

Sometimes life can be crazy
We can't find this
We forgot to do that
Our head is spinning a million miles a minute
And everything is piling up
Inhale, exhale, Repeat
The day keeps on going and nothing is getting better
More Work
More time
More effort
Harder, faster, better, pushing yourself
Until you can't breathe
It seems as if everything is being put on you
And all of it is your problem to deal with
People are growing impatient and waiting on you
Time
That's all you need, but do you get it, NO
More stress
More worries
More anxiety
Inhale, exhale, repeat
There finally comes a day when its time to let go
So you run and jump in that water, and remain still
You lay there
Watching your cares float away
Looking at the tranquil scenes around you
Hearing, 'peace be still, for I am with you'
You let out a sigh of relief and come to the surface
Where life is still crazy
Only it feels much different
You have a peace that surpasses
All understanding
But it doesn't last long before you grow anxious
"Shh" you hear a voice say
"Be still and know that I am God"
Inhale, exhale, repeat

Word count: 206