

can it be?

Joyce Rupp | Jul. 2, 2010

can it be?
have I for so long
forgotten to feed myself?

yes.
for nigh a year now
I was slowly starving.
getting lost in busy days,
tossing aside the hunger
that chewed away inside.



yet, I did not die.

by some quiet miracle
I made it to this moment
of truth:

I nearly starved to death.

it was not my body
that I failed to feed.
it was my spirit,
left alone for days
without nourishment or care.

and then one day
I paused to look within,
shocked at what I found:
so thin of faith,
so weak in understanding,
so needy of encouragement.

my starving spirit cried the truth:

I can!

I will!
I must
be fed!

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