

Trouble Sleeping

I lay down at night
I close my eyes tight
I start to praise thanks
Each part of my body in this rank

Starting from my big toe
I start to bless the day as it goes
For it is the first to touch the floor
And understand there is more
Thank I thank my feet
For they never get a treat
They work to get me here and there
And we all forget our body gets tears

Next are my knees
As we bend down to seat
Then I thank my back
For supporting me all day and keeping me on track

My arms are next with praise
As I can hug someone that may
My hands are like my feet
They are used to bring forward my seat

My shoulders are next to be thanked
As the pressure beyond them are too hard to rank
Next is my face
As this is where the age is traced
My soul is where it all is
My heart my love my sins
I thank my soul to be true
And my body to be renewed.

by Kristina Georges