

Freedom's Call

Feel trapped, controlled and, oh, so lost.
What I have done has hurt me so.
My health, my soul, has paid the cost.
Still I'm afraid to let it go.

My habits are not good for me;
Deprive myself of what I need.
The weight loss now is clear to see.
Afraid of where this all may lead.

I used to see this as my friend
As I obeyed starvation's call.
Deception's victim I have been.
I've granted enemy my all.

I store my feelings deep within;
Am terrified to let them show.
Unsure of where I should begin
To let denied emotions flow.

The foe's destruction takes its toll.
Feel power of embedded fears.
Confusion reigns within my soul.
Held hostage by my unshed tears.

Words spoken by a quiet voice
Invade confused, resistant heart.
Reminds me that I have a choice;
A freedom journey I may start.

Assures me that He'll never leave;
Will take each crucial step with me.
His healing touch I will receive.
Abundant grace will set me free.

Through ups and downs, He'll lead the way,
Provide the strength I need to cope.
His love will drive my fears away.
Will bless me with His promised hope.

Respond with just a single tear.
Believe the words of the Divine.
I trust He'll make the pathway clear
And freedom will someday be mine.

By Laurie Glass
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