

## **Lost in My Soul**

By Jarelys N. Merle Crespo

Sometimes life is dark, I don't know what to do.

I walk and walk, but I can't find the way.

People see me but they don't realize that I am distressed,

They see me happy but in reality, I'm upset.

I will continue pretending.

When I look in the mirror my true self is revealed.

I want to run away; I want to escape and forget who I am.

I just want relief and tell this life goodbye,

It is hard to come back, only You can give me the solution.

Fears knock on my door; doubt doesn't let me go.

My mind tricks me, tries to convince me I can't.

Yes, worldly pleasures are filling me up, but who will really fill my emptiness?

I really want to get out, but this is not easy,

I want to look for Him, but it is not easy.

I'm tired of crying, I'm tired of pretending to the whole world that I'm okay.

I hate when people I care about ask me, "What's wrong?"

I have no choice, but to tell them "Nothing is wrong" or "I'm fine."

Because honestly, if I tell them they won't understand me.

It's not only people, it is me as well.

Because every time I try getting close to You,

In every step forward I take You seem to take two steps away from me.

I feel like I follow your shadow and when I catch up to you, I stop seeing your steps.

What am I doing wrong?

Why can others feel you, but I can't?

I'm hanging by a thread, and I will soon fall to the abyss.

The world tries to play with my soul,

And I'm just trying to find where to go.

I don't know what to do,

This hollowness seems endless.

Again, I go to that mirror that has watched me fall so many times,

But when I look at me this time,

I realize that my enemy was me,

That all my problems were never external, and they were in my heart

And now I remember, I have always been focussed on my past,

Without looking at what everything You had for me.

They say that fear haunts you,

And that pain hates.

I only say that pain strengthens,

And that fear drives your faith.

I don't know all the answers, but I know that when the battle comes you have to be ready,

And I wasn't prepared...

I have seen how God has transformed my life,  
Thanks to Him I didn't give up and will never do it again.  
I saw that everything was very difficult, but I know it's worth it to fight  
until the end.  
Because I was trapped in the darkness,  
And You came to give me light.

You got me up and changed me.  
You never left me, even though I always felt bad.  
You were always there; you took care of my steps.  
I was so blind that you spoke to me and I didn't say anything.  
When I thought it was my end You came and saved me.  
And I'm sure, I won't let You go,  
not again...



**About the Poet:**

Jarelys N. Merle Crespo is in the ninth grade. She enjoys different means of art, such as: music, drawing, and photography. She is dedicated and passionate with each task she takes upon. Jarelys is usually quiet and observant. She has witnessed how young people find themselves trapped without having emotional support. Her inspiration to make this poem has been just that; she believes that there are many who carry a burden. Wearing their masks of joy, while having a heavy heart leading them to a path of darkness. She wants to send out a message of hope and faith to our youth. She understands that those who have found God, have undergone a positive transformation in their lives.