

**7**



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## **AMPLIFICATION 7**

**37 Thought Bites of Spoken Word Poetry  
to question, reflect and connect to our  
world, ourselves and God.**

**Video media versions available online.**

**[matrixmoments.com](http://matrixmoments.com)**

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<b>Life's Edges</b>	anger, box, broken, decision, hope, pain, prison, reality, seeker, thoughts, reallife, trapped	<b>Significance</b>	alive, chains, eternal, fears, identity, life, love, perfection, priesthood, resurrection, significance, stories
<b>It Happens</b>	humour, personal, sleepy, tiredness, yawn	<b>Forever Promise</b>	celebration, communion, cross, easter, hopes, jesus, promises, resurrection, worship
<b>Together Tree</b>	church, cover, creation, friendship, life, livingwaters, love, storms, streams, tree, troubles	<b>25th</b>	anniversary, celebration, life, love marriage, personal, relationships, respect, seeker
<b>Delight</b>	delight, eternity, father, honour, jesus, joyful, laughter, love, power, trinity	<b>Fractured Margins</b>	addiction, homeless, hopes, love, poor, power, reality, reallife, seeker, self
<b>Channel Surfing</b>	death, hate, identity, lies, life, meaning, media, reality, reallife, reasons	<b>Wild Dreams</b>	dreams, hopes, life, passion, praise, soul, worship
<b>Marriage Dance</b>	celebration, honour, love, marriage, rings, vows, wedding	<b>Yumm</b>	friends, friendship, gold, positivity, relationships, seeker, warmth
<b>Begin</b>	beginning, blood, freedom, honor, honour, jesus, love, praise, thankfulness, worship	<b>Soul Singer</b>	hope, iam, lord, love, praise, salvation, spirit, strength, sunrise, worship
<b>A Thousand Cuts</b>	call, coping, cutting, jesus, mentalhealth, pain, reality, reallife, response, selfharm, selfworth, value	<b>Sleepless Toss</b>	awake, couch, dreams, hopes, restless, sleeplessness, time
<b>Value</b>	culture, future, honour, identity, pearl, precious, value	<b>The Story</b>	communion, cost, cross, easter, freedom, hope, jesus, love, praise, promises, transformation
<b>Flourishing Love</b>	celebration, honour, love, marriage, rings, small, vows, wedding	<b>Such a Time</b>	change, destiny, divineappointments, faith, horizon, journey, mission, opportunities, purpose, steps
<b>Allan</b>	celebration, church, death, friend, funeral, marriage, memories, reality, reallife, testimony	<b>Now Future</b>	faith, freedom, future, hope, infinity, kingdom, love
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<b>unComplete Dark</b>	darkness, death, doubts, garden, hope, jesus, lambs, love, questions, resurrection, road	<b>Relationship</b>	busy, feet, grace, jesus, relationships, rush, waiting, wash, works
<b>Dad's Garden</b>	dad, death, family, father, fruit, garden generations, personal	<b>So Often</b>	change, experiences, future, life, memories, nostalgia, past, seeker
<b>Be Truth</b>	community, connected, evangelism, honour, local, love, mission, neighbourhood, reallife, seeker, sharing, truth	<b>Innocence</b>	christmas, cross, death, easter, forgiveness, freedom, gifts, innocence, lamb, nature, power, sin, souls
<b>Borderline</b>	choice, cold, death, decision, extremes, fence, hot, hypocrisy, hypocrites, life, reallife, river, sin	<b>My Thoughts</b>	accepted, image, known, laughter, live, love, spirit, thoughts
<b>Race Fun</b>	aging, children, entertainment, family, father, fun, older, race, ritesofpassage	<b>Exchange</b>	chains, connections, contrasts, death, fear, life, loss, love, peace, power
<b>Hope for Life</b>	christ, creation, hopes, meaning, new, salvation, vision	<b>Unfriend</b>	boundaries, distance, friendship, honor, honour, love, payback, relationships, safety, unfriend
<b>Boundaries</b>	boundaries, cross, curtain, garden, gold, honour, identity, love, resurrection, risks, security, selfworth		

# Life's Edges



Box trapped  
Straitjacket message from hell  
Walls surround,  
Dark gnawing at  
edges of life.

Whether I walk  
the streets  
Or few metres to cell bars  
I am in prison,  
Forever blackness,  
Somehow worse, exposed  
in sunlight or florescent tubes,  
So dry, no tears only anger  
So buried, no hope only pain,

I can't do broken alone,  
Where do my thoughts leak?  
Who else can know my thoughts?

# It Happens!

A day behind  
this time of now  
tired from work,  
warm inside  
seated lazy,  
I stretch out  
eyes vacant  
heavy with tarmac,  
I yawn slow, wide...  
and sprain my jaw!

# Together Tree

Leaf life  
time swirls  
Blown  
strained,  
its hold in life  
precious stem communication  
with nurturing sap.  
Leaf battles  
storm vortex  
but around it  
friends  
company  
sheltering  
overlapping , covering  
each other  
from trouble winds.  
Seasons  
pass  
leaf colours  
change into eternity  
Christ's church  
planted  
by streams  
of living water.

# Delight

The delight of  
Love  
that dances between  
Father, Son, Holy Spirit,  
Honour  
that flows between  
Father, Son, Holy Spirit,  
Laughter  
that bubbles between  
Father, Son, Holy Spirit,  
Eternity  
that powers  
Father, Son, Holy Spirit,  
Dance  
in the fullness of the Spirit  
in the power of Jesus Christ  
in the love of the Father.

# Channel Surfing

Channel surfing...  
All I can eat  
All mine  
Yet never me,  
Entertainment worlds in a button,  
All the colour, life and choice,  
Yet lifeless, death in pixels  
Nothing that means,  
No connections,  
Ads and advertising  
Promises and pleasures,  
High definition creations  
Giving blurred zero self-images  
Unreal masquerades of the real.

Can I  
Leave the hate  
Lose the forgery and fakes  
Vacate negativity  
Cut the crap  
from my life,  
Take any truth  
I hear and see  
and become different?

In a world without reason  
feeding lies to sensations  
where lies my lifeline?

# Marriage Dance

We rejoice and delight with you  
your unity and affection  
enjoying and praising your love  
with this time of  
eating, drinking, dancing,  
laughing and sharing.

Our thoughts are in the songs  
gentle unspoken words  
kindred conversations,  
quiet prayers.  
Moments of ceremony and celebration.

We've given you to each other  
to the fragrance  
of a journey  
sought after  
but found by few,  
a love founded deep  
in the friendship  
and mysteries of Christ,  
sharing the fruit  
of past and present  
and the joy of tomorrow together,  
Your love sealed  
in the eternal knowledge and care  
of the living God.

We thankfully witness  
the beauty of  
your binding love.

We bless you  
in your vision of life together.



# Begin

Rise up  
Rise up  
freed  
in the name of Jesus

Stand up  
Stand up  
Covered  
in the blood of Jesus

Sing out  
Sing out  
worshipping  
In the spirit of God

Open up  
Open up  
Loved  
deep in the Father's arms

Call out  
Call out  
Thankfulness  
as children of the Living God

Honoured  
Honoured  
is the Almighty Lord  
enthroned on high.

# A Thousand Cuts

Slice by slice  
I smother the pain  
in pain,  
each scar another  
shame sentence,  
forgetting sequence,  
the story hidden  
under the covers  
of my sleeves  
Death by a  
thousand concealed cuts.  
Layered lies  
Fear frustrations  
disorientated directions.

Somewhere  
as I take  
cut-downs  
cutoffs and  
short-cuts  
through painful days  
there must be  
Promises  
for the hopeless,  
a different hope,  
chances for hope.

Spirals of inner search  
Soul Dreaming,  
Lead me to the cross-cut  
Clear and clean,  
Cutting away the crap...

In this moment  
right now  
I hear the  
Jesus call,  
the new reality  
centered in the  
power of the cross.

# Value

Like discovering  
a precious pearl in the mud  
A precious gem in the rubbish,  
A precious diamond in the rough,  
Seek the precious  
Change the culture,  
Bring Favour  
See the valuable  
Add value,  
Add truth,  
Bring faith  
Create a Treasury of love  
A Reality of real love,  
Speaking life  
Finding good  
Declaring what God sees  
Calling Future into the present.

# Flourishing Love

Small glances  
small steps  
small decisions  
small hundreds and thousands  
of love risks,  
scattered confetti memories  
that have lead you  
to this greater affection,  
in the rings  
placed on your fingers,  
an infinity of  
gold metal dots  
connecting in a circle  
symbols of marriage celebration  
time sealed and stretching  
to your future vision together.

We honour your love  
honour your togetherness  
honour your individual uniqueness  
honour your marriage sealed in  
Christ.

May you  
Discover fun and laughter  
smiles and hugs,  
Discover great small moments  
of love poured on, turned on,  
growing on.



# Allan

A Rare person  
crossing generations  
carrying respect, laughter and stories  
This was Allan.

When seeking Easter Camp parents  
Youth groups quick suggestion  
“Allan and Lesley would be cool.”  
This was Allan.

An embattled history  
struggle with addiction  
encounters with Holy Spirit freedom  
This was Allan.

Eighty five birthdays  
A marriage and family  
Fifty three years  
with a powerful woman's love  
This was Allan.

A smile and opinions  
able to hear others  
and speak his own strong voice.  
This was Allan.

A comic genius  
Shelves of adventure worlds  
passion, baddies and superness, owned it  
This was Allan.

Fireworks ignited  
for generations to come  
As we look across  
gathered friends and family  
and absent lives touched  
Each of us his memory sparks...  
In celebration of Allan – God spark!

*A tribute to a friend who journeyed with us on  
the path of life and faith. Honour to you Allan.*

# Conform

Conform  
"Become us voices cry"  
calling to sameness,  
capturing minds  
filling dreams with candyfloss  
Destruction in the playground  
of gasoline tears.

In the noise  
Colour confusion clashes  
Pain, hate, laughter, freedom  
desires mix,  
More, more, more...  
The paradox;  
in the focus on  
individuality,  
We drain the person ,  
in the focus on winning  
we always lose.

Talk to me says God  
Seek to hear my voice  
step into my will  
struggle with transformation,  
Allow renewal  
Come follow me  
Come know my Spirit  
Come live and love.

# unComplete Dark

Complete Dark  
total Blackness  
Surrounds  
suffocating my future,  
Tangled invisible roots  
leaden into my soul  
Causing rips in hope,  
And I've known  
God,  
Known  
passion and power,  
times and places  
of life fullness,

Did Jesus know all this?

Birth in a manger  
Bringing death on the  
streets of Ramah,  
Did he know as he grew up?  
Was there guilt?

Sly cutting remarks  
about his birth, family  
other children teasing  
his beginnings.  
Was there doubt?

Life of a carpenter  
cuts, bruising  
annoying customers  
thinking, Am I in the right place?  
When will God use me?  
Will I be ready?

Moments of Vision  
in the temple  
Challenging religion,  
displacing prejudice,  
When will God use me?  
I will get ready!

Baptism, wild man in a river  
the heavens open  
Jesus hears the father's voice  
a sense of release  
a passion calling,  
Am I "I Am?"

Calling out the authorities  
religious zealots  
Loss of friends, betrayal,  
Hard words from silk tongues  
Did he stand numb  
Questioning, what is the point?  
Did he know the dark?

Yes!  
Buried, drowned,  
beaten, crushed,  
in death's valley  
he was there, knows there,  
willingly there,  
He knew the dark...  
Did He ask where is God?

Then He simply rose  
an incredible power  
directly exercised  
walking from tomb's extinction  
through life's chains  
through death's sting  
through racism and religion  
through sin, fear and loneliness,

Simply continuing His love;  
cherishing Mary in chat -  
gardener becomes the saviour  
in Her eyes,  
walking dusty roads  
with two conversing -  
until they finally recognise Him,  
Twice appearing  
miraculous materialisation to the  
disciples  
inviting cold reality - "Put your hand in  
my side, Thomas"  
Restoring the fallen  
as they first fish, then miraculously fish  
and breakfast on Galilee shore,  
then and today Jesus asks,  
"Do you love me?"

"Feed my Lambs!"

# Dad's Garden

In my dream thoughts  
the traveller was out,  
strolling in  
the trees of the world  
the forest of human life  
Sensations of sunlight  
smells of nature's wood,  
almost spellbound in  
the pictures created  
in his mind.

As he walked  
he came across a garden  
nestled in a meadow clearing.  
The garden was a  
fascination of colours,  
vibrancy and marvels,  
the traveller pondered on how  
it was so wonderful,  
and he noticed the gardener.

An old man  
dressed in an overcoat  
with a crumpled hat,  
tenderly touching  
caring for each plant.  
"Excuse me sir, can you tell  
me the secret of your garden?"  
The old gardener turned  
and the traveller saw  
a frail face  
of wrinkles that showed  
years of service, care and pain,

he noticed the friendly blue eyes  
behind the glasses, nose perched.  
The gardener smiled at the visitor  
welcomed him and replied,  
"This garden is beautiful  
because....well.... God gave  
the sunlight, rain and soil  
and I planted a few seeds."  
He then turned to  
continue working  
but paused, thinking,  
"You can create Christ's gardens  
of love. I tell you...  
they are the lasting ones"  
The traveller noticed  
a dimming  
a wearying around the gardener  
and he faded, disappeared,  
gone forever.

And the traveller walked home  
But each year he returned  
finding that as time passed  
the garden was growing  
more beautiful,  
wild but ordered  
as if tended by  
unseen hands,  
and somehow the traveller  
knew God's plan;  
sensed a connection to futures.

The traveller brought some seeds  
on his next journey,  
scattered them  
adding to garden generations  
adding to dreams and desires  
adding to fragrance and fun  
adding to love and life.

In my dream thoughts  
the gardener was Dad  
The traveller was myself  
Or maybe you.





# Boderline

One foot planted  
in life giving river  
another in a draining sewer,  
some moments swept  
in plunging ecstasy  
through sparkling water  
Others feeling  
the endless sucking spiral  
of cloying mud depths.

As you walk  
wet footprints shine  
one side clean, refreshing imprints  
others fetid smells, slime steps.

and you wander  
somehow blind  
to the trail  
of hope holding hands  
with faltering life,  
staggering through doors  
crowds  
friends  
god...

# Race Fun

Dad stuff is fun,  
this morning  
petrol fumes, shuddering rubber tyres  
brake and accelerate,  
smooth lines to corners,  
not quite in my rhythm,  
finally the son could raise  
his arms in triumph  
as his go kart  
snuck inside  
the wheels of my kart  
and sped to the lead,  
He yells to the warehouse,  
to family history,  
to his ongoing life,  
I have beaten the old man,  
fair and square,  
“I felt in the zone  
like it was going to be my day,”  
he banter  
in the car on the way home,  
I have to rejoin,  
“Only one out of five”  
in the epic battles  
scattered through our time  
growing family together, changing together –  
But I did go down!



The background of the image shows the silhouettes of several people standing on a beach or shore, with their arms raised in a gesture of praise or hope. They are set against a vibrant sunset sky that transitions from a deep orange near the horizon to a clear blue at the top. Several birds are captured in flight, scattered across the sky. The overall mood is one of optimism and spiritual uplift.

# Hope for Life

Hope  
Creates an  
ever expanding world  
Options,  
Possibilities,  
Partner with this hope,  
Lift your eyes  
to hope in Christ,  
You are a new creation  
born from His salvation  
Carrier of hope.

Jeremiah 29:11  
Hebrews 6:19

Romans 15:13

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# Boundaries

Only through  
the hardness of decision  
the sweat of blood tears  
the alien aloneness  
in contrast to a garden's lushness,  
Only through  
Setting His face  
to walk, carry, suffer,  
speak, encounter, die,  
Only through Christ's choice  
did the boundary of the cross  
linking matter to heaven  
break the power  
of sin and death  
tearing the curtain  
the barrier  
between celestial and earth,  
Tearing Father, Son and Spirit  
Breaking resistant hearts  
Breaking the chains  
Breaking the masks,  
Saturating love, release and potential  
to the corners  
of our core, of who we are.

And now  
in our choices  
we set new Boundaries  
Stopping unhealthy risk  
Bringing security to freedom,  
Always safe in the Saviour,  
Living out true understanding  
Telling others who we are,  
We grow from love  
From passion  
From desires to connect  
Allowing others to see us  
Echoing God's love,  
Allowing His reckless  
overwhelming love,  
to richly pour  
through us  
into the world beyond.

# Significance

Undying love  
an impossibility  
a romance novel  
a twisted pipe dream,  
Can it ever be found?  
Even the closest  
to perfect human -  
died!

Their love, their presence  
their essence, personality,  
all of them random - gone  
just a grass blade  
weakened temporary roots  
dried to a brown wisp  
in nor-wester winds,  
flaking, crumbling, scattered,  
forever lost.  
Endless days  
short moments  
fleeting seconds.

And love spoke  
A powerful presence  
on Earth,  
The walking, singing, challenging  
Love was birthed  
in frailty,  
in the midst of death  
and the universe  
was inexorably changed,

This extreme love  
healed, restored, invoked,  
spoke truth, grace, life,  
Transformed society  
touched the untouchable  
loved those who thought  
they could never be treasured,  
Said, "You are sons and daughters  
of God",  
And then evil killed  
this ultimate love  
tore it down  
in the fears of people,  
The fears of those in power  
The fears of change,  
death to a love promise  
Just another lie,  
death to the completely innocent.

Dying, dying, grave bound  
death's chains  
binding love in chaos...

And on the third day  
Jesus rose  
Love rose  
Redemption, freedom rose  
death could not hold Him  
the undying love  
Lived on, loved on,  
The sacrificed love  
searching love  
forever eternal love,  
the worst possibility  
has become  
the best truth,  
death has become  
eternal life  
in the power  
of God.  
Alive in Christ  
we stand  
Life stories rewritten,  
we are  
the touch of significance,  
We feel  
God's heart lovers,  
We have become  
the royal priesthood.

Mark 16

# Forever Promise

Hopes  
And futures  
were stifled  
seared in blood,  
Seamed in death,  
A tomb for God,  
Darkness deceived  
Decreed it had won,  
And the watchers,  
Hurt believers  
Wondered—  
What had happened?  
Hardness descended,  
Rescinded dreams.  
Jesus, blood given,  
body broken, life taken.

Then... Jesus... Rose!  
Lord of all.

The covenant  
Promise,  
Precious Son given.  
Jesus paid

Purity only God can give.  
A promise  
A forever oneness.

He honours  
He loves  
He blesses  
He calls  
Gives freedom,  
Oh yes!  
celebrate the coming  
Celebrate the rising  
Oh yes!  
Celebrate holy  
communion,  
God with us  
Oh yes!  
God in us.  
Oh yes!  
We belong.  
Oh yes!  
In His name,  
The name of Jesus.

**25th**

Blue green bay  
mirrored  
to your eyes  
seeing in them  
Sounds of our past  
from "yes" to "I do"  
times of passion  
dreams together  
laughter and stress  
worship and mess

Lady in Red  
breeze  
in beauty

I love  
the way we know  
each other  
the guessed  
thoughts  
the respect for each  
others talents

I love  
sharing time  
holding hands  
on sandy beaches  
seated in chairs  
on river banks  
reading in baches  
then and now  
living vows.



# Fractured Margins

On the fractured margins  
of belonging  
the homeless drift,  
Tiredness seeps  
chilling hope  
unraveling possibilities  
to single points of survival;  
the need for the night,  
Next meal  
A dollar  
A place to sleep.  
Surrounded by a  
world of addiction  
to money, fame,  
power, games,  
self,  
Surrounded by  
glass panes of buildings  
pains of people,  
in these reflected mirrors  
the street seems simpler.



# Wild Dreams

Restore the dreams,  
fly free  
released passion  
opened heart and mind  
body dancing  
to God's tune,  
rhythms pulse  
in your throat,  
life sparks  
light in your eyes  
effervescence to your hopes  
joy to your heart,  
and you smile –  
soul deep.





Yumm

To be warm  
is to have friends  
And I'm warm  
when you are around,  
Yumm...

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Image Credit: [Pixabay](http://Pixabay)

# Soul Singer

In vibrant dawn  
sunrise  
a call  
to the true love  
of a saviour,  
Whatever the day will bring  
I can, right now  
praise,  
sing  
of love lived extreme  
and given for me—  
Salvation  
life now flows in me,  
Spirit harmony  
from the Soul singer.

Worship the Lord,  
Who is wonderfully,  
simply, "I Am"

# Sleepless Toss

On the couch  
Reading a book  
Early evening  
Skeptical sleep keeps  
calling eyelids over eyes.  
When I finally sleep that night  
It is to awaken at 2 o'clock  
The turn of slow seconds  
drip out of disturbed dreams  
dark eddies still there  
as I lay seeking slumber  
Praying  
but experiencing obsidian unbelief  
Trapped hopes...  
sleep of the sleepless.

# The Story

Free to Take  
shared lovingly  
elements of wine and bread.

The first  
Promise signed  
by blood and body,  
followed by  
Freedom's proclamation  
in death's defeat,  
A beautiful Love poured  
into a dot circling  
within universe expanses,  
The Crown of Pain  
history written,  
and Generation's of  
changed human story  
told in transformed lives.

Are you Open  
To hope's story,  
To time's truth  
written waiting  
in your heart,  
To intertwined threads  
connecting your spirit  
to eternal, perfect love?

Free to take  
Yet costly change.

What is your story  
in this place?

# Such a Time

It is your time  
this moment  
The purposes of your heart  
flying to a new horizon,  
A sea sunset  
before you,  
Colour stretching opportunities  
that look thin at first  
in the light of day,  
But stand brighter  
as darkness falls,  
And as you travel  
to the distant thin line  
Distance develops behind,  
distance from previous relationships  
distance from harmony conversations  
Distance from the land left behind  
distance from what has been safe  
distance from love in the Christchurch city,

As you travel towards  
the iridescent line  
a new day dawns forward  
in a dissolving horizon  
Creating new destiny  
new conversations  
new shelter and freedoms  
new love,  
a luminous life  
for you are  
God's lights  
fireflies to the horizon.

# Now Future

What will last forever  
in eternity, infinity  
locked to perpetuity  
the now future  
of the kingdom come?  
Faith – confidence reality  
in the seen unseen  
Hope – the today joy  
of tomorrow's promises  
Love – the greatest  
gift of purpose, freedom,  
sacrifice.

*“Three things will last forever—  
faith, hope, and love—  
and the greatest of these is love.”  
1 Corinthians 13:13 NLT*



# My Spirit

My spirit  
Extol  
Ever praise  
The One  
Highest above,  
You are  
The Great I Am,  
Beyond time,  
Jesus  
Adored Lord,  
Worthy  
Complete  
Wholeness and Truth,  
We worship You  
In the hardness of the cross  
In the love of the cross  
In the joy of the cross  
In the power of the cross  
In the moment of the cross.  
Here and now

We worship you  
Here and now.

# Relationship

Am I  
running,  
volunteering,  
trying to fix,  
trying hard,  
Or simply being  
at the feet  
of Jesus?

Luke 10:38-42  
Psalm 46:10  
Psalm 1:1-3

John 15:4-7  
Romans 12:2  
Psalm 130:5

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# So Often

So often  
We see the past,  
Nostalgic dreams,  
Rose's thorns,  
Tint memories' eyes  
Colluding, enveloping thoughts,  
Until timelines change  
And living yesterday captures  
Today.

Fake experiences  
Strangle tomorrow's hope,  
Patterned life abnormal normal,  
Arteries clogged- hardened.

Changes?  
Something new?  
Challenged?

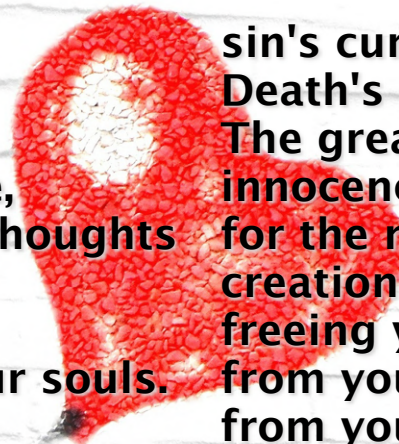
# Innocence



We know what  
we are like...  
living the life we  
don't want to live,  
Shadows of evil thoughts  
tired spaces  
hopeless odds  
gambling with our souls.

Slicing into history  
and future  
The Christmas Easter  
peace child speaks,  
"You are  
Destined for innocence  
Chosen to be  
untainted, unstained,  
justified  
embraced  
in my great love."

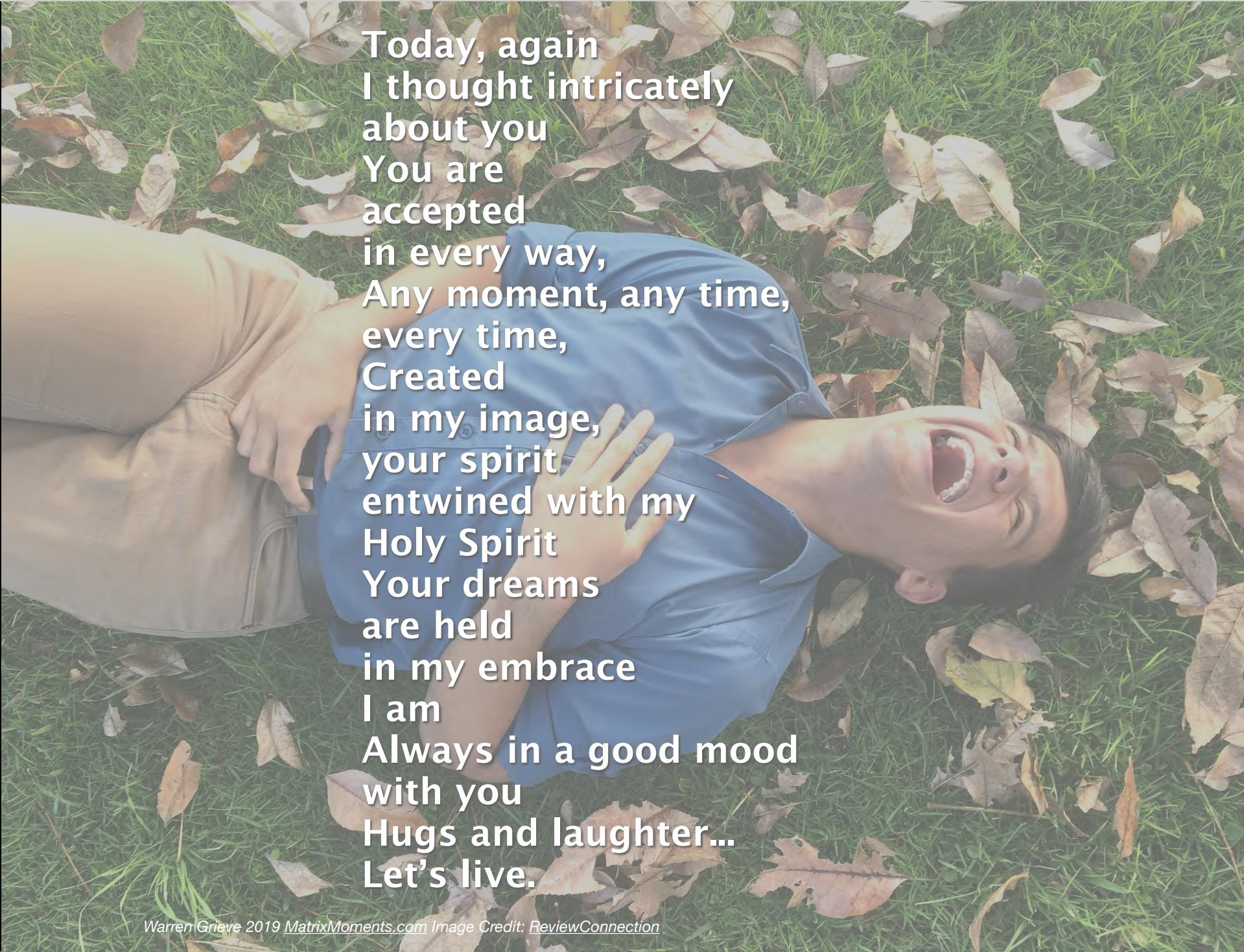
Yes,  
seen through Christ's  
righteousness,  
Lamb of God  
slain  
disconnected  
risen,



sin's curse broken  
Death's power shattered,  
The great exchange  
innocence died  
for the new  
creation of the innocents,  
freeing you  
from your thoughts  
from your old nature  
from the overwhelming,  
finding forever  
completion in Jesus,  
receiving the precious  
free gift,  
And you are  
destined to live  
in His life  
in His established purity  
in His endless love,  
eternity depths for your innermost.

Transformed, total, real, spirit freedom.

# My Thoughts



Today, again  
I thought intricately  
about you  
You are  
accepted  
in every way,  
Any moment, any time,  
every time,  
Created  
in my image,  
your spirit  
entwined with my  
Holy Spirit  
Your dreams  
are held  
in my embrace  
I am  
Always in a good mood  
with you  
Hugs and laughter...  
Let's live.

# Exchange

The beautiful exchange:  
Love for fear  
Freedom for chains  
Connection for disconnection  
Joy for heaviness  
Peace for loss  
Power for powerlessness  
Life for death.

Isaiah 61  
Romans 6:23  
Acts 16:25-26  
Psalm 116:16

Psalms 107:13-16  
2 Timothy 1:7  
1 John 4:18

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Image Credit: Pixabay

# Unfriend

Button click  
Deed done,  
Payback or distance  
Achieved,  
Another assumption  
Relationship Symptom  
Like drug overdoses, suicides  
Pulling society  
down meaningless  
Sink holes,  
When will you stand  
in love's enough,  
Sticking to promises,  
Standards and boundaries  
Encouraging  
safety, security, honour  
Bringing, being  
safety, security, honour,  
Bringing, being, choosing  
love?



## **Spoken Word Poetry exploring my questions, reflections and experiences.**

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