

## **Psalm 46 Poem** **by Lenox Cedeno, Adult Discipleship Resident**

God is our refuge and strength,  
an ever-present help in trouble.

Therefore we will not fear,  
though the earth give way and the mountains fall  
into the heart of the sea,  
though its waters roar and foam  
and the mountains quake with their surging

Oh how you see and hear me Papa

You have a plan

A, B, and C it doesn't matter you got me

Like Jeremiah I find myself In this cistern and you  
are my only relief

Half of me is exhausted while the other can't wait  
to be free

Sheesh

I sink a little more into the mud I go

Honestly not knowing the outcome of this

But this I know

That next to you is the only place I want to be

I believe you don't abandon or leave

Those you call your own

So i'll wait

Like Jonah in the watery chamber

Of that animals belly

With no choice but to

stay put

As I deal with my shame

To reflect on how long

Your mercy remains

And it remains evident

that you stay the same

And though I wanted to be dead

It pleases you help me find my way again

Doesn't it?

So i'll wait

for now your words will be my home

Refuge , strength , and lighthouse

I'll wait till they seep in my bones

And when i'm on the other side

Or on the shore

Teach me

teach me to use my rope

To help my neighbor

Because he may feeling like he's sinking alone

Or she might need hand as she picks a bone with you

Thank you for reaching out again and again

Just like these old prophets

Help this young boy to stand

But for now i'll wait