You Who Have Nothing to Fear

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

for 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
to know your fears and face them every day takes a brave heart a soul that doesn’t walk away fear not

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

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

Mike Gebhardt