**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 exile rating 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 outlives

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 ae 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 bules

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 cand 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 and 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

Juist 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

Ime 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 Highshcool 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 uses 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

Causse 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 lossed

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 minuet

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 tool

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 ae 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 worm 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 worm

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 withing 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 dessert

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 ae 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 hos 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 maintence 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 picknicks 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

Its 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 though him and him alone.”

Relaxation

Relaxationologhy, 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 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 it dot 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

Sold 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 to 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 gottta 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

Ill quench the fire

At least I’ll try

To calm it down a bit,

Yes, ill 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

Its 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 ill 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 tie 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

On 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

Ae 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 Ives 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 an 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 ae calm

Red

Not just a feeling

A sight of fury

The burring 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 puled 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

Whets 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 and 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 appall

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 form 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 grown 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, her is what some of us thin 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 to can be unprepared

And

Weighed down by the cares and worries in our lives

What grieves God is that we don trust Him with this

Next, we have boats that float

These boats ae 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 were cars

Cannot reach for there are no roads

The people have to life 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 form 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 appreation

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 hearo 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 and be selfishly stubbern

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 thing don’t go our way

First way we step on peoples shous

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 a still celebrate this joyful

With those around us

And this my fiends

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 roosting 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 vison

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 hearts 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

Aer 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 o 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 appropiak in your daily conduct

Foir 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 to 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 ae some people that one may sustain?

Some people that one may sustain

Could include:

You 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

Benjamin Fickinger.

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