

**POEMS FROM WITHIN  
BE ENCOURAGED**

by  
Gwyn Stanton



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Isbn-13:*

# DEDICATION

*I DEDICATE THIS BOOK IN MEMORY OF MY PARENTS,  
RONALD LEE COLE AND JUANITA STANTON-COLE,  
WHO ALWAYS ENCOURAGED ME TO BE THE BEST  
VERSION OF MYSELF, TRUST GOD, AND TREAT PEOPLE  
THE WAY THAT YOU WOULD WANT TO BE TREATED  
AND RESPECTED. NO MATTER WHAT LIFE THROWS  
YOUR WAY, ALWAYS REMAIN HUMBLE, CAUTIOUS,  
AND TEACHABLE.*

*"Thank you and I miss you both every day."*

# ACKNOWLEDGMENT

*I am so very grateful to each and every person who has ever poured into my life – family, friends, and my brothers and sisters in Christ.*

*But, most of all, I'm humbled and thankful to God for His goodness, grace, and mercy that has been upon my life. He has never left me nor forsaken me, just like His Word says.*

*To my awesome parents, Ronald Cole and Juanita Stanton-Cole, who have always shown me their love and support, along with their steadfast walk and faith in God and the importance of having a prayer life by being a living example of how they lived their lives each day.*

*To my sister, Ronald V. Cole-Cuington, and brother-in-law, Lawrence Cuington, thank you for your words of encouragement, support, and unconditional love and for always being there for me when needed. Thank you for showing me the true nature of a man and woman of God, being not just hearers of the Word but doers of the Word by how you live your lives before the Lord, your family, and your children that God has entrusted you with. Thank you.*

*To my big brother, Levell Stanton, thank you for showing and encouraging me to do better and put forth the effort that I need to succeed in life and use the training that I received while in the Army to have the discipline to keep going forward in reaching the goals that I make in my life.*

*To my Pastor, Bishop Uleses Henderson Jr., and 1st Lady, Natoya Henderson, my spiritual leaders, and the entire Emmanuel Church of God in Christ family, thank you for welcoming me and embracing me with your genuine love, kindness, and fellowship as I continue to grow in my faith and walk with the Lord.*

*To Pastors Andrea and Sandra Crouch, whom I miss dearly, who first spoke into me and said I need to write a book about my journey of life that God has brought me through – it is in progress as we speak – thank you for opening up your home and sharing your love for people, seeing them grow in their faith and using the gifts that God has given for His glory. Thank you.*

*A final thank you to those who will read these poems and find some comfort and encouragement in knowing that I never thought I could do anything like this because of the road that I took in my past. But, to my surprise, I wasn't fully aware of my potential to change and have a different perspective on my future. I am, even as we speak, in the process of writing about who I was, what happened, and who I have become today – all positive.*



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# PEACE



(2 Corinthians 13:11)

Finally, Brethren, Farewell. Be Perfect, Be Of Good Comfort, Be Of One Mind, Live In Peace; And The God Of Love And Peace Shall Be With You.

I Love The Way I Feel Inside  
It Gives Me Joy, It Gives Me Pride  
I Can Tell It's So New To Me  
It's A True Feeling Of Being Free  
A Warm And Gentle Touch, Within My Soul.  
It's Like The Meaning Of Pure Gold.  
The Feeling Of The Wind As It Blows Through The Day  
Refreshing, Relieving, Rewarding In Every Way.  
It's What You Have When God Comes In  
An Ever-Lasting True-True Friend.  
I Didn't Get Here Overnight, But By His Might  
The Devil Won't Give Up Though He's Lost The Fight.  
I Have Taken Many A Fall, I Make Mistakes,  
But He Never Leaves Me Nor Forsakes  
I've Been To Jail, To Prison, Homeless Dead To The Streets  
Today, I Let The Lord Jesus And His Word Guide My Feet.  
I Listen To Others In All Sincerity  
For Me, That Is A Change That You Can Call Clarity.  
I Don't Have It Together, The Way Others Say It Should Be  
The Word Of God As My Guide; That's Right For Me.  
When You Talk To Someone You've Never Seen

You May Be Entertaining Angels, Unaware This Isn't A Dream.  
Don't Worry About What Clothes You Do Or Don't Have To Wear  
Just Come To Jesus As You Are, and He'll Wipe Away Your Every Snare.  
We've Been Living This Life On Earth The Way We've Wanted, You See,  
Now That I Believe In The Lord Jesus, Why Worry What Others Think Of Me?

# CHANGE



(Job 14:14)

I Will Wait On The Lord Until My Change Comes

The Time I Spend In The Past Recounting What I Lost  
Could Be Spent Strengthening Myself, By Looking To The Cross.  
I Enjoy The Life I Have Today, I'm Free To Praise The Lord  
And Ask Him For The Guidance I Need To Change This Sinful Heart,  
I Realize I'll Make Mistakes Along The Way  
So, I Turn To Him, Repent And See What He Will Say  
No-One Can Change Me, Not Even Me, Myself  
It's An Inner Change, Deep Within, With His Help.  
Sometimes, I Don't Know What I Should Say  
So, The Holy Spirit Steps In And I Get Out Of The Way.  
I've Learned To Be Honest, Open, And True  
That's When I Find The Real Man Inside God Leads Me To.  
People All Around Me, Going Here And There  
I See Myself, Once Like Them, Heading Nowhere.  
The Day Is Full Of Decisions To Be Made  
I'm Learning How To Walk By Faith, That's Why I Am Saved.

# THOUGHTS



(Jerimiah 29:11)

For I Know The Thoughts That I Think Towards You, Saith The Lord, Thoughts Of  
Peace, And Not Of Evil, To Give You An Expected End.

When I Sit And Think Of How I Feel

I Stay In The Moment; I Try To Keep It Real.

I Ponder The Thoughts That Go Around In My Head

And Try To Be A Part Of The Solution so My Time Isn't Dead.

I Don't Understand All These Feelings That I May Have

But I'm Looking For Some Answers That I Can Truly Grab.

They've Been A Part Of Me From The Time My Life Began

It's Like When You Have A Really True And Dear Friend.

I'd Like To Know Where I Stand With These Thoughts I Have Inside

So, I Can Better Live My Life, and Yes, I've Even Tried.

My Thoughts Are So Real, They Control The Quality Of my Life

I Need To Know What They Mean, They Control My Plight.

If Looked At Optimistically In Each And Every Way

It's Possible I Can Learn Something New Each Waking Day.

But If I Miss A Thought Today That Came Up In My Mind

These Thoughts Will Come Again To Me In God's Given Time.

# THE PAST



(Isaiah 43:18-19)

Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.

My Past Is What Has Happened To Me

But By God's Grace And Mercy, I'm Free.  
There Comes A Time When I Sit And Know

I've Survived The Worst of Each And Every Blow.  
So, When I Think Of What God's Brought me through

I Realize I'm Strong And Alive To See

The Complete Truth: My Past, My Past, It Doesn't Define Me

I'm Living In The Present, I Must Agree.  
I Won't Give Up, I'm Moving In My Destiny

I'll Follow The Famous Three, The Trinity.  
The Past Is Who I Used To Be, I Must Say

I Have No Regrets; I'm Free In Every Way.  
I've Had My Ups And My Downs

Today, It's In Jesus Who I'm Found.  
Thank God, Thank God, I've Overcome My Friend

To Be Saved By Grace And Truly Rescued From Deep Within.  
So, When I Look Back, I See A New Me

By God's Grace And Mercy, Thank God, I'm Free.

# TODAY, TODAY



(Psalm 118:24)

This Is The Day That The Lord Has Made; Let Us Rejoice And Be Glad In It.

Today Is What I Live To See,  
The Reason God Set Me Free.  
To Know That He's Lord Of All,  
Even To Those Who Slip And Fall.  
He Reminds Us Every Day,  
To Look To Him The Perfect Way.  
Sometimes, I Make A Choice And Lose,  
But God's Grace And Mercy He Approves.  
When Life Gives Me A Turn In Life,  
I Stay My Course And Choose To Fight.  
It Makes Me Strong And Real Inside,  
To Know That Jesus Is My Guide.  
I'm Up And Down With Life's New Turns,  
But Never Left Feeling Like I'm Burned.  
So, As I Look To Go The Extra Mile,  
I Keep A Sense Of Humor; I Keep My Smile.  
Because I've Learned To Say Amen,  
Thank God For His Perfect Hand; Amen,  
Today, Today, Lord, I Can See The Light,  
That I Embrace With Love And All My Strength And Might.  
So, Help Me To Follow Each Day With Hope, Not Fear,  
And See And Know My Savior Is Near And Dear.

# I GROW



(1 Peter 2:2-3)

Like Newborn Infants, Desire The Pure Milk Of The Word So That You May Grow Up  
Into Your Salvation. If You Have Tasted That The Lord Is Good.

To Grow In God With A True Stand  
I Live Each And Every Day As I Take His Hand.  
Sometimes It's Good, Sometimes, It's bad  
But Leaning On Jesus It Makes Me Glad.  
I Stop And Think Of Where I've Been  
And Realize God's Grace And Forgiveness Of My Sins.  
I Lift My Eyes To Heaven Up Above  
My Spirit Receives Our God's Tender Love.  
No Matter Where I May Have Been  
I Know, In Jesus, I Have A True Friend.  
So, This Is What I'd Say From Me To You  
There's So Much In Life That I Can Do.  
I Live, I Fall, I Come My Lord To You  
Because I Know With You, I'll Truly Make It Through.  
Growing In God Is What I Need The Most  
With Him Guiding Me, There Is Really Hope.  
One Day, One Day At A Time  
With God In Charge, I Will Shine.

# LIFE



(Proverbs 8:33-35)

Listen To Instruction And Be Wise, Don't Ignore It. Anyone Who Listens To Me Is Happy, Watching At My Door Every Day, Waiting By The Posts Of My Doorway. For The One Who Finds Me Finds Life And Obtains Favor From The Lord.

When Life Shows Us The Total Truth  
God's Grace And Mercy Is Our Proof.  
No Matter What Life Throws Our Way  
Our Trust And Faith Will Bless The Day.  
There Will Be Times When Things Look Bad  
But Strength In Ourselves Makes Me Glad.  
I've Grown So Much Through Our Ups And Downs  
But It Has Made Me Stand Today On Solid Ground.  
The Message Of Life That Is So True  
By Standing Strong You'll Truly, Truly Make It Through.  
It's Never Wrong When You Have Faith  
In Moving In Love With Perfect Haste.  
So, Always Count Your Blessings You See  
Because Truth In God Will Set You Free.  
So, Know The Time When Life Seems Real  
Because Your Trust In God Is The Real Deal.

# HE'S WORTHY



(Ephesians 4:1-3)

Therefore, I, The Prisoner In The Lord, Urge You To Live Worthy Of The Calling You Have Received, With All Humility And Gentleness, With Patience, Bearing With One Another In Love, Making Every Effort To Keep The Unity Of The Spirit Through The Bond Of Peace.

Our God Is Worthy Each And Every Day  
Being Close To Our Savior Is The Way.  
When Life Shows Up And It Surely Will  
Never Give Up. Remember Our Jesus And Just Be Still.  
Trusting And Knowing That God Is Real  
And Know That His Mercy We Must Feel.  
Doing The Right Thing Each And Every Day  
Is What Is True In What We Must Say.  
So, Come Together And Reach Up High  
To Our Saviour Lord Jesus Who Rules The Sky.  
Just Keep Believing In The Spirit Of Love  
It Comes From The Heaven Up Above.  
He's Worthy, He's Worthy This I Know  
My Faith Is Real In It I Will Grow.  
And When You've Done All That, You Can  
Just Look To Jesus And His Perfect Plan.  
Worthy, Worthy Is Our God, My Friend  
He Will Never Leave Us Until The End.

# SHELTERED



(Psalm 91:1)

He Who Dwells In The Secret Place (Shelter) Of The Most High  
Will Rest In The Shadow Of The Almighty.

I Look To Be Safe From Deep Within  
Sheltered By My Savior, My True Friend.  
I'm Covered With Blessings From Up Above  
I'm Given Grace And Mercy And My God's True Love.  
So Very, Very Happy I'm Grateful To Be  
Surrounded And, Sheltered And Feeling Free.  
When I Sit And Ponder God, His Love  
I Glow Within And Sore Like Eagles Up Above.  
Remember The True Peace That I Feel  
I'm Sheltered By God's Love And Seal.  
I Know His Presence It Comes To Heal  
So, Full Of His Glory It Is So Real.  
I Must Not Forget What My God Has Done  
Because Of His Protection, I No Longer Have To Run.  
Thank God, Thank God I'm Set Free  
To Love And Praise Him You And Me.  
Sheltered From The Storm And The Rain  
My Jesus, He Keeps Me From All Of The Pain.

# REASONS



(Isaiah 1: 18-19)

Come Now, And Let Us Reason Together, Saith The Lord; Though Your Sins Be As Scarlet, They Shall Be As White As Snow; Though They Be Red Like Crimson, They Shall Be As Wool. If Ye Be Willing And Obedient, Ye Shall Eat The Good Of The Land.

There's A Reason God Gave Me A Hand  
To Praise Him And Worship Him On Sea And Dry Land.  
He Parted The Red Sea For All Of Mankind  
To Save Us Lead Us To Keep Going In Our Right Mind.  
So, Never Give Up There's More For Us To Really Do  
Leaning On His Mighty Word That Can Carry Us Through.  
It May Seem Too Much For Us To Endear  
Trust In His Reasons And Not In Fear.  
He'll Never Ever Lead Us Astray  
Believe In Him That's Not His Way.  
But Know There Is A Reason For Everything  
Just Trust In The Process And Continue To Dream.  
Reasons, Reasons They Come To Us To Show  
The Path That We Are Truly Destined To Go.  
So, Don't Give Up, And Don't Give In  
Because In His Wisdom We Will Befriend.

# JOY AND HOPE



(Romans 15:13)

Now May The God Of Hope Fill You With All Joy And Peace As You Believe So That  
You May Overflow With Hope By The Power Of The Holy Spirit.

Joy And Hope That's What I Have  
Please Help Me, Lord, For It I'll Grab.  
To Take And Hold Within My Hands  
With Peace And Wisdom, I Can Stand.  
Grow Up I Must Do My Friend At Last  
Let Go, Let Go Of My Weary Past.  
I'll Stand On Joy, Hope And My Dreams  
To Embrace His Blessings, I'll Redeem.  
So, When I Think Of Where I've Been  
It Will Lead Me To Jesus, My Dear Friend.  
I'll Run And Leap Over Every Wall  
And Trust In Him And Not Even Fall.  
If I Do Stumble Along The Way  
This Can And Will Be A Brighter Day.  
Hold Your Head Up, Look Up To The Sky  
And Sore Like An Eagle That's Up High.  
Don't Give Up On Joy, My Friend  
Because Only In Jesus We See The End.  
Wake Up, Wake Up It's A New Day  
Our Lord And Saviour, He Leads The Way.

# COMFORT



(2 Corinthians 13:11)

Finally, Brethren, Farewell. Be Perfect, Be Of Good Comfort, Be Of One Mind, Live In Peace; And The God Of Love And Peace Shall Be With You.

Good Morning, Good Noon To You All  
We Can See A New Day As We Dribble The Ball.  
It Goes Up And Down With The Speed Of Sound  
Our True Nature With It We Can Be Found.  
The Ball Itself Determines Who Wins  
There's A Start To It And There Is An End.  
Life Is Such Comfort To The Winning Soul  
It Bounces Up And Down With A True Goal.  
The Ball Can Bring True Comfort To You And To Me  
But Only Jesus Can Truly Give Us Comfort For All To See.  
The Court That The Ball Is Used To Score A Point  
It Will Strengthen My Body And All Of My Joints.  
Never Think That You Can Win Alone  
But With The Team You Endear The Grown.  
The Peace I Seek And The Comfort That I Do Find  
It Is Given To Me Through The Spirit Of My Mind.  
Comfort, Comfort This I Truly Do See  
In My Lord Jesus Who Set Me Free Indeed.  
I Look Towards The Heavens Up Above  
And Find Comfort From My God's Love.

# WISDOM AND PEACE



(Ephesians 5:15-17)

See Then That Ye Walk Circumspectly, Not As Fools, But As Wise, Redeeming The Time, Because The Days Are Evil. Wherefore Be Ye Not Unwise, But Understanding What The Will Of The Lord Is.

Wisdom And Peace Can Be Found From Within  
Like Having King Jesus As A True And Dear Friend.  
There Will Be Times In Life We All Will Fall  
But, Looking To Our Creator, We Can Always Stand Tall.  
Reaching For Understanding Humble We Must Be  
Removing Ego And Aggrogance So That We Can See.  
Seeking This True Wisdom And Peace From Above  
Allows Us To Focus On Our God's True Love.  
It May Sometimes Seem So Very Hard To Do  
But If We Stay The Course In Life, We Will Know Whats True.  
I Will Gain This Wisdom and Peace For Which I Truly Seek  
It Will Come To Comfort Us And Teach Us How To Be Meek.  
No One Is Perfect, No Not Anyone It is True  
Knowing This Fact Of Life, It Keep Me From Being Blue.  
As Long As My Heart Is Seeking Love, I Will Win  
My True Destiny In Jesus Will Take Me To The End.  
Even After That Wisdom And Peace, I Desire to Show  
From Living Here On Earth Each Day In It, I Hope To Grow.

# REALITY



(Hebrews 11:1)

Now, Faith Is The Substance (Reality) Of Things Hoped For, The Evidence Of Things  
Not Seen.

Reality Is Expecting The Whole Truth And Not A Lie  
Because The Truth About Life Is Real, Falsehood Must Die.  
So, When We Are Faced With The Facts Of Life That's Real  
We Can Run Away From What's Real Or Say Just What We Feel.

Give Yourself The Time To Do What Is Right  
Hold Onto Possibilities And Don't Give Up But Fight.  
Accepting All The Information That Comes Your Way  
It Will Help Us To Face And Embrace Each And Every Day.

To Be Real Will Come From The Heart Within  
With Knowing Our True Savior In Him, We Will Win.

I'm Not Always As Strong As I May Seem To Be  
But Leaning On My King Jesus, It Helps Me To See.

See The Truth That Lies Ahead For All To Know  
Reality, Reality With It We All Will Truly Grow.

Not By My Distorting The Truth, To Any Or To All  
But By Trusting In The Word Of God, We Will Not Be Tempted To Fall.

# SALVATION



(Jonah 2:9)

But I Will Sacrifice Unto Thee With The Voice Of Thanksgiving; I Will Pay That That I  
Have Vowed. Salvation Is Of The Lord.

Salvation Is Real For All In Need  
To Help And In His Word He Will Feed.  
The Nourishment Of The Way To Go  
That In This Direction We Will Know.  
When And Where This Truth Will Lead  
Any And Everyone Who's In Need.  
I Seek This Wisdom With All My Might  
To Grow And Live In This I'll Fight.  
The Time Is Now If Ever You See  
I Desire To Be part of The Three  
Father, Son, And The Powerful Holy Ghost  
In Them, I'll Always Believe The Most.  
Salvation Is What Is Offered To Me  
In This I Need In Order To Be Free.  
Oh, What A Happy, Happy Day To Breathe  
From Being Apart Of The True Seed.  
The Seed Of Our Father Abraham  
And Then To Be Connected To The True Lamb.  
That's Where Salvation Comes From  
In Jesus Christ, The Begotten Son.  
I'm Living A Life Free From Every Sin  
I'm Truly Cleansed By His Blood, Jesus, My Real Friend.

# LIGHT



(John 1:4-9)

In Him Was Life; And The Life Was The Light Of Men. And The Light Shineth In  
Darkness; And The Darkness Comprehended It Not. There Was A Man Sent From God  
Whose Name Was John. The Same Came For A Witness, To Bear Witness Of The Light,  
That All Men Through Him Might Believe. He Was Not That Light, But Was Sent To  
Bear Witness Of That Light. That Was The True Light, Which Lighteth Every Man That  
Cometh Into The World.

I Seek The Truth, Light And The Way  
That Will Show How To Live Right Today.  
This Light That Shines From Above The Clouds  
It's Real And Powerful In It I'm Proud.  
There's Strength, Wisdom, Love And Joy For All  
For All On Earth Who Will Give Into It And Call.  
A Name That's Great And I Love To Praise  
With Each Hand Lifted Up And Raised.  
To Reverence The Light That Leads The Way  
As I Walk By Faith, I'm Happy To Say.  
The Light I Feel Deep Within My Soul  
It Gives Me Hope, It Makes Me Whole.

# RECOVER



(Jeremiah 30:17)

For I Will Restore Health Unto Thee, And I Will Heal Thee Of Thy Wounds, Saith The Lord; Because They Called Thee An Outcast, Saying, This, Is Zion, Whom No Man Seeketh After.

Recovering In Life Is What I Need  
In This I'm Confident I Will Succeed.  
With Many Lessons, I'm Destined To Learn  
When I Go Through Each And Every Turn.  
The Faith I Have To See Sin Fall  
In Jesus, My Faith Makes Me Tall.  
I'll Listen To Wisdom That Comes He Seen  
To Lead Me Onward To The Very End.  
I Know This Walk I'll Gain A Friend  
And In Him, I'll Truly Depend.  
So Much This Day I Must Endure  
It Will Make Me Grateful, I Am Sure.  
Like Winter, Summer, Spring And Fall  
I'll Call On Jesus And Live Through Them All.  
Cold, Hot, Wind And Rain  
In This I'll Endure The Pain.  
So, Open To The Elements Our World Will Truly Bring  
Help Me Lord My Savior With Him I'll Sing.  
Recover, Recover, I Must Really Do  
With His Strength And Help, I'll Surly Make It Through.

# WHY?



(John 10:9-11)

I Am The Door: By Me, If Any Man Enter In, He Shall Be Saved And Shall Go In And Out, And Find Pasture. The Thief Cometh Not, But For To Steal, And To Kill, And To Destroy: I Am Come That They Might Have Life And That They Might Have It More Abundantly. I Am The Good Shepherd: The Good Shepherd Giveth His Life For The Sheep.

I Ask The Question, Why Me  
To Only Hear, I'll Set You Free.  
This Is What I Need The Most  
To Endure The Truth And Not A Host.  
Why Can Become The Sound Of Time  
That Leads Me Into My Right Mine.  
If I Look For Answers So Open To Thee  
The Answers Will Come To All To See.  
The Why It Has So Many Destineys  
That Rules And Reigns Over My Enemies.  
I Must Be Open Minded To Hear  
And Sustain And Conquer My Fear.  
Questions Will Be Asked Of Me  
Who, What, Why Is On The Tree.  
The Tree Of Life With Right And Wrong  
That Helps Me Live In It I've Grown.  
The Path I Take Will Answer Why  
My Saviour Lives Up High In The Sky.  
I Can't See Him, But I Feel His True Love

It Reaches My Heart Within From Up Above.  
Thank You, My Dear Saviour. His Spirit, I Feel  
His Touch, His Presence I Know It Is Real.

# MY SOUL



(Romans 13:1)

Let Every Soul Be Subject Unto The Higher Powers. For There Is No Power But Of God.

My Soul Is Where My King Jesus Lives  
In Him I Trust, In Him, I Will Give.  
I'll Wake Up Each And Every Single Day  
And Open Up My Mouth To Him I'll Pray.  
I'll Thank Him For All He's Already Done  
By Freely Giving You And Me His Only Son.  
Who My Soul I'll Give To Eternal Rest  
When I'm Call To Heaven Because I'm Blessed.  
I'm Blessed Coming In, I'm Blessed Going Out  
Serving And Praising Him That's What It Is About.  
So, Lord, Give Me The Strength With That I Need  
To Grow In My Faith With This Mustard Seed.  
The Sun Will Really Shine And Bring A Brighter Day  
That Will Lead And Guide You And Me The Perfect Way.  
My Soul Needs Jesus In Him I Will Win  
Please Take Me To The King In Him There's No Sin.  
Mind, Body, Spirit And Soul, I Will Give  
I Surrender It All To Him So I Can Live.  
This Life I Live Is From Within My Soul  
And Find All I'm Looking For Like Looking For Pure Gold.

# TO BE HEALED



(Jeremiah 17:14)

Heal Me, Oh Lord, And I Shall Be Healed; Save Me, And I Shall Be Saved: For Thou  
Art My Praise.

To Be Healed Is To Be Set Free Set Free From Sin  
And Granted Peace And Happiness From Deep Within.

Healing Comes With A Power No One Can See  
But One Will Feel Its Power And Know That The Power It Is Free.

The Pain That Comes To Destroy One's Health

But Relief Comes And Its Trouble Is Felt.

Because The Healing Comes From The Power Up Above

Our Lord Jesus Sends Because Of His Blood.

Faith Must Be Activated By You, My Dear Friend

Trusting In Our Savior Who Forgives Us Of Our Sins.

What A Mighty, Mighty God We Serve

Who Heals And Delivers Our Every Nerve.

We Don't See It Coming, But We Know That It Is Real

It's Something Deep Within Us That I Truly Feel.

It Is a Strong And Powerful Touch

That Moves Inside Me, I Love It So Much.

It Comes To Heal Me For All To See And Believe

The Healing In Him I'll Always Want To Receive.

# INSIDE



(Matthew 23:25-26)

Woe Unto You, Scribes And Pharisees, Hypocrites! For Ye Make Clean The Outside Of The Cup And Of The Platter, But Within (Inside) They Are Full Of Extortion And Excess. Thou Blind Pharisee, Cleanse First That Which Is Within (Inside) The Cup And Platter, That The Outside Of Them May Be Clean Also.

Inside My Heart It Gives Love  
Like My Savior From Up Above.  
My Life Has Meaning, I'm Not Lost  
His Grace And Mercy At Any Cost.  
I Reach Inside Of Me To Feel  
And His Peace Within Is So Real.  
It Comes To Let Everyone Know  
To Seek Change From Within With It I'll Grow.  
I Ponder These Thoughts That Seem To Last  
The Good Times And The Memories Of My Past.  
The Past I See With Eyes To Reveal  
Is The Good That Happened For All To Heal?  
Inside Of Me, Things Aren't All Bad  
Cause Jesus Is With Me, That's Why I'm Glad.  
Glad To Know I Have A Future Indeed  
As The Blood Of Jesus Has Planted A Seed.  
I Always Feel The Need To Pray  
And Ask Our Savior To Please Lead The Way.  
Inside This Soul Of Mine Is Truth And Light  
It Gives Me Strength And Wisdom To Go On And Fight.  
My Time That Has Been Given For Me To Live  
Inside, Inside Of Me My Lord He Gives.

# FEELINGS



(Proverbs 29:11)

A Fool Vents All His Feelings, But A Wise Man Holds Them Back.

Feelings Come And Feelings Go Away  
It Can Bring About A Difference Each Day.  
Emotions Can Control Our Pain  
And Give Reasons To Live For All To Gain.  
How I Feel It Comes From Deep Within My Soul  
Expressing How I've Grown With It, I'm Told.  
I Look To Be Able To Lead To Glow And Shine  
My Soul To Which It's My Feelings It Is Mine.  
Reach Deep In My Soul In Which I'll Look To Grow  
And Feel God's Love And Mercy For All To Be Able To Show.  
Remember What This All Truly Means To You And Me  
My Feelings And Emotions For All To Know And See.  
Sometimes Up And Sometimes I'm Down  
But In King Jesus, His Peace Is Found.  
My Thoughts That Come To Me To Feel  
With The Answers Of My Soul, That's Real.  
Lord Keep Me Honest, And Saved By Your Grace  
To Feel Your Strength And Mercy In This Holy Place.  
I'll Always Embrace My Feelings I Have Every Day  
And Nurture And Heal Myself With You In This Way.

# RISE



(Proverbs 24:16)

For A Just Man Falleth Seven Times, And Riseth Up Again: But The Wicked Shall Fall  
Into Mischief.

I Rise From An Old Life Full Of Sin  
To Be Forgiven By My Savior And Friend.

This Rise That Gives Me Freedom To Say  
It's By God's Grace And Mercy He Leads The Way.

I Begin To See My Life Change And Be  
The Reason Why His Salvation Is Free.

I Won't Go Down That Road From Which God's Love Has Relieved  
But Claim My Deliverance In Jesus Who I Choose To Believe.

I Rise And See The Truth That Can't Try And Hide  
Be Joyful In The Nourishing Faith I'll Always Abide.  
Oh, What A Happy, Happy Day That Will Come To All  
Love, Grace And Mercy With It, We Will Not Fall.

When Given The Chance To Be Free From What Was Then  
I Look Beyond My Once Troubled Life And Listen And Begin To Grin.

I Seek To Rise Up And Live My Life Again  
To This Truth Of Life, I Feel I Will Truly Begin.  
I Pray I Rise Each Day With Him As My Guide  
So, One Day At A Time, I'll Rise With Jesus On My Side.

# WATER AND BREAD



(John 6:35)

And Jesus Said Unto Them, I Am The Bread Of Life: He That Cometh To Me Shall  
Never Hunger; And He That Believeth On Me Shall Never Thirst.

Man Can't Live On Water And Bread Alone  
But With The Word Of God, Our Guide To Lead Us Home.

Water Will Quench The Thirst We May Have Inside

In Jesus Christ's Words, We Must Abide.

Reaching For Our Victory Over Sin

His Word And Mercy I Will Begin.

Sometimes, I Sit And Cry Out Loud

Because In Him My Savior I Am Proud.

I'm Proud To Say That I'm Set Free

The Blood Of Jesus In It I See.

The Hope And Prayer That I Feel Today

Has Taught Me how it is His Perfect Way.

The Truth, The Light It Feels My Soul

The Water And Bread In It I'm Told.

I'm Told To Hold Onto God True Love

That Reaches Inside Of Me From Up Above.

Today I Thirst No More I'm Truly Feed

Because Of The Blood Of Jesus Christ, That Was Shed.

# THE ROAD



(Matthew 7:13-14)

Enter Ye In At The Strait Gate: For Wide Is The Gate, And Broad Is The Way, That  
Leadeth To Destruction, And Many There Be Which Go In There At: Because Strait Is  
The Gate, And Narrow Is The Way, Which Leadeth Unto Life, And Few There Be That  
Find It.

The Road I Take In It I'll Pray

That I'm Lead, By God's Spirit, I Must Say.

Help Me Holy Spirit Alone This Path I Take With Cheer

To Which I Move And Seek In Him With No Fear.

It May Be Bumpy All Throughout Each Turn I Take

But I'm Learning To Trust In Him I Will Make.

I'll Make Decisions That Will Cause Me Not To Fall

I'll Keep My Head Up To The Sky In Him I Will Call.

Roads Have Curves, They Are Straight With Hills To Climb

If I Keep My Faith And Trust Above The Rewards Will Be Mine.

Roads, Highways, Streets Are A Part Of Life We Go

And Know Deep Down From Within The Truth We All Know.

# SALT



(Matthew 5:13)

Ye Are The Salt Of The Earth: But If The Salt Have Lost His Savor, Wherewith Shall It Be Salted? It Is Thenceforth Good For Nothing, But To Be Cast Out, And To Be Trodden Under Foot Of Men.

Salt Is a Flavor That Enhances Our Taste And Smell  
It Gives A Sense Of Being And Keeps Us From Seeing Hell.

What Do You Mean About What Was Just Said  
It Tells Us If We Have The Salt Of, Flavor We Aren't Dead.

I Am So Grateful To Live The Test Of Time  
That Leads Me To The Help I Seek In Him Is Mine.

Salt Is Used In Food; It's In The Word Of God Too

In It, We Receive Flavor In Me And You.

I Seek To Have Salt Within My Soul To Live  
Live In God, Peace And Mercy That He Gives.

Come Salt To Bring Purification To The Soul  
Within This Life I Have, I Am Made Whole.

# COME



(Matthew 11:28-30)

Come Unto Me, All Ye That Labor And Are Heavy Laden, And I Will Give You Rest.  
Take My Yoke Upon You, And Learn Of Me; For I Am Meek And Lowly In Heart: And  
Ye Shall Find Rest Unto Your Souls. For My Yoke Is Easy, And My Burden Is Light.

Come One, Come All And Find What You Seek And Need  
To Better The Person In Us, We Need A True Seed.  
This Seed In Which We All Look To Find  
Has Real Life That Grows In Us To Shine.  
Come Mustard Seed It Is Given To Us To Grow  
Grow Within The Spirit Of God So That We Will Know.  
Know That Now We Can Come To Him Being So Real  
Truth And Trust Expressing What We Really Feel.  
Feeling the Needed Direction That Can Lead The Way  
To Come And Bring To Us A Brighter, Brighter Day.  
Come Holy Spirit, I Need To See Your Hand  
Moving And Leading The Way So That We Can Stand.  
And If The Enemy Tries To Lead Us Astray  
The Seed That's Real Will Show Us The Perfect Way.  
The Way That Will Lead Our Hearts With His Praise  
And In His Might And Power, His Power Will Raise.  
I Come Not To Ask But Thank Him For My New Life  
That Has Led Me From The Enemies Dark And Strife.

# PRIDE



(Proverbs 29:23)

A Man's Pride Shall Bring Him Low: But Honor Shall Uphold The Humble In Spirit.

Pride Is What Will Cover All Of Our Faults  
But Grace And Mercy Is What Brings Soundness To Our Thoughts.  
Don't Forget The Path That We All Must Take  
To Remove Sin And Evil Thoughts That Our Wrong Will Make.  
Pride Comes Before A Great And Heavy Fall  
But We Have A Savior Who Will Save Us From Them All.  
I'm Happy That Now I Can Truly See  
The Path That Will Set You And Me Free.  
Free From What The Flesh Will Reveal  
But Only Through The Word Of God We Will Heal.  
Come Lord Jesus To Remove This Pride Inside  
And Remove From Within Me What Tries To Hide.  
Pride, Pride Just Go Far, Far, Away  
Never Ever Come To Me Any Day.

# REST



(Psalms 37:7)

Rest In The Lord, And Wait Patiently For Him: Fret Not Thyself Because Of Him Who Prospereth In His Way, Because Of The Man Who Bringeth Wicked Devise To Pass.

Rest In Him I'll Truly, Truly Find  
And Joy And True Happiness It Will Be Mine.  
The Day In Which My Life Will Show  
The Undying Comfort In Him I'll Grow.  
No Place, No Peace Will One Ever Have  
Until The Rest In Jesus, I Reach Out And Grab.  
I'm No Longer Trying To Find What's Inside My Soul  
Just Thankful To My Lord And Savior, I'm Made Whole.  
It's A True Blessing To Walk Out Of My Past  
To Let Go Truly Of The Old Me At Last.  
Rest Is To Receive Eternal Salvation And Truth  
It Is ever-lasting and Loving Proof.  
That Resting In My Fathers Love  
I'm Covered In My Lord God Above.  
I Grow, I Feel, I'm At Peace From Within  
Because I'm Trusting In Him, My Real Friend.  
So, As Life Keeps Going Each And Every Day  
I'm Resting My Soul As I Continue To Pray.

# DRIVEN



(Joshua 23:9-10)

For The Lord Hath Driven Out From Before You Great Nations And Strong: But As For You, No Man Hath Been Able To Stand Before You Unto This Day. One Man Of You Shall Chase A Thousand: For The Lord Your God, It Is That Fighteth For You, As He Hath Promised You.

I Am Driven By Life To Keep Me Going On  
No Matter What's Seen And Said In A Song.  
I'm Driven To Do The Thing In Life That's Right  
So, I Can Be A Helpful Hand Throughout This Fight.  
It's Not Going To Be All Light And Pain-Free  
That's Why I Must Look Through My Eyes To See.  
See That I Can't Drive This Road Alone  
But Seek To Be Driven By The Faith I'm Prone.  
I'm Prone To Be Driven To Do My Best  
And Live To Outstand Any New Test.  
Testimonies Come To Drive Us To The Truth  
And Strengthen Our Soul With Real Proof.  
So, This Is How I Now Feel Today  
I'm Driven To Believe In His Perfect Way.

# IT'S POSSIBLE



(Matthew 19:25-26)

When His Disciples Heard It, They Were Exceedingly Amazed, Saying, Who Then Can Be Saved? But Jesus Beheld Them, And Said Unto Them, With Men This Is Impossible; But With God All Things Are Possible.

It Is Possible To Believe In What You Don't See  
And Trust In The Process That Might Set You Free.

Free To Believe That There Is Change  
Change To Be A Better Person In It I'll Gain.  
Possibilities Come And Possibilities They Go  
In This Underlying Fact We All Really, Really Know.

We Know That There's A Time And A Place  
For Things To Change With Each And Every Race.  
The Race We Run On This Bright And Sunny Day  
Is Towards Our Lord And Savior Jesus I Do Pray.

It's Possible To Be A True And New Man  
With The Help Of God's Holy Word, We Can.  
The Possibilities Of Life That We All Will One Day Face  
Can Bring To Us New Joy Within This Holy Place.

I Know That It Will All Sincerely Take Time  
But Believing In Life's Possibilities They Can Be Mine.

# SEASONS



(Ecclesiastes 3:1)

To Everything There Is A Season, And A Time To Every Purpose Under The Heaven:

With Each And Every day That We Have, We Can Find  
Find A New Season Of Life That Will Surly Shine.  
I Love The Summer, Winter And Fall  
There's Joy That We Can Enjoy Them All.  
Seasons To Worship And Praise Our Lord Above  
And Show And Express His Ever, Perfect Love.  
I Seek To Embrace The Sun, Snow And The Rain  
With Growing Even Closer To Him That In It My Soul Will Gain.  
The Growth With His Word I'll Gain True Hope  
And Direction And Peace In Strength And Wisdom The Most.  
Wisdom That Gives Insight Into Where I'll Go  
By Trusting And Faithfully Leaning On Him, I'll Know.  
I'll Know To Follow The Truth And Win  
Win The Salvation That We Seek Within.  
The Season That We Are Now In  
Will Give Us Direction, My Friend.  
Direction That Our Soul Will Now Go  
Because Of The Help Of My Faith, It's So.  
Seasons, Seasons Are Made To Stand  
With The Test Of Time, I'll Truly Land.  
I'll Land In His Arms Of Peace And Joy And Live

And The Season Of True Living In Him He Will Give.

The Season In Which I Look To Grow

I'll Find In The Blessings That Will Flow.