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You Who Have Nothing to Fear

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You Who Have Nothing to Fear

(Note: This work was prompted years ago by moments of self-doubt that have plagued my daughter, who suffers from depression, and who needed to hear some words of encouragement, strength, and hope.)

for you who have fought demons
wherever they appear
standing firm or shaken from within
there is nothing to fear

to you who have run into burning
buildings
and those who fight crime in the
streets
soldiers fighting an invisible enemy
and surgeons with a life on the table
have no fear

when all is lost
and a way must be found
refrain from going astray
stay for the fight
and live to tell the tale

when you've looked death in the eye
fallen from the sky
stood alone on a mountain top
or wept in the valley of despair
have no fear

until you have done these things
and found what you are made of
or banded them in your dreams
fear not

to know your fears
and face them every day
takes a brave heart
a soul that doesn't walk away

fear not
fight on
look past your limits

life is a circle
jump in
hang on
for you will overcome

MIKE GEBHARDT