

Random Thoughts

At the end of the day in bed I lay
When all thinking should be done.
Like a shot out come more thoughts
Determined to have their fun.

As hard as I try to get some shut eye
The mind pixies persist.
Driving me wild with fears like a child
Whose mother he does miss.

What I had done and didn't do
Bare in my mind is laid.
Comes the Demon of Self, Serenity melts
I'm lying there now afraid.

Did I puff out my chest? Did I do my best?
Did I do the will of God?
The Demons inside won't let me hide
From these doubts as I try to nod.

This too shall pass I say at last
Not really believing it true.
The next thing I know the rooms aglow
With the light of the day renewed.

- Brian S.
*"Value sobriety and
your life will be
priceless".*