

Finding the Rainbow

The massing vapours fill the sky
And tower high above the plains.
Beneath their shadow, here am I,
Disquieted by the coming rains.

Too soon, the thunderheads awake,
As tremors shake the shrinking earth.
I wonder what this storm will take,
And will I break, or find rebirth?

*There will be loss. There will be pain.
And yet the Rainbow still remains.*

~ ~ ~

And now the falling droplets pound,
As on the ground pools meet and merge;
The storm rampages, now unbound,
And all around the waters surge.

And now it rises to a flood!
I know I should despise the fear
That all that's true and all that's good,
Will, like driftwood, be swept from here.

*And there is strife, and there is strain -
And yet the Rainbow still remains.*

~ ~ ~

The waters chill me to the bone,
The wind has blown me far from land -
Yet though I suffer, though I groan,
I'm not alone - I'm in His hand:

My Father hears my anxious plea -
Through torrents He stays by my side.
He makes a pathway in the sea.
He'll always be my surest Guide.

*And there is joy within the pain
Because the Rainbow still remains.*

~ ~ ~

And though my heart within me sighs
And by dark tides my soul is swirled,
Yet no more will a flood arise
To reach the skies and drown the world.

His Promise brings a sweet relief,
And so belief in Him holds sway:
The dove *will* bring the olive leaf,
And all my grief will melt away.

*And in my loss, I see the gain
Because the Rainbow still remains.*

~ ~ ~

The storm around still rages wild,
 Yet, unbeguild, I know that He
 Will not be angry with His child
 And that He's smiled on even me.

Those Rainbow colours now entwine
 And my lifeline they soon become.
 Awake, my soul! No longer pine.
 Arise and shine! Your Light has come!

*The waters will recede again.
 The Rainbow always will remain.*



This poem is about my experiences with breakdown and depression,
 and how I've experienced God's faithfulness through it all.

It was one of the hardest poems to write, both technically and
 emotionally - but there was such a release when I'd finished it!

This poem references:

- Isaiah 43: 1-2, 16
- Genesis 9:8-16
- Genesis 8:11
- Isaiah 54:9-10
- Psalm 57:8
- Isaiah 60:1



Unshamed

That twist of the heart,
as though it were being wrung out
like a soiled dishcloth;
Wanting to curl up around it,
to shield it from view,
To shrink and shrivel around it
until I could crawl inside a nutshell
and close it up behind me.

~ ~ ~

Choosing to uncurl;
Bring it to the Light;
Expose it to the Consuming Fire.

Grace burns away shame.

The heart opens again,
basking in the warmth
of being fully known;

Fully loved.



Holding On

I hope you understand
You're safe within My hand.
Facing the unknown, you're not alone,
You just keep holding on to Me.

And when the storm is wild
Hold onto Me, My child.
Though torrents rage, don't be afraid,
You just keep holding on to Me.

~ ~ ~

And when the world would harm,
Run to your Father's arms!
I'm always here for you, My dear,
You just keep holding on to Me.

I'll wipe away your tears,
My love will calm your fears.
Life may be unkind, but you are Mine,
You just keep holding on to Me.

~ ~ ~

I'm with you,
I love you,
My precious child.

Don't fear now,
Just reach out
Your hand for Mine.

~ ~ ~

I'll bless you.
I'll guide you.
I'll help you grow.

I'll shield you,
Stand by you.
I won't let go!

~ ~ ~

Come close now,
My dear one,
Receive My calm.

Be still now -
Just trust Me.
Rest in My arms.

~ ~ ~

I hope you understand
You're safe within My hand.
Facing the unknown, you're not alone,
You just keep holding on to Me.

And I'll wipe away your tears,
And My love will calm your fears;
I'll bring you home, My dearest one,
You just keep holding on to Me.



Cherished

As a father holds his child
You hold me close to Your heart.

I am cherished;
I am precious in Your sight,
Treasured by You.

My heart opens like a flower,
Bursting with joy
In response to Your love.



Sacred Ground

To love my Lord devotedly,
Obeying Him wholeheartedly;
To trust in Him when I can't see:
 This is Sacred Ground.

To live my Faith courageously,
Love to my full capacity,
And see myself as God sees me:
 This is Sacred Ground.

~ ~ ~

To practice generosity,
To care for others practically,
To share resources mindfully:
 This is Sacred Ground.

To guard my heart ferociously,
To steward my soul faithfully,
So that good things can flow from me:
 This is Sacred Ground.

~ ~ ~

To joy in creativity,
Explore originality,
Express God's image within me:
 This is Sacred Ground.

To use the gifts He's placed in me,
To serve enthusiastically,
Do all things for Him, heartily:
 This is Sacred Ground.

~ ~ ~

To be who I was made to be,
To live my life authentically,
Embrace my own complexity:
 This is Sacred Ground.

To deal with others honestly,
Let God's grace freely flow through me,
Submit to others graciously,
 This is Sacred Ground

~ ~ ~

To rest in quiet tranquillity,
Content in my own company,
Accepting myself lovingly:
 This is Sacred Ground.

To share the secrets within me
In honest vulnerability
With those who've shown they're trustworthy:
 This is Sacred Ground.

~ ~ ~

To grieve when loss envelopes me,
Weep unapologetically;
To feel my sorrow searingly:
 This is Sacred Ground.

To revel in life joyously,
To let my soul expand with glee
And laugh until the tears flow free:
 This is Sacred Ground.

~ ~ ~

To know I live imperfectly,
To see my faults unflinchingly,
Acknowledge my humanity:
 This is Sacred Ground.

To take responsibility,
Accept God's grace unstintingly,
Receive forgiveness thankfully,
 This is Sacred Ground.

~ ~ ~

To follow sacrificially,
To share His suffering willingly,
Take up the cross that falls to me:
 This is Sacred Ground.

To live life more abundantly,
Share in His joy ecstatically;
To know Him more transcendentally:
 This is Sacred Ground.

