You very much

Even though we may

Be apart at times

I carry you with me

Cause you are my grandchildren

And you are so precious to me

You are my heart and soul

You are close to my heart

And

You will be forever

I look forward to our

Special times together

And

Many more as you grow

I am here and I love you very much

5/12/17

**True Rest**

The voices were bad yesterday

I kept thinking

If only?

If only I could walk

In front of this

Car

Or

That truck.

Then I could go to heaven

And have no more pain

Sadness, crying, or sorrow

Because I will be with Jesus

Jesus is the ultimate

Healer I need

To find my

True rest in Him

4/4/17

**Bone Chilling Cold**

A bone chilling coldness

Envelopes me

When I hear the

Voices

It scares me and

Terrifies me

I fear to keep going

Because of

What others might think

I want the voices to

Leave me alone

So, I can be happy

And normal

Not a freak

I somehow need to get rid of these

Feelings and thoughts

What they are telling me

I believe, because

It has been such a long time,

All my life

4/6/17

**Untitled**

Each day that comes I notice

A difference

The voices are getting less

And the urges for self-harm

Have gone down too

I just need to take one

Day

At a time

And

Go to someone I trust

When I do feel bad

I will not feel afraid   
because they are my friends

4/7/17

**Untitled**

I like to sit in the

Darkness

Because I do not

Have to

Confront m fears

And the bad things that

Happened to me

In my past

I can just go to sleep

And

Sleep it off

Till the next day,

When it just happens

All over again

Like the merry go round

That it feels like I am on.

4/8/17

**Stranger in a Big World**

I feel like a stranger

In a big world

Afraid to

Tell

My problems to

Because I do not want

To be a burden

I just want to check out

Because I am being stretched

Too thin like

A ball of silly putty

I feel like a stranger

In a big world

Looking up things

I know I should not

Cause I need to be

Around for my kids

But I am such a big burden

They deserve someone whole

Not broke like me

Who is a stranger in a

Big world

4/13/17

**Numbered Day’s**

My days are numbered

What will I be remembered by?

My words

Or

My deeds

One day soon I will be

In my home sweet home

Heaven’s perfect place

This pain is unbearable

I am a slave to

My mind

Being held captive

By the thoughts deep within

I cry out to a deaf world

It seems,

I feel like nobody hears

Like nobody cares

What should I do?

Where can I go

But to my home

In heaven above.

6/10/16

**Mashed Potatoes**

Like a bowl of mashed potatoes

My mind feels

All mushed

Together

And I cannot make sense out

Of them

So many things going

On up there

I am afraid of it all

Cause of the pain I feel

I want to get free

From the shackles that

Bind me

I cry out because

Of the

Pain

Just let me be

And

Let me die so that

I can be free.

Cause that is the only way I know to

Get rid of all this pain

6/12/16

**Spinning Mind**

My mind spins

Out of control

My thoughts are all

Jumbled up

And make my mind

Hurt

The jumbled mess

Are all memories

Like sand of the beach

There are many

But

There is much pain

I need some rest,

I yearn to get free

But how?

I write and get

Some rest

I talk and get

Some rest too

But

It does not last

In the end I try to

End it all

Cause that is the only

Way I know

To be free indeed

Is to be with Jesus

My Savior and my God

6/14/16

**A Darkness that Envelops Me**

Like the darkness at night

There is a darkness that

Envelops my mind

A pain

So deep that I

Find it hard to go on

I just want to give in

To the desire of my soul

And have a

Grand Welcome to Heaven party

No one understands

It seems,

The way I feel

There is a deep darkness

That envelops

My mind

So many hurts and

A pain so deep

That I cry out to all who hear

Please help me, take my hand

And lead me

It all resides in me

It is my choice to do

What I want.

I would be better off dead,

My grand welcome to heaven party

6/17/16

**Empty**

I feel so empty and lost

A life with no purpose

I life in the

Dark

Sometimes I hear them

And it scares me

To no end

I am in turmoil and

I just want it to end

A life lived in the dark

I will die I know,

But then I will be in the light

In Heaven above

With no more pain

I feel so empty

And lost

Why can’t I go now?

To be free from it all

6/18/16

**Alienated**

I feel alienated from

My family and friends

Like no one

Understands me

What I have been through

Or

Where I have been

The pain that is

Deep inside me

My mind is in turmoil,

What can I do?

I am and outsider

Looking in

I am afraid of living

Afraid to go on

I want to die

To be free from the pain and voices

That bind me and shackle me

I am in a prison in a dungeon all alone

6/19/16

**Mind like a Sponge**

My mind is like a sponge

It soaks in everything

I see and hear

The good and the bad

But the bad outweighs the good

There is much pain

In my mind

It cannot get it out

I have things that are

Good in my life

But I also have a lot of bad

And it scares me

There is much pain

And I do not want to go on

I want to be in Heaven

Where there is no more pain

And where Jesus will wipe away

Every tear I have.

6/19/16

**Stealth**

They call me stealth

Cause I am

The

Loudest one,

The most vivid one

There are others

But

I am the source

He hates himself

And

One day he will succeed

He will give himself over

To death of this life

6/20/16

**Wounded**

I look in the mirror

And see

A wounded person

With a pain so deep

That I want to hide.

But I still see it every day

I cry, but it is

Still there

What can I do?

To be free

I want it all to end

I look in the mirror

And see a

Wounded person

With a pain

So deep

It scares me.

I see,

I know,

That only true freedom

From pain is

In Heaven

6/20/16

**Untitled**

They call me wounded

My mind hurts

Is tormented within

By the voices and things

That have happened

To me

I put my guard up

Cause I have been touched

In bad way’s at

Places I have gone to for help

Why did that happen

What did I do to deserve it?

6/20/16

**“Bella”**

My friend Bella said

She would be there to help

To encourage

To be an ear

But we talked and she yelled

And

Cursed at me which hurt

It is hard to understand

When you are not with the person

But she has a point

I need to find someone I trust to

Tell them my hurts and pains

Please send someone my way.

6/20/16

**Good and Bad**

In my mind there is good

And

In my mind there is bad

My mind hurts a lot

I just want to

Be dead

How can I fix what is

Broke

What can lift me up?

My kids

But

I think they would be better off

If I was dead

One thing that brings me hope

Is God’s word which

Sheds light on

What is broke

How can I fix it?

What can I do?

I just want to get rid of this pain in my mind

A haunting of the devil

And

His schemes and vices too

What can I do?

Where can I go to escape the pain

I try, I cry,

But to no avail

Till something works

And I am with Jesus forever more.

5/17/16

**Quiet Assassin**

A quiet assassin

Lives inside me

Coming to life at

Any moment

The quiet assassin wants

To see me

Dead

And thrives when I

Take pills

To drown my pain

A quiet assassin lives

Inside me,

Sleeps,

But awakens at any moment

The quiet assassin loves

To see me hurt inside

And keep silent to those around me

The quiet assassin lives

Inside me.

What can I do to escape it?

To get free from the quiet assassin

5/18/16

**Untitled**

In each of us there

Is a demon

Vying for the parts of us

No one can touch

Trying to ruin us

In each of us there is an angel

Changing us from the

Inside out

In each of us there is

A good and a bad

Molding us for the bad

If we allow it

Or

For the good

But we must allow it

So therefore, my charge

Is allow for the good

The angel

To shape us for the good

And not for the bad

5/19/16

**Heavy**

My heart is heavy

Upon me

Like a boulder

Being pulled down

Through the Center of my being

My heart is heavy

Upon me

I wish I could just

Give up and give in

To the desires of my life

My mind is heavy

Upon me

It all I can do to keep

Going on

And Not giving up

My heart is heavy

Upon me

Like a boulder

Being pulled through the center of my being

I cry out in agony

Can anybody hear me,

Does anybody care

Come take my hand and lead me

to a place of rest

5/19/16

**A Swarm of Bees**

As a swarm of bees

Buzz around my head

So, go my thoughts

A million miles a second

They make my

Mind hurt

Cause I cannot stop them

Do not know how to let them go and just be

They fester till I act on them and

End up hurting myself

I just want to end the pain I feel

And be free from the torment in my mind

I try to talk about it, to lessen the pain

I try to write about it

But still it festers

I become fixated on the thoughts

Till I act and end up regretting what I did

The thoughts attack my mind

I talk sometimes and they still hurt me

I pray for a way out

For someone to come and ease the pain

Rescue me please

Help me find a way out

5/21/16

**Grandpa**

Grandpa,

I miss you.

I miss our times together

Just conversating

And

Spending time together

Grandpa

I wish I could be in

Heaven with you

Grandpa

I miss you

Every day it is hard to go on

Without you

I wish I could be with you

In Jesus presence

Grandpa

I miss you

Please say a prayer for me

That ill have the strength

To go on

Till Jesus calls me home

Oh, what a day that will be

When I have my

“Welcome to Heaven” party

5/24/16

**The Thud**

Thud, thud, thud

Goes my thoughts

Round and round

Like a fan

It makes my mind hurt

Pain deep within

I cannot control them

Do not know how to

Let them go

And

Just be

It is so hard to do

I have secrets that

I am scared to reveal

Plans that just need to stay

A mystery, or I risk

People judging me

Assuming things

That might hurt me

5/26/16

**Untitled**

Every day is the same

How are you?

They ask

I say fine

To get them off my back

But inside me resides much pain

I want to feel better

I want to be free

I cry out for a hand

To guide me

To a kind of rest

Where no one can harm me

I want to be open but,

I am scared

Of what people may think

Every day is the same

People ask how I am doing

I am fine, I say to get

Them off my back

5/27/16

**Marathon**

My mind races as though

It was in a marathon

There is no rest for the

Weary

It seems so crazy

It just keeps on going

I have things in my mind

I am afraid of

I want to run and hide

Because I am scared

Of what is inside

My mind races

I just want to do it and get

It over with

I will be in heaven anyway one day

With those I love

Just stop the race,

I am on the loosing team

But my mind keeps on going

5/28/16

**Pop Corn**

Popcorn is good

In many settings

Movies,

Play’s

Concerts too

There are different varieties

Of pop corn

Jalapeno,

Garlic,

Butter and

Carmel too

Pop corn

I like it if it

Does not get stuck in my teeth

How about you?

What kind do you like?

5/28/16