

I Know

by Barb Berens

08.16.2013

I know Your plans are good for me
I wish I knew more
You are content in letting me wait..
Wait and Trust and Keep my Hope in You

I know Your hand is on me
I wish I could see
Which direction You are pointing me in
So I Wait and Trust and Keep my Hope in You

I know You are good
And You are refining me
With every moment, every disappointment
As I Wait and Trust and Keep my Hope in You

Your Plans, Your Hand and You
Are quieting my little voice of fear,
Smothered under Your joyful song
Help me Wait and Trust and Keep my Hope in You.

You Trusted Me

by Barb Berens

08.15.2013

You trusted me
You trusted me with this trial
Because You know me

You trusted that
I won't turn away
I won't loose faith
even if I loose face..

You entrusted me
You entrusted me with this trial
That will simmer my faith into pure gold.

Thank You that You trusted me
Thank You for the love You pour upon me
And all those with me
Even if they can't see or feel it

Your love permeates all things all the time.

Somehow

by Barb Berens

08.01.2013

Somehow I thought I would be perfect by now
Somehow I thought my body would heal and my
energy return.

But that is not the plan for today,
Somehow His plan includes Feet Up,
Cat on Lap and Rest.

I don't know how to navigate this road
But I will, with God's help, somehow.

Wings of Hope

by Barb Berens

07.28.2013

Lord, You have carried me once again
You have brought me into Your Presence
And loved me

Thank You that You are always with me
That Your Healing Hands never leave me alone
And desperate

Just when I thought I would fall into
A pit of despair,
You caught me up by Your Wings of Hope

You kept me safe from the enemy creeping in,
Your brightness astounded me
In the darkest places!

I love You, Lord,
Please help me act like it today.

Where My Eyes Go

by Barb Berens

08.12.2013

Gigantic Boulders of worry
Too big to carry
Too heavy to move
Fill my vision with impossibilities

My eyes look up
and see YOU there,
The boulders crumble
Under the pressure of YOUR OWN TRUE NAME

My eyes turn inward
And I feel I'm fading
The shoulds and woulds reign
And my heart goes flat again.

Keep me in YOUR sight
As I see YOU
TRUTH and CONFIRMATION of Love Unending
Holding my vision, holding my soul
Time without end, resting.

Useful

by Barb Berens

08.14.2013

Well, I'm feeling pretty useless about now..
Can't do what I want
Can't say what I mean
Can't get what I need
What?
Where?
When?
How Come?
Why Not?
Not Now..
Wait. Rest. Be. Absorb. Trust. Care. Share.
Become
Useful.

The Pits

by Barb Berens

08.13.2013

It's dark in here
This hole of self-absorption
A trap that trips me up and pulls me in.

Lift me to the rim
And let me see Your light this day
My Hope, my Passion, my Life.

In the shadows,
Deadly snakes of thought
Scorch my tender heart, leaving it afraid.

Pull me out into the light of day,
Your face, always beautiful, always shining,
Giving me purpose in the strangest places..

A high calling, a constant reminder,
Nothing is impossible,
The view is much clearer when I lean into You.

Help Me Stay, Rested

by Barb Berens

08.16.2013

I want to remain in this place a little longer
Help me stay put, just where You want me

I tend to wiggle out of Your Strong Grip
And You let me..

Help me stop kicking and shoving
And making my own way

Yours is the path I want to follow,
Stumbling, falling, getting up again..
Reaching for Your loving hand extended..

Help me tarry here a while
To seek Your face, hear Your voice

Proclaim Your Kindness and Goodness
In my body language and my rested face

You are God, I'm glad I'm not.

What shall I do?

by Barb Berens

08.18.2013

What shall I do?

This body doesn't work properly.
Pride wants me to hide.

You have given me this body
As a gift, not a punishment.

You want me to learn how to
Receive with graciousness,
Not push away with anger.

To You authenticity = reality,
Not hiding myself away
Where no one can see my imperfections.

Thank You Lord for all You have given me
Forgive me for not
Always being grateful..
For complaining a bit..
For the big sigh..
And the try again to smile....

Experience

by Barb Berens

08.18.2013

Speak to my heart through the words on
the page

Tell me the truth and guide me I pray

Speak to my soul through the music I hear
Bring me so close and remind me Your near.

Speak to my soul through the smile of a
friend

Assure me it's good and hope's 'round the
bend

Tickle my ears with the sound of child's
laughter

Make me all warm with a kitty's embrace
Let me hang out in the warm summer
breeze

And give me Your peace through all of this
please.

From The Life Application Bible Joshua 1: Many people think that prosperity and success come from having power, influential personal contacts, and a relentless desire to get ahead. But the strategy for gaining prosperity that God taught Joshua goes against such criteria. He said that to succeed Joshua must (1) be strong and courageous because the task ahead would not be easy, (2) obey God's law, and (3) constantly read and study the Book of the Law—God's Word. To be successful, follow God's words to Joshua. You may not succeed by the world's standards, but you will be a success in God's eyes—and His opinion is most important.

Be Strong and Courageous

by Barb Berens

08.20.2013

Right now I feel weak and afraid.
My arms and legs are weak, and core shakes.
How can I go about what I am called to do?
I can't even imagine it today,
No one said this would be an easy ride.

Be strong and courageous..
Read and Obey Your Word.
I don't know what that looks like right now.
I can't even imagine it today.
So I will take a little nap and rest in the possibilities.

The Only Way is to trust the Only Way.
The Truth. The Life.
I lean in..Your life exchanged for mine..
Then I can be strong in You and courageous
Because You always win.

Cartoons

by Barb Berens

08.23.2013

I hide myself in You.
It seems to be the only safe harbor.
Ease my anxiety
Float me away from here

Hell is relative:
Sponge Bob and Back to the Barnyard
All day long.
I hide myself in You.

Stress is high with my dis-ability
Stress relievers always involve
Those characters that make me crazy.
Help me now..

It's all relative:
One laughs out loud
One hides..
The noise continues.

Ease my anxiety
Float me away
To that perfect place
In You, in You..

Rest

by Barb Breens

08.25.2013

How can I walk through this day?
How can I stand?
How can I sit?
How can I smile and say it's okay?

With my God, I can do this and more.
My God gives me rest.

How can I listen?
How can I be who You want me to be?
How can I see those around me?
And pray for those in need?

With my God, I can do this and more.
My God gives me rest.

You are Truth to me.
You are the Way to go.
You give me life to share with others.
You give me rest.

Flat

by Barb Berens

08.26.2013

Some days it is hard to stand
Laying here feels just right
But I made a great discovery:
I can dance even when I'm flat!

My arms can move, my legs stay still.
My voice, lifted aloud in silent praise
The God of Angel Armies
Never failing, by my side!

I am flat and my heart is full
Who knew what a great delight
Would be found in this crazy way:
Flat/full, sad/rejoicing!

Smiling from ear to ear,
Eyes closed and arms lifted high
Laughing at the notion
I can dance when I'm flat!

What is Success?

by Barb Berens

08.27.2013

Here I am
Face tingling,
Legs weak.
But You've called me to succeed.

Succeed at what, I ask?
Nothing is too difficult
With Me by your side.
No striving, but believing.

Striving is so natural to me
It's my downfall.
When all You've ask of me
Is to believe.

Clean me up and set me on the right path!
I'm fading, I'm straying.
Can't remember what I'm here for.
To believe is all I have.

Viscious dogs of disease
Are biting at my feet, my legs.
Teach me how to stand tall
And demand obedience from that enemy.

Convince me of Your sure voice
Always reaching, always seeking
My best, Your best
All I have to do is listen

Be kind to me and carry me this day,
Mountain tops and valley low
All at Your command
You have my world in Your hands.

The Plan

by Barb Berens

08.28.2013

Your plans are always magnificent
Blessing all who are involved
Yet it is like looking through a dense cloud
Until Your Light reveals its substance.

Patience is not my strong suit right now
I am learning to wait and rest
Knowing that Your Plan
Will unfold before my eyes.

Some rain often accompanies dark clouds
Distractions, worry, exhaustion
Getting ticked off at the slightest thing
My fatigue reveals the Vanessa in me.

How I desire to be at peace
While I rest and await Your path
Take my death-grip off of my plan
As I wait and hope in Yours.

Tearfulness

by Barb Berens

09.01.2013

Oh LORD, here I am again.
I have that tearful feeling inside.
But on the outside I'm saying:
This is all beginning to make sense!

Help me see things Your way oh LORD!
Help me understand total surrender.
I need You more than ever
Now that I'm held back by my enemy:dis-ease.

Set me free to dance in Your presence!
Put a smile of knowledge on my face:
One that says: I know my GOD
He will never let me down.

My GOD always comes to my rescue
Never leaving me in the dark for long.
Now please, replace the distress inside
With God-Confidence.

God Confidence that will bless
And Encourage all I see
Because You, GOD, are good
In Your Presence the tearfulness is banished!

The Teflon Coating

by Barb Berens

09.06.2013

People are upset.
People don't like this
I don't say the right things
I am not able to perform...
How can I survive the looks
The upset.. the helpless feeling?

The Teflon Coating You provide
Is like a seal, a covering,
A warm blanket of comfort
Repelling it all and just being still

The looks
The disability
The sadness
The inability

The worry
The stress
The unkindness
The opinions
the concern
All just roll off me
You are my stability
My God, My Teflon Coating

Things don't stick to Your Child
I am free from condemnation
Even when I am not at my best
My God, My Teflon Coating
You are my Stability.

Living Out Loud

by Barb Berens

09.07.2013

The sorrow
The hurt
The disappointments
The worry
The laugh out loud joy!
All filled with You and Your Mercy.

No more hiding
No more
"Pulling myself up by my own bootstraps"
You hold me secure enough
To live out loud
To love out loud
In Authentic Brokenness

The tears
The shame
The guilt
The pain
The grandest miracle of all
Filled with You and Your mercy

No more hiding
No more "putting on the happy face"
You hold me secure enough
To live outloud
To love outloud
In Authentic Brokenness.

A New Future

by Barb Berens

09.15.2013

How I want to live a life of love
Dropping my opinions and criticisms!
Help me LORD,
Won't You wash me clean of those attitudes?
I need a new future.

Time and time again I vow to do right
Then I am right back where I started
Help me LORD!
Won't You wash me clean of these attitudes?
I need a new future.

Help me see myself for what I am
Keep me mindful that I am saved by grace alone
Help me LORD!
I need a new attitude
I need a new future.

Only You can do the work necessary
Only You can change a heart
Only You can wash me clean of these attitudes
Thank You, LORD, for wanting to give me a new
future!

Free

by Barb Berens

09.19.2013

You say I am clean, sometimes I believe You.
You say I am safe, and I know that to be true.
Your generous look melted away all of the
chains
That kept me in the dark about Your love.

You freed me from a life of grime,
Of conflict, fear and rage.
You set me on a new course of gratefulness
Help me remember I am free.

Only You can convince me of Truth
Only You remind me each day
Only You have the remedy for peace
Only You make nothing into something..

You freed me from a life of grime,
Because You have work for me to do.
Even when I am sitting around..
Help me remember I am free.

Once Again

by Barb Berens

09.19.2013

What?
What???
That's not done yet???
Well, we'll just *SEE* about that!

Oh LORD, forgive me for running ahead,
For taking the reigns in my hands
As if I knew how to run the universe
It's Your job not mine.

Once again I am humbled
Once again I am stopped dead in my tracks
Once again I recognize You for who You are
And see me for who I am.

Forgive me for wanting to be
Quality Control for the world once again.
For reaching into places I don't belong,
All to grand for me.

Once again I am humbled
Once again I am stopped dead in my tracks
Once again I recognize You for who You are
And see me for who I am.

Not a Victim

by Barb Berens

09.20.2013

I am not under the circumstances..
I am on top of the mountain.

I am not a victim
I am a survivor with style

I am not an orphan
I am a child of a wonderful Father

I am not identified by my dis-ability
I am me .. whatever that looks like today.

I am not afraid to cry
Yet I am not consumed by grief

I am.. He is
That's all that matters.

Betrayed

by Barb Berens

09.23.2013

Who is my enemy?
It took me a while to figure it out.
Why have you let me down,
When we've been through so much together?

I thought by now
You'd be on my side
You'd support me
You'd hold me in this fearsome battle.

I look at you
And you've changed so much
You can't stand up
You can't sit still, you just hang around.

I thought by now
You'd be on my side
You'd support me
You'd hold me in this fearsome battle.

Why has my body
Become my betrayer?
Why can't you just figure it out
And get with the program?

I thought by now
You'd be on my side
You'd support me
You'd hold me in this fearsome battle.

When you've figured it out,
Just let me know
I would love to get back into the game
To run like the wind, and dance like a maniac!

Today

by Barb Berens

10.02.2013

Today started out like any day
The sun shone bright through the window..
The birds were chirping,
The kittie's sleepy faces
Eagerly greeting me with purrs.

Exercise and hot cocoa
With my favorite music on my ears
This is going to be a great day!
I can handle anything
With the God-of-Angel-Armies by my side.

Today was a battle,
A sadness
A reality I didn't want.
News of no change
News of forever
Hit like a cyclone at full force.

My nap,
Some Rocky Road Ice Cream
And my ever present Friend
Softened the conflict and the grief
Of today:

The sadness
A reality I didn't want
News of no change
News of forever
Hitting like a cyclone at full force.

Your Hand

by Barb Berens

10.03.2013

I see the body of water, it looks dark and scary
Its name: Grief and Fear
I cannot face this alone..
I want to slip into that river: Denial (and you thought it was in Egypt)

To face Grief and Fear I need a companion
A helping hand
Stretched out to scoop me up in troubled waters
A Safe Harbor in the rough seas

I am more than grateful for Your Hand
Your Love and Faithfulness to me
Your Guidance and Support
And those you send as blessings.

Like Job, sitting in Grief and Sadness
I can be surrounded by loved ones
Willing to just be with me
Willing to listen and hope to understand.

Your Hand of Blessing
Always Constant
Always Willing
Always here for me.

Here
by Barb Berens
10.06.2013

I had so much fun!
I had so many opportunities!
I was able to create beauty
Inside and out..

But here I am
Here I sit
Here I listen
Here I don't speak much.

Why did the road
Take this unknown turn
Why did the sorrow
Build upon sorrow?

'Cause here I am
Here I sit
Here I listen
Here I don't speak much.

I will be delighted
I will see new things
I will experience Your glory
In the beauty of every moment.

So here I am
Here I sit
Here I listen
Here I don't speak much.