



MORE INSPIRATIONS  
*for*  
PEACE AND STRENGTH

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# Lost

I realize tonight it is so easy to become lost in this world  
With each day that passes  
Thinking everything is okay  
You wake to realize you have lost your way

I realized tonight how much my life has changed  
How my life has changed directions  
I never noticed

I have lost people in my life  
I have lost things that mean so much to my life  
My health has slipped away  
Yet I never saw what was happening

Instead of opening my eyes  
Instead of looking in the mirror  
I let life pass me by  
I let too much get away from me

We never get time back.  
Never!

So I sit here tonight.  
I see a little of what has happened to me  
It makes me so sad  
I know I must look in the mirror now

So what does this all mean?  
I wish I knew  
I have no answers tonight but one

I will turn to the one person who gave me peace and strength  
My heavenly father who is always there even if I don't look

I must accept what is lost and move forward again  
I must deal with what is now in front of me  
I must become strong through faith

Put the past behind me and look ahead again  
I must REMEMBER to look and cherish each day  
The accept each day for the gift that it is

Above all I must find myself again and believe in myself  
Believe that no matter what happens next I must look  
I must see  
I must find myself again  
Believe in myself again

I must never allow circumstances have control over my life  
I must pick myself up again

Look to my heavenly Father  
The peace and the strength I once had I must strive for again

I must believe that I am given yet another chance  
A chance to overcome what has happened to me

I must believe that no matter how much I will miss what I have lost  
No matter how times change in my life  
No matter what sickness comes  
It will be okay again

My heavenly father will once again guide me to where I once was  
Bring me to a peaceful place  
Bring me that answer I need  
Bring me from the feeling of being lost  
To the feeling of happiness and strength.

In the end two phrases come to my heart

“To thy own self be true”

And

“Thy will, will be done”

Peace and strength through my heavenly Father  
Be my guide and show me what I have missed.  
Never let me forget  
Be my guide again

# The Gift of Each Day

No matter how hard life becomes  
No matter if the fight seems hard  
No matter how bad it gets  
There is a light at the end of the tunnel

You will realize that there is a plan for us all  
It takes time to see this  
It will reveal itself when it is time

Life is a journey  
We have but one life to enjoy  
We must all live our life day by day  
Enjoying each minute

Someday you will look back  
Memories will be in your heart  
Good and Bad  
Cherish the good  
Make peace with the bad

The hardest for all people  
To forgive yourself  
You need to grow as a person  
Make peace with the bad memories

It all comes down to what you make out of life  
It is a true gift  
A gift never to be taken lightly  
Cherished always

Enjoy each day for the gift that it is  
Beautiful  
Amazing  
Look to the sky and see the stars  
Know there is something better

Enjoy each day always

## To Touch Others...

Is it important to touch others lives  
We all need to look at other needs  
To give strength to others  
To help them in believe they are not alone

We all have the ability  
To help others  
Bring a smile to others who need it  
To help them believe life will be okay

People who are hurting need to believe  
Believe that their hurt shows others  
Shows it could always be worse

The key is always support each other  
When supporting each other strength comes

Life is never easy alone  
To fight alone is so difficult  
It is a tough road to travel  
Lonely and sad

Yes when people stick together  
Depend on one another  
Strength comes and happiness  
All which make people stronger

There is strength in numbers  
Fighting illness and sadness  
It is a long road  
Not to be traveled alone

## The Journey Continues...

As I look for guidance,  
Look for strength  
Look for understanding  
I feel lost

Fighting through MS has been difficult  
It is a battle with many ups and downs  
It's deception is vast  
Scary to say the least

Knowing it is trying to take me  
Trying to cut short the gift that has been given to me  
I feel I must fight back  
Fight for what is mine

Yet each day I feel I am losing this fight  
I feel I must be doing more  
But what??

I then realize it is all in inside of me  
My faith  
The love of family and friends

There is nothing MS can take from me  
Unless I let it  
Unless I give in

So here it is.  
The answers I look for!  
It is time for me to not fear but gain strength  
Know the fight is not over yet  
The control is mine and I will never yield

The journey continues and this is what I demand  
Time to fight and not fear  
Time be believe and over come  
Falling is easy getting up is what will make me stronger!

MS will learn to fear me!  
Time to show who is stronger!!

## Believe I am never alone

I sit here tonight  
MS has a hold on me  
Yet there is no fear

I know how MS treats people  
I am not different from the others  
The others that have the same  
Problem I share

I have learned tonight something special  
I believe this gets me through  
My days seem brighter

I have a family to help me  
My children to cherish  
My strength from God  
Friends who offer so much just as family

I have found something special  
My friends who make are there to help  
They seem to pick me up when I am down  
Bring a smile to my face when it is needed

I think tonight about all the people  
All the people who believe I will beat this  
I believe in my heart tonight more then ever  
What is needed to beat this disease

Family and friends that believe in you  
This will bring strength when I am down  
They will carry me when I can't fight anymore  
They will believe in me by my and actions and words

This makes me know that I have to fight this illness  
Not just for me but the people who believe in me

So no matter who I feel  
No matter how bad it becomes  
There will always be someone to make me realize how precious life is  
That I am never alone





# The Stars, A key?

I look at the night sky  
So beautiful  
The stars, the moon

These days I try to find the brightest star  
I try to find the answers I search for  
The hopes and dreams I had

I look at a star and think of a person  
Each person I know  
Each person I have in my life  
Each person I lost for whatever reason

It brings me peace these days  
It makes me feel closer to the people in my life  
It makes me feel closer to the people I miss

It helps me to dream of what could have been  
It helps me to dream of what could be  
Helps me to find a direction  
Helps me now to look to a future.

The future is strange!

What is the future?  
A dream?  
A desire?  
Just a thought?

I think these are questions I need to find answers for  
Maybe the answers are in the stars?  
I will look to the stars these days in hopes of finding them.

Beautiful, bright and full.  
Peaceful and calming  
I believe they are a key for me.

The Answers are out there!

# Remembering Times

I sit and remember times in my life  
The good and the bad  
Nothing was ever that bad

I like to remember good times  
Times when my life was full  
I was happy to just be  
Happy with the world

Life is so short  
It is a gift that people should cherish  
Yet we sometimes forget

I think about the bad  
Was it ever really that bad?  
Was it just me not looking for the good?

Is anything that bad that we can't find some good?  
Is it worth the time to dwell on the bad?  
For the amount it takes to dwell on the bad,  
Good could have been found.

Everyone knows it is not easy to find good from bad  
To find happiness from sadness  
It is possible though

Nobody is perfect in this world

Maybe in the end it is more important to think of the good  
Be more positive

Remember the good in people  
Remember the times in your life when you were most happy  
Most positive

Maybe this is what is needed to get through the bad?

## From a Friend

Sometimes when you are at the lowest  
When life seems to be bringing you down  
When something happens to rock your world  
When hope is so hard to find.

You look around and someone is there.  
They may not know it.  
May not even realize you need help

It is just the way they act.  
The smile on their face  
The sound of their voice.

It makes you smile.  
Makes you realize that it is okay.  
The problems and pains go away  
And it will get easier.

People have so much to offer  
You just need to look  
You just need to open your eyes to the signs around you

Some of the most powerful cures for sadness.  
A smile  
A laugh.  
A look from someone who cares.

It is amazing how such a little thing  
Can bring someone from sadness to happiness  
We should all look for the little signs

They are there for us to find.

A smile, the ultimate cure!

# My Angel of Peace and Love

I have MS  
I live alone, maybe with disease there is isolation?  
I am not afraid

Yet, An angel comes into my life  
A few times a week a beautiful Angel comes  
Full of love and peace  
Innocent and pure

We sit and spend time  
Talking and laughing  
Makes me feel whole in so many ways  
The isolation and pain goes away

The love  
The laughter  
Peace in the purest sense of the word

I watch you sleep.  
Peaceful.  
It makes me realize I have something to live for nothing to fear.

My heart overflows with love  
My mind is peaceful  
My body does not feel the disease or the stress of life.

You are beautiful and my angel  
You bring your daddy to a better place  
You don't even know it.  
Your love and happiness heals me

I may live alone but I am visited by an angel  
I am a lucky Daddy to have Lauren

You are my ray of hope in darkness  
You give me a reason to fight my disease  
You are my strength.

No matter what MS tries.  
No matter how sad I may be.  
No matter how alone I may feel.  
I have been given an Angel.

Lauren

# Fear

Fear, the catalyst too many other emotions.

Once fear sets into a situation  
So many things change and not for the better  
With fear comes feeling of sorrow, sadness  
Despair, confusion and worst of all anger.

Is there truly room for fear in life?  
Is it so necessary for people to have to fear the unknown?  
Is it so necessary to have an emotion that stalls a person?  
Paralyzes and limits life

Stalls a person in life from going on to new things  
Stopping a person from dealing with problems and situations  
Limiting a person from being happy and content  
Hurting others around you rather than dealing with the fear.

With so much in the world to guide us  
So much strength from people who love us  
Why would fear ever take a hold on something?  
Why do We have human beings allow this.

Fear is a vicious emotion that brings more problems  
Fear destroys and does not accomplish anything but sadness

The answers to this problem are somewhere  
They lie deep within ourselves  
They might be the hardest answers to ever find  
This is a necessary quest however to live  
This is a quest to survive or be stalled in life

Where to begin a quest such as this?  
In the heart of the hurting person.  
Sometimes you have to look at the heart to find the answers  
The mind of the hurting person  
They work together

The world would be a wonderful place without fear.  
My wish, dream is for that.  
To never fear again

## To My Son

I remember that day you were born  
I could no have been more proud  
I remember thinking how wonderful it would be to have a son  
Just didn't know how truly wonderful you would turn out

I watch you play sports  
Excelling in all you tried  
Always working for what you wanted  
I was always proud even if it was from a distance

I watch you develop into who you are  
A good hearted young man  
You think of others always  
Know the importance of family and friends

Yet,  
When we talk now I see something different  
I hear something different  
I am amazed as a person and a father.

You speak from your heart.  
A heart which is good in all ways  
You speak with honesty and compassion  
You speak with conviction in your beliefs

You talk to me not only as a son but a man  
Your ideas and thoughts make me think  
You have taught your father a thing or two  
About life, friends and family

I am amazed when we talk now.  
You are everything I dreamed a son would be  
And more!

You are a gift my son.  
I know you will continue on your path.  
I believe in you.  
I am proud to be your father.  
I am proud to have you as a son!

# Love is the Answer for Us All

It is the most difficult of all the emotions  
It confuses and has people saying  
“Why do I feel so strongly for this person “

Yet we all experience this in our lives  
We all experience the feelings that come with this  
Helplessness, sadness to name of few  
We all I ask the questions why is this apart of love

See how love is so confusing?

Love it the greatest emotion given to us all.  
It makes us smile when we think of people we love  
When people who love you, you gain strength  
Knowing you are not alone

When you are with a child and all the child wants is a hug  
The love of the child is absorbed buy you.  
Words don't need to be spoken  
The feelings and love are there.

Love has the ability to draw people close to each other  
Has the ability for people to believe there is something better

With love comes other emotions that are wonderful  
Peace, strength, compassion to name a few

Maybe people should concentrate on  
Love rather then hate  
Compassion rather then ridicule  
Peace rather then war

Thing what the world could be.  
Think what life could be if these types of love in everyone's life  
Think out strong we could all be together.  
Isn't this what our heavenly Father really wants for us??

# Communication

In every aspect of life this word comes up  
No matter what we can not survive without it  
Yet we all seem to fail in this in some way  
No matter how hard we try

We neglect to see the damage that is done without it  
Then we wonder why aspects of our lives breakdown  
Never seeing that if true communication was there,  
Problems could have been solved or avoided

There is no way to teach this to people  
It is just something that must be established  
Nurtured like love and respect  
It is just a part of life

Be it at work, relationships or sickness  
If you are unable to communicate a problem or thought  
It will never be corrected  
Nobody will know there is a problem

There are no easy answers or fixes to this  
It takes work and patience  
An open mind and heart  
A desire to let people know

Let people know what you are feeling  
Do not fear repercussion  
Deal with what comes from it  
You will only be stronger for it in the end



# Decisions – The Paths of Life

Each day we are forced to make a decision  
No matter how big or small it may seem the time  
They are there always.  
Something we all must do.

If you think about the line for a minute  
“Decisions – the paths of life”  
Isn't each decision that is made a journey down another path of life?

The journey of life is a path.  
Never straight and easy.  
It is full of many corners and curves.  
Some full of danger and others full of beauty

We all need to choose a path in this world  
We are given a wonderful gift however  
The gift to change direction we are taking.

We get the chance to do down another path.  
Change the way our life is going  
Make it more than it currently is  
This is a wonderful choice to have.

We are never truly at the end as long as we have breathe in our lungs  
There is always another direction to take.  
Always another path in from of us to venture down.  
Always another decision.

When you think you are at the end.  
Take a step back and look where you are going.  
Look at where you have been.

Then decide on your direction.  
In the end it is always your choice!

## We Need The Miracle

There are times in life when the direction is uncertain  
So much turmoil  
So much indecision

We look to each other for answers  
We lean on each other for strength  
With all this nothing seems to help

We need the miracle  
The love of God  
The strength that can only be found through Him.

To believe in the end of the trials  
Through all the pain and fighting  
He will deliver the miracle that's needed.

It is only God that can heal.  
It is only God that can give and take life.  
It is only for us to believe that He knows what is best.  
For God is the miracle.

We must all remember to love and protect one another  
To help each other and work together.

# What Can a Day Bring?

You just never know what a day will bring  
Let me explain

I have Multiple Sclerosis  
A disease that can do so much to your body  
I have fought it for ten long years  
Two years ago I became weak and walking became difficult to impossible

As time has gone by I have learned to accept being in a wheelchair  
As best as a person could  
Not something easy to accept

Family and caregivers have made me stretch my legs lately  
So I have, not that I believed it would help

So today when I stretched my legs something was different  
I stood up to get out of my wheelchair to a chair and felt strong  
So with the help of my family standing next to me I walked four feet  
It was amazing I felt alive

I had no idea what today would bring  
I was given a gift that was a miracle to me  
I was given a chance to experience something that MS tried to  
take away from me  
Even if it was just for a few minutes  
I know walking is possible  
Now it is in my hands again

So now I know it is possible and I must try  
If I can't walk anymore I will be able to say I gave it my all  
I went down fighting  
For me it is a fight worth undertaking

Today was an amazing experience  
For me it was a gift from my Heavenly Father  
Showing me that anything is possible through faith and work  
But most all with your eye wide open to what today can bring

The moral is simple  
No matter what your sickness or problem is  
No matter how bad thing are or look  
Fight back and believe that nothing is impossible

## One Never Knows

You wake in the morning  
You never know if the day is going to be good or bad  
The unpredictable life with illness

On good days we seem to be open to our surroundings  
The people in them especially  
On the bad days we seem to not notice them  
Our minds are focused on the illness

Today I learned something important  
Even on bad days it is so important to notice everything  
Happiness is there, just have to look beyond the illness

I was having a bad day when I awoke  
A day when I needed to go for a procedure  
Something that I needed to have  
Skipping it would be a poor decision

While I was being worked on by someone who has helped me before  
I realized she knew I was not myself  
She seemed to want to take my mind off of everything

During the procedure as I dozed in and out of sleep  
I noticed her standing at the foot of my bed  
Watching the machine that I was attached to  
Watching me to see if I was okay  
Talking to my caregiver giving comfort

I looked around the room  
Many people sick and getting treatment  
I watched a staff of people both doctors and nurses  
Helping, smiling and joking with the patients  
Most of all caring

One thing I did not see was a sad face  
I saw happiness and smiling  
Comfort and an atmosphere of healing

When I got home I realized the no matter how much I was hurting and drained  
I was happy because of my nurse today  
I realized the caring and comfort helped me more than I imagined

The moral is simple  
No matter how bad or hurting you are  
If you just look around and take notice  
You may find something or someone who will brighten your life  
Bring happiness to an otherwise difficult day

Illness is difficult  
No matter what illness it is  
Doesn't mean we should close our hearts and mind  
On the contrary  
It is all the more reason to open them up

Never know what you will find  
Could make all the difference of that day!!

# My Prayer

Oh Lord I have fallen yet again  
I am full of sadness and fear  
I feel alone  
I feel like Jesus as he fell the third time

I ask you Lord,  
Please pick me up and help me carry my load.  
Help me to see the light at the end of this tunnel  
Help me to get strength from you

I know and believe through you,  
anything and everything is possible.  
My faith is weak right now and I realize this  
This is why I come to you.

Show me what I need to get through this.  
Help me believe in myself and my fight against this disease.  
Help me to help others as well as myself  
Help me to NEVER QUIT.

I ask this through your Son, Jesus Christ.  
Give me the strength that He had as He was nailed to the cross.  
Show me His light and strength

# Even at The Darkest Times

With my life in such turmoil  
My fear is so high  
I often wonder what will become of me  
What does my future hold now till my end

I want to be upbeat  
I want to be strong  
I want to show the world that I can overcome  
That I will not go down without a fight

Yet each day I try to find strength to go on  
Instead find sorrow and pain

I wish I had answers to my questions  
Peace from the pain  
Serenity from the thoughts that hurt me

Even as times seem dark I know the Lord is with me  
I can't see or feel Him  
I just know  
I wish I knew His will  
I wish I understood.

So here I am,  
Alone with pain and sorrow  
Fear and sadness

I believe the answers will come  
I wish they would show themselves.

I ask you Lord...  
Please light my darkest times  
Please deliver me from this darkness

# Sometimes Just a Smile

The day is tough  
Nothing seems to go right  
Life is difficult

Fighting to survive  
Struggling to get through each day  
Never seeing the end of the tunnel

These are things people say and feel  
Things we all feel and deal with  
A fact of life for us all

An answer is there for us all  
They stare us all in the face  
We get so caught up in what is happening  
We forget to look

It is just a smile  
I realize people will say this is not true  
This can't change anything

Think about the smile a child gets when they receive something new  
Think about the smile a parent has when they see their children  
Think about the experiences and happy times of your life  
Think of when you were the child!

You don't have to look far to find happiness  
Looking within yourself is not too far  
It might not make a problem go away but it will put your mind in a different place  
A different frame of mind to deal with troubles of life.  
Sometimes that is all we need



## Even at the lowest times...

Life is never easy  
No matter what people might think  
Everyone goes through turmoil in their lives.  
This is a constant in everyone life.

We must all work at something  
School, relationships, work  
The list is endless

People must remember though,  
Even at the lowest times of our lives  
No matter how difficult  
Not matter the circumstances

We are never alone.

Nobody can go it alone in this world.  
We all need friends, family and our heavenly Father.  
No matter which you turn to someone will be there to help.  
Someone will be there to pick you up and light the new path to be taken

Life if full of twists and turns.  
Some end but when this happens  
Turn it around to a beginning.  
Start over and start new.

No matter how bad things get,  
No matter how bad things seem.  
We are never truly alone  
We should never be without hope.

Remember...  
Even the lowest times...  
We are never alone!

# With Eyes of a Child

When we are children  
Life is so much easier  
We laugh about the littlest things  
Enjoy to smallest moments  
The words stress and anxiety mean nothing.

As we grow we put aside the wonderful times  
We concentrate on money, relationships to name a few  
We lose sight of the little things  
We lose the child

Life becomes a challenge  
Rather than enjoyment we worry about tomorrow  
We forget about today  
We forget and fail to look at today

This does not have to be the way life gets as we grow  
Giving up the child is a sure way of giving up oneself  
Failing to appreciate the small events no matter what they are  
Failing to realize that even as a child we had to learn  
We just learned a different way, maybe that can be used as an adult?

To dream of a life with no stress, no pain and no problems  
This is the perfect world however this is not life

We are all given a wonderful gift when we are born.  
The gift of the day  
If we stop and remember how as children we enjoyed the moments  
Tomorrow was always tomorrow and was a passing  
thought for we were into the day

If we take a step back and remember those days  
Life may look much different and be much more manageable

To lose but one day is a loss of a gift that God gives us all.  
Remember the child.

**Enjoy the Moment!**

# I Know You Are Back

I know you are back.  
I feel you again  
The thought brings fear and sadness  
I remember what you tried to do to me before.  
I remember everything like it was burned into me.

I feel the attacks starting again  
I feel you trying to beat me down  
Trying to conquer me and take me  
Trying to control me again.

You may be strong right now but the fight begins.  
I will once again dig in to fight you.  
I will once again call on myself to gain strength  
The fight will continue until you are gone.

I realize you will always try and win  
You will never truly go away  
You will attack when I least expect it  
A sneak by all definitions

So here I stand today.  
Fighting you again  
Ready and willing to take this to a conclusion  
Yes, I wonder what that will be

I must thank you however  
For at these times in my life I realize I am alive.  
I realize what I am fighting for and what is important.  
I realize what I want and just how strong I can become

Remember this,  
You come back and I get strong.  
As you fight me my strength grows and grows.  
I will never quit  
I know what I am fighting for!  
Do you??

# Success

Success

So many definitions

“Degree or measure of succeeding”

“Favorable or desired outcome”

“The attainment of wealth, favor, or eminence”

It is a word that means many things

A word that people lose themselves in

It sometimes becomes an obsession of people

Is success worth losing friends?

Is success worth losing family?

Is success worth losing life?

Most importantly your soul?

Life has so much to offer and while success is wonderful

We sometimes lose ourselves in it

Deny other aspects of life until we succeed

Then success is obtained

Life is never the same when the journey of the goal began

So with success can come failure?

Succeeded at the goal

Failed to enjoy life

There is a mix in success and life, goals, family, relationships.

A happy verity is what is always needed.

Never focus on one aspect

It may take longer to obtain all your goals however; more goals can then be achieved

Life could be more diverse and rewarding and maybe less regret?

Something to think about?

## The Future...Yet to Be Seen

Each day brings something new to life  
Yet we never know what this may be  
How it will effect our lives  
If it will have an effect at all

Many people worry about the future.  
Fear of what is next  
Fear of changes they may happen  
Fear of failure

If we worry about the future then we waste something  
We lose the gift of the day  
A gift that we receive everyday  
To give up even one day is wrong.

Planning for the future is important  
Dwelling on the future and what may happen is a waste of precious time  
We are given such a short amount of time  
Wasting it worrying about tomorrow accomplishes nothing.

We have the gift of life.  
A wonderful gift.  
We meet and find people in our lives that enhance this gift.  
We accomplish things in our life that enhances our happiness.  
These are the building blocks of a future.

Where it is taken is up to the person.

My thoughts:  
Enjoy each day for the gift that is.  
Enjoy the wonders of people  
The beauty of the world before us  
Enjoy the time that we are given  
It is short, too short to let it pass us by.

Memories begin here.  
Memories to treasure to the end of time

## The Love You Leave Behind

The sound of your voice,  
The laughter from the next room,  
We knew you were near.

The smile,  
The happiness in your eyes,  
Were you ever truly down?

The love,  
The feeling you gave to the world,  
The comfort that you were with us all,  
Unconditional always

The kindness,  
Helping others no matter the situation,  
Lending a hand to people in need.  
Never asking in return

The fight,  
You took up the crusade,  
Pushing us forward,  
Never looking back.  
Helping us to see the road ahead,  
We were never alone whether you were near or far,  
You instilled in our hearts; you would stand and fight with us,  
Till the end,  
Till the end.

Now all we have is memories,  
Memories to share with anyone who will listen;  
Memories of good and happy times together.  
Memories of a life with you involved.

Gone but NEVER forgotten,  
Loved and NEVER unloved.  
You were a teacher, companion, and friend.  
Shoes that will NEVER be replaced.

# I Think of You and I am in Awe

Funny how times in our life,  
Something happens that make you remember  
You remember a person who changed your life  
Someone who made that difference

I think about growing up  
The tears I shed for whatever reason  
You were always there

The times I did not do the right things  
Made a poor decision  
You stood there with me  
Maybe not happy but you did support me

Happy times,  
You shared them with me always  
The smile on your face  
I knew how proud you were.

This is all wonderful,  
The memories are wonderful but this is not enough  
This just doesn't say what you have showed me

When you were sick,  
I watched you fight.  
You always stood your ground  
Always believed that you had it beat

I watched,  
I was always in awe  
You helped and made me believe  
Knowing only good would come  
You would fight till the end.

I hope as a parent I will do this for my children  
This is for you Mom!  
You taught me well!

With all my love forever!  
*David*

## God's or Mine? 9/10/99

Have you ever wondered the big question,  
Is it God's will that I am following,  
Or is it my will?

The hardest question that we all must face,  
One time or another in each of our lives.  
Each decision we make  
Trying to do God's will and work throughout life  
Is it truly Gods will or am I doing what I want.

We always worry if we are hurting people,  
Do we ever worry we are hurting God?  
Is he so less important in our lives?  
When we take into account the feelings of others,  
Do we ask the question,  
What would God think?

God wants the best for his children,  
He asks very little from them.  
His will takes into account so much more than we can understand,  
All we have to do is listen.

So when we sit to think about a decision in life,  
Maybe we have to place the decision in someone else's hands  
Someone who loves us unconditionally.  
Our heavenly Father who will help if we just ask  
God's will, will show itself.

Following God's will may not be the easiest direction,  
But it will be the right direction.  
Our job is to trust in God and believe in his love for us.  
Nothing done by God is ever done with malice  
Only Love  
A love for His children,  
A love that we can never be totally understood  
With faith in Our Lord all will work out.  
Trust in God's will



## **To My Dad**

You gave me the gift of life  
You were there from the beginning watching over me  
Helping where you could with the deepest love

As I grew from a baby to a child  
Life changed as I changed  
I started to learn many things  
Both good and bad , but you always watching from afar

I grew from a child to teen  
The road of life became strange  
Friendships started and ended , yet when I needed you  
You came to my side  
Even when I didn't know this or believe this or want to believe this

Then I grow and develop into an adult  
The child in me had to be put away

Here I am today ,  
Learning the way of the world  
Making mistakes but also accomplishing  
Each step in your watchful, loving, and caring eyes  
Always showing me that you are there  
Letting me know I am never alone

From now till the end I know you will  
Love , Care and want nothing but the very best for your child

Because of you Dad I have become a loving father  
You taught me so much over the years  
To love care and want nothing but the best for your children  
With you in my life all things are possible  
In all ways thanks to you Dad

## *What makes a hero*

Our World  
In it, billions of people  
The word “hero”  
The definition of the word is simple  
*“An object of extreme admiration and devotion “*

What makes a hero?  
Who makes the determination?

A hero can be anyone including you.  
A child can look to their father as a hero  
A husband to a wife  
A world to a soldier

Maybe what makes a hero is someone who believes in them self  
A person who believes there is something better to work for  
A person who makes mistakes but continues to try  
A person who fails but tries again  
A person who never gives up

Are their heroes in our world?  
Yes, they are here and most of the time in front of us.  
They do not have people following them around  
No cameras or fanfare

The person who never takes credit  
A person who is always there  
A person who believes in you.

These are the heroes in the world that need recognition  
The people who need to know they make a difference  
That needs to know they matter

Who makes a hero?  
We do!

## Time to slow down?

People always say  
“You have to slow down”  
“You have to relax”

Is slowing down the answer to our problem?

People must follow their own path  
No matter what this means  
Sometime happiness is doing what the individual wants  
No matter what other expect or want

Every decision we make can effect other but  
We are responsible and pay the price for our decisions

If some says to slow down and you do this.  
You made this decision and are responsible for what this means.

Advice is just that.  
An opinion  
A thought  
A feeling  
Take it what it is for your life is just that  
Your Life  
The final decision must be what you feel  
You need  
Want  
Desire for yourself

Your destiny is always in your hands.

No matter what  
Remember this  
Our lives effect others in many ways  
But an individuals life is always that  
An individuals life  
Your Life

## Why today?

As I sit here today,  
My body tired  
A disease I can't control  
Feeling like this will not pass

I try to get strength from within  
Yet it does not seem to help  
I know I can overcome  
Believing in ones self is always the start

I try too never to use the word "why"  
This word seems to cause more problems then answers  
On a day such as today when I feel my body under such attack  
This is the word that is with me.

I realize each day is a new beginning  
With each new beginning brings hope  
With hope and faith any obstacle can be over come

I know we all must deal with days like today.  
A day when hopes is just not there and fear takes over  
This is not the time to stop fighting and give up  
These are the days we must pick our sorry souls  
Fight and overcome

I know this is never easy  
Remember something.  
With family, friends, a higher power or God  
Anything and everything is possible

Sometime believing in tomorrow and a new beginning is all we need.

Let's all look forward to tomorrow.  
A new day