

Have You Counted the Cost? – by: Robin Rogers

Have you counted the cost
Of the things you have lost
To a childhood of anger and fear?

Have you sat down and cried
For the times that you tried
To be strong when you really were weak?

Have you wanted to share
The grief and despair
Hidden deep in your innermost heart?

Have you bitterly mourned
For the way you were scorned
Or battered, abused or betrayed?

Have you worked through the shame
And relinquished the blame
For the things that you couldn't control.

Have you faced all the fears
You've ignored through the years
So you're free from their power at last?

Have you honestly tried
To dig down, deep inside
And uncover the unvarnished truth?

It's time now at last
To get over the past
And leave all its baggage behind!

It's time now to feel
To grow and to heal
To garden and nurture your soul!