

# Supporting Christian Unity in the Alfred Community



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## The Real You

~ A Poem by Y.F.

# The Real You

My life, the love of my heart.

You touched me and made me whole through your love of me.

You made me safe again.

In your arms I am loved so dearly.

You reached into my soul and saved me from the darkness that would try to consume me.

Your mercy and grace is such a blessing to my body.

Forgiveness is never ending.

You love me when I fall flat on my face and pick me up and dust me off, and encourage me to go forward in you.

You do not hate the weakness in me, as I do.

You strengthen me in the weak areas and your glory shines through.

You heal my heart of past hurts.

You help me to see the truths all around me with your eyes

You enlighten me with your spirit and it engulfs me with your fire.

Passion flows from my heart to see your will done in my life and I pursue you with all my heart's desire to know you more and more.

Show me to your throne, Oh God.

I want to meet you and talk and laugh with you like my very best friend.

I would like to share about where this poem came from within my heart and life experience. All my life I have been a victim with a victim's mentality. As a small child I was a victim of emotional, physical and sexual abuse. I had to put up walls to protect myself. As I grew up I was always in a survivor's role. I

did whatever I had to at any given time to stay safe without thought for anyone else. I couldn't stand being hurt anymore, but found that I was constantly being hurt because of how I perceived things. My childhood molded my view of life in a distorted way. I trusted no one. There was nothing good in me. I was going nowhere. I was so bound by fear day and night. I could not get away. Fear of people, fear of rejection, fear of death and life, and being left alone. At the age of 18 I met my future husband and he told me about Jesus. He had a shine and excitement about him. I accepted Jesus as my Lord and Savior, but I also kept him at a distance. I could not believe he could love or really cared about me, as not ever experiencing it before. The first time I found out that God loved me was about four years later. Through reading my Bible and listening to Amy Grant tapes. One song of hers started my healing "Ask Me." It opened my eyes to one aspect of his nature. He loves every one of us and wants the best for us. But it wasn't until these past couple of years I found out so much more. His healing power and his love, and how it changed my life. He has been healing the hurts of my past. This has not been an easy road. It brought up all kinds of things that I really did not want to deal with ever again. But the truth of this is it needs to be brought to the surface and dealt with once and for all. During this time I found another aspect of the Lord, my healer. He is also my comforter and safe place, and he is ready to catch me when I fall. He has kept me safe while going through this and he has helped me find a joy that I have never thought possible. Now as I go through trials I know these are learning periods and I am looking to see what I will learn, and looking forward to the end to see what He has done in me, for he is ever changing me for his Kingdom. Rejoicing during these trials is not always easy, but it knowing he is bringing me closer to him I can rejoice in this.