F.E.A.R

by Roy Knowles

Fear, False Evidence Appearing Real
My serenity it begins to steal

Believe me, I am true it says with conviction
My mind is now filled with so much friction

What evidence do you have and why is it true
I begin to take on it's point of view

I should be scared my mind begins to think
From "right size" to "small size" I begin to shrink

Into the scared child I am now taken
The healthy adult I have forsaken

Do I fight or do I run
I feel I am no longer one

The Fear has me caught in its grip
My heart feels attacked and begins to skip

Breathing is shallow with no where to hide
Into self doubt I begin to slide

Before I know it my adult makes his return
And tells the child, I will handle this concern

Is this real or an illusion my adult asks
Please Dear God take off it's mask

And reveal the true nature of its lies
It is deception wearing its reality disguise

Feel the Fear and walk through the pain
Peace and Serenity you will soon regain

Out of the Fear, it disappears without a trace
Thanks to my Higher Power and His Amazing Grace

Despite abandoning my child for a short while
He says I love you dad with a smile

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