



D'Shan Berry

# Hope in Pain

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## Exultation

Ransomed captive, free at last.  
Bound no longer by my past.  
I'm forgiven, made complete,  
By God's grace and mercy, sweet;

Not alone to bear my pain,  
Suffering not done in vain.  
Hope secured by Love divine,  
Peace lives in this heart of mine.

Joy beyond the end of days,  
Friend to guide me on the way,  
Savior of my soul, my King,  
Carry me through everything.

You took my heart in Your hand;  
Pulled it from the deep quicksand.  
You, alone, have rescued me;  
You, alone, are all I need.

Praise the Lord, who saved my soul!  
Praise the Love, which made me whole!  
Praise to Him on heaven's throne,  
Who also makes my heart His home!

## Hope in Pain

*'There may not always be a cure, but there is always healing.'*

*— Deany Laliotis*

## Hope in Pain

There may not always be a cure,

But there's always healing.

No less than the Truth is needed

When life sends us reeling.

Although we may not understand,

Trust His ways are higher.

He's righteous love forever;

He cannot be a liar.

## **There Hangs a Stillness in my Heart**

There hangs a stillness in my heart,  
like calm before a gale.  
As if my soul, now prescient,  
peeks just beyond the Veil.  
In these flashes of eternity,  
the present moment sighs –  
nostalgic for a future not  
yet born to you and I.

## **Promise**

Barren branches stretch across the sky,  
And find their twin in veins beneath my skin:  
Spreading out from center, pulsing life;  
Preparing for the Spring from deep within.

## **#MeToo**

I know the fear of "friendly" hands,  
Their trespass on the boundaries of my body

I know the silent tears of shame,  
Trying to hide from guilt which isn't mine to bear

I know the rage – like acid etched  
Onto my soul, leaving jagged scars in its wake

I know the grief of being robbed,  
The anguished loss of that which cannot be replaced

But...

I know the still, small voice of hope --  
It echoes as I add my own and say,

**#Me, too.**