

An Old Woman's Lament

My joints, my body aches, Lord,
My energy is low,
I have so much to do there,
But no get up and go.

I feel like simply sitting,
Not moving much at all,
Yet company is coming,
I must get on the ball.

There's cleaning and there's shopping,
Dusting to be done,
Bathroom must be sanitized,
None of it much fun.

I'm asking you to help me,
I know you are right there,
Fill me with your energy,
Your spiritual fresh air.

You've said that *living love*, Lord,
God's meaning comes on through,
It heals, redeems, renews, Lord,
It knows just what to do.

Remove my defensive mindset,
Reveal that I am whole,
That I'm spiritually unbroken,
A free and perfect soul.

Together, all will be accomplished,
As I join in mind with you,
You tell me to relax, dear,
Let love's energy come through!

Even as I write this,
In peace I now abide,
I feel love's gentle energy,
And You, Lord, by my side.

The day ahead looks brighter,
I know I'm not alone,
My best friend, Lord, you're with me,
The greatest love I've known.

*All will be accomplished,
Life will feel brand new,
Joy will fill our hearts, dear,
We're One, with love, so true.*

