**Free**

I have deep thoughts and feelings that I usually don’t share

Most wouldn’t understand, and others just don’t care

But writing brings out the most vulnerable parts of me

It’s a place with no judgments, a place where I can be free

Here, I express my joy and happiness, as well as pain and sorrow

And other times it’s stress about the struggles of tomorrow

Most importantly, this is where my faith grows

The progress I’ve made, only God knows

This is the only place where all my worries cease

In these pages, I found the true meaning of the word peace

**8/8/22**

**SABRIA DEAN**

**365**

Haven’t heard your voice in one whole year

My heart still aches because you’re no longer here

You were more than an uncle, you were like my best friend

It’s hard to accept your life coming to an end

You had a unique way of showing me you cared

And I am eternally grateful for the time and love we shared

I still think about our memories from the past

Wishing I could go back and make those times last

Although it’s hard, I am glad you finished your race

It’s comforting to know you’re at peace; in a better place

**4/22/21**

**SABRIA DEAN**

**Missing You**

Since you’ve been gone, I can’t find a good headspace

I keep reminding myself that you’re in a better place

And even though that may be true,

My heart still aches when I think of memories shared with you

Another piece of my heart has been chipped away

I am ***missing you*** each and every day

**To my guardian angels**

**6/10/21**

**SABRIA DEAN**

**R.I.P**

Looking within, I feel so much hurt

Never imagined your face being the one on my shirt

I think back on all the talks we had

And memories of you still make me sad

They say only time will soften this blow

But still, grief is keeping my spirit low

I put a smile on my face, so I look strong

But each day is a struggle to push along

***Rest in Peace Uncle Gareth (4/22/21)***

***9/5/21***

***SABRIA DEAN***

**Happy Holidays**

Thanksgiving, Christmas and the start of a new year

Times that should be joyful and bring me much cheer

But as these days approach, sadness is the only feeling near

It hurts to go through the holiday season and not have you all here

I try to make myself cheerful, but it’s hard to shift gears

Knowing you all are gone fills my eyes with tears

Thinking I may never enjoy the holidays again …

That is one of my darkest fears

**11/21/21**

**SABRIA DEAN**

**Goodbye**

The only thing guaranteed in life is death

I fear the day my loved ones take their final breath

I know God’s timing is perfect, but still I ask “Why”

If death isn’t the end, why does it feel like a goodbye

I know that all souls are God’s to keep

But this worldly flesh allows my eyes to weep

The thought of losing people fills my heart with worry

I have constant flashbacks of people I’ve already had to bury

The losses I’ve endured have hurt so much

Sometimes it doesn’t feel real; this new reality is hard to clutch

Maybe it’s not death that I fear

Maybe it’s loneliness & the thought of having no one here

God, please help me release these fears inside

Let me find my place in You, where peace may reside

**10/7/22**

**SABRIA DEAN**

**40 ounce**

He was there sometimes,

Sometimes he wasn't

He shows up sometimes,

Sometimes he doesn't

He was my first love and first heartbreak

He sometimes made me smile, and other times brought heartache

Sometimes he made me laugh when I was feeling down

Other times, his neglect was the reason for my frown

In this man, I sought a role model

Instead, I found someone addicted to a bottle

That left me to question:

Who does he love more?

His family, or the 40 ounce from the corner store?

Instead of protecting my heart from being bruised

He sat around all day and night getting boozed

I wish I had the will power to leave him alone

But I still get excited when his name comes across my phone

There was a time when I thought I could cut him off, draw the line

But every time I look in the mirror, I see his face; not mine

**6/19/22**

**SABRIA DEAN**

**Quarantine**

This virus has taken half of my life as a teen

17,

18,

19,

***Quarantine***.

The pandemic was a setback; still it’s meant to help us grow

But the repercussion of this virus has my head hanging low

As year 20 approaches, I hope to close this sad scene

In my 20s,

I hope to learn something new

I hope to gain perspective; see a different view

I will refocus on God up above

I will continue treating all people with Love

I will still give others my heart of gold

I will not let societal circumstances turn me cold

**12/25/21**

**SABRIA DEAN**

**All Pain, No Gain**

Emotionally, in pain

Mentally, it’s a drain

Spiritually, there’s a strain

It’s hard to push through when I don’t see any gain

Each day it’s a struggle to remain sane

I try to see the light, but in the darkness, I remain

**3/1/22**

**SABRIA DEAN**

**Uphill Battles**

With all that God has done,

I should only feel blessed

But I allow the pressure of the world

To make me feel stressed

I let the world blur my vision so, it’s hard to see

I have a constant nervousness; anxiety

And in times when I feel like I’m turning over a new leaf

I’m become overwhelmed with sadness of loved ones that passed; grief

I try to view all my failures and losses as a lesson

But my shortcomings constantly trigger depression

**5/22/22**

**SABRIA DEAN**

**For My Good**

Got a lot weighing down on my heart

Really don’t even know where to start

Battles in my spirit, trying to avoid sin

Doing my best to not let the enemy win

Trying to cover up my newest scar

But healing from this hurt seems so far

Disconnected ... that’s what I feel with you

Wishing you’d come down and clear this clouded view

Wipe the river from my eyes

And once again, show me how to rise

Clear the dark clouds from my mind

Bring back the sun that once shined

Lost … that is what I feel inside

Steadily fighting the urge to run and hide

Though feelings of sorrow invade my mind more than they should

I still know all things are working together ***for my good.***

***Thank You, Lord.***

***5/30/21***

***SABRIA DEAN***

**Be Alright**

Sometimes I wonder how much longer I can fight

So many trials and tribulations make it hard to see the light

I push against the wall of adversity

I push with all my might

I’m battling these hardships

But see no end in sight

Some days, I feel a little better

But in the back of my mind, I still face this plight

I don’t know the solution to these problems

That is why I write

I write to remind myself that if I just keep my faith,

I will ***Be Alright***

**11/24/21**

**SABRIA DEAN**

**Love is …**

**Love is** the reason I am here

**Love is** the reason I do not fear

**Love is** the reason I am alive

**Love is** the reason I will thrive

**Love is** sometimes hard to understand

**Love is** also God’s greatest command

**Love is** stored deep inside you

**Love is** genuine, love is true

**Love is** the greatest gift in store

**Love is** the one thing we all yearn for

**7/3/21**

**SABRIA DEAN**

**Because I Love You**

For the people I love, every night I say prayers

But I can’t help but wonder if my name is in theirs

When love isn’t reciprocated, it just doesn’t seem fair

True love isn’t one-sided, it’s something people share

When people need me, they don’t hesitate to call

But who will catch me when I stumble and fall?

Still … I give, give, give, until I can’t anymore

But still, I don’t receive the love my heart longs for

But I’ll still put my feelings aside and pull you through

And I do this over and over again ***because***

***I Love You***

**9/5/21**

**SABRIA DEAN**

**New Beginnings**

Starting now, I’ll only accept what I deserve

No longer will my desires be kicked to the curb

In all aspects of life, I’ll listen first and be still

I refuse to pursue things that aren’t in God’s will

I must settle down and open my ears

Listen to The Father, who helps conquer all my fears

I’ll ensure my desires are all in alignment (with His will)

So that in the end, I can complete my assignment

**1/3/22**

**SABRIA DEAN**

**To Be a Student-Athlete**

Juggling, that’s what we do

Struggling, that’s part of it too

To be a student-athlete is to be stressed over a grade

To be a student-athlete is to be upset about how you played

Being a student-athlete is being worried about a deadline

Being a student-athlete is being benched, looking from the sideline

Being a student-athlete is finally earning a good test score

Being a student-athlete is showcasing your talent on the hardwood floor

To be a student-athlete is continuing to sharpen your mind

To be a student-athlete is digging deep and loving what you find

Ultimately,

Being a student-athlete is building relationships and being part of a team

Being a student-athlete is gaining your degree and living out your dream

**7/4/21**

**SABRIA DEAN**