

I WANT TO
LIVE FOREVER

Written by: Sonia-Rose Lyle

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First, I would like to thank God for redeeming me and setting me free from years of anxiety and heavy depression. I would like to thank my dad, Nureen, Zakia, family, and friends who have supported me throughout my writing journey. I thank every person who reads the poetry book.

DEDICATION

To every person who suffers from anxiety and depression, great plans full of hope and a future are in store for you. As you read the poetry book, I hope you find your fulfilling purpose and have a mental breakthrough.

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PART 1
DISASTERS

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LANDSLIDES

Landslides are intense.
They destroy buildings and lives.
People leave their homes.

FLOODS

I see heavy rain
From my apartment's top floor.
Floods are everywhere.

Floods disrupt traffic.
Rescue workers ride their boats.
They search for people.

Internet and phone
The signals have lost connection.
Floods cause many deaths.

First aid workers come.
They carry the dead bodies.
What a disaster!

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EARTHQUAKES

Earthquakes cause damage.
Strong earthquakes destroy houses.
Earthquakes kill people.

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HARSH DAMAGE

I see harsh damage.
Apartment entrances are blocked.
Floods fill every street.

The heat wave crisis
High temperatures increase.
People suffer now.

Many damaged cars
Houses crumble to the ground.
Dead bodies remain.

Harsh damage has come.
Families are separated.
My heart is broken.

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EXTREME WEATHER

The heat is intense.
The scorching heat destroys crops.
The weather is hot.

WHERE IS MY FAMILY?

Where are my parents?
Where are grandma and grandpa?
Where is my sister?

Where is my brother?
Where are my uncles and aunts?
Where are my cousins?

I cannot find them.
I saw my mom this morning
Before she had work.

Mom did not respond.
Where is my family now?
I am concerned now.

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WHAT HAPPENED?

What happened to this earth?
The foundations are shaken.
The earth is groaning.

WHAT REMAINS NOW?

The streets are ruined.
People are dying.
Floods are increasing.

Families suffer
From the high temperatures.
What is left right now?

Marriages suffer.
My fridge is almost empty.
Food markets are closed.

The cars are destroyed.
I cannot find my scooter.
Today, what remains?

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HOW CAN I HELP THEM?

People are dying.
I am moved with compassion.
How can I help them?

MORE QUESTIONS

Where is my best friend?
Where are my nearby neighbors?
Where are my colleagues?

Will the floods decrease?
Will I see my family soon?
Will I see my friend?

Why am I here now?
What is the point of life?
Do I want to live?

How did I survive?
Will I live tomorrow?
What could happen next?

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PART 2
DESPAIR

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LOSS OF HOPE

Tragedy unfolds.
Natural disasters come.
I have lost all hope.

My soul is broken.
My finances have crumbled.
I have lost all hope.

Where can I find hope?
The chaos does not give hope.
I have lost all hope.

Who can give me hope?
The world cannot give true hope.
I have lost all hope.

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MISERY

Troubling events
My mind, heart, and soul are stressed.
Utmost misery

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MENTAL ANGUISH

My mind is anguished.
Every tragedy brings stress.
My mind is anxious.

My mind has no peace.
I feel extreme discomfort.
My mind is fearful.

Fear jumps on my back.
The weight of fear brings anguish.
My mind is tortured.

Terrible events
They affect my mental health.
My mental crisis

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BROKEN HEART

People lost their homes.
They are living on the streets.
My heart is broken.

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DEEP SADNESS

I am despondent.
My life is miserable.
My soul is troubled.

My heart feels heavy.
I have witnessed the dark days.
I feel deep sadness.

My face is downcast.
I feel depressed every day.
Dark clouds surround me.

I feel hopeless now.
I feel distressed every day.
I am despondent.

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DISCOURAGEMENT

Deadly viruses
They destroy innocent lives.
I am discouraged.

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SORROW

My heart cries loudly.
My eyes are filled with wet tears.
I feel heartbroken.

I cry every night.
The pillow is stained with tears.
I always feel sad.

Life looks hopeless now.
Disasters surround me now.
Flood levels increase.

My emotions suffer.
My thoughts are filled with sorrow.
My soul cries for hope.

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DEPRESSION

Hopeless days unfold.
Nothing seems to get better.
I feel depressed now.

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NIGHT OF TEARS

I cry as I sleep.
Tears are my food each night.
I drink tears each night.

Every night is sad.
Blankets cover my tear stains.
Sadness grips my heart.

I feel oppressed now.
Darkness fills my room each night.
Each hour, I cry.

I question myself,
Is there more to life than this?
These are nights of tears.

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FEELINGS OF DESPAIR

Disasters invade.
Deadly floods and viruses
I have lost all hope.

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PART 3
DEATH

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SEASON OF GRIEF

My broken heart cries.
My soul grieves over the loss.
A season of grief

Loss

I am very sad.
The losses are so tough.
I lost some loved ones.

My mom passed away.
My grandparents passed away.
The flood destroyed them.

My neighbors are gone.
The earthquake destroyed their lives.
Their homes are destroyed.

I have no close friends.
My heart is grieving right now.
What a tragic loss!

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MORTALITY FADES

Dead body organs
Dead bodies drowned in the flood.
Dead bodies decay.

DYING BODIES

The dying bodies
The blood stops flowing in them.
Their hearts stop working.

Their brains stop working.
Their arms and legs are immobile.
Life leaves their bodies.

They are not hungry.
The bodies are decaying.
They are not thirsty.

They become lifeless.
They convert from life to death.
The dying bodies

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PASSED AWAY

I lost my best friend.
She passed away from the flood.
I am deeply sad.

LIFELESS

The hearts stop beating.
The oxygen stops flowing.
The blood stops flowing.

Minds come to a halt.
The brain cells stop functioning.
The lifeless bodies

The speech is fading.
The lungs stop breathing the air.
The lifeless bodies

The mouths are closing.
Many organs stop working.
The eyelids are closed.

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HEARTBEATS STOP

Hearts lose oxygen.
The arteries stop working.
The heartbeats have stopped.

FINAL DEPARTURES

Dead bodies depart.
They arrive at their deathbeds.
They will be buried.

The bodies have left.
The dead bodies are buried.
Bodies underground

They left their houses.
They did not bring possessions.
Abandoned cars

Earthly lives have passed.
They did not say their goodbyes.
Final departures

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BEYOND THE GRAVEYARD

Beyond the graveyard,
I do not know where I would
Spend eternity.

AFTER THIS LIFE

People pass away.
What happens after this life?
Is there endless life?

Houses fade away.
After this life, where is my home?
Are there new houses?

The flowers will fade.
Do plants have an afterlife?
What about the trees?

This life does not last.
What happens after this life?
Will I receive peace?

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PART 4
NATURE
WALK

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ADVENTURE AHEAD

Adventure ahead.
Come and see nature with me.
Adventure awaits!

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NATURE TRAIL

My journey starts here.
A narrow path lies ahead.
What else do I see?

I see calm waters.
My mind is very refreshed.
I have no worries.

I see the white dove.
The white dove fills me with peace.
I will fear no evil.

I walk with his peace.
My heart is being restored.
The trail is tranquil.

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GREEN GRASS

I see the green grass.
The green grass is next to still water.
I can think clearly.

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FRAGRANT HILLS

I see fragrant hills.
Beautiful red leaves flourish.
They cover mountains.

Outstanding colors
An imperial forest
My soul is refreshed.

I look at the sky.
I see the blue sky and clouds.
A beautiful day

I stop at the hills.
I lift my eyes to the hills.
Where is my true hope?

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BEYOND THE HILLSIDE

Beyond the hillside,
I see a wondrous skyline.
A beautiful sight

PEACEFUL PATHWAY

The walk is peaceful.
No distractions or noises
A peaceful pathway

The road is so smooth.
The crooked path becomes straight.
What else do I see?

I see the white dove.
The white dove guides and leads me.
The path is peaceful.

I am given meaning.
My ways will be established.
My realigned path

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MAPLE LEAVES

I see maple leaves.
Less chlorophyll is produced.
Creative colors

SPECTACULAR SCENERY

Wonderful nature
The mountains break out in song.
They sing songs of joy.

The trees clap their hands.
Sensational scenery
I am filled with joy.

Nature has a purpose.
Nature was made to praise him.
Creation honors him.

My eyes have been opened.
Surely, my life has purpose.
I am encouraged.

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BEAUTIFUL LANDSCAPE

A wonderful view
The forests wait for our visit.
Beautiful landscape

MANY FORESTS

I see many trees.
Many trees reach for the sky.
They are beautiful.

They flourish and grow.
The trees are deeply rooted.
Natural forests

They have strong branches.
The forests are important.
They provide shelter.

They have a purpose.
Living water sustains them.
Many forests thrive.

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PART 5
NATURAL
WONDERS

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BREATH TAKING MOUNTAINS

I see the mountains.
They move when he speaks to them.
Breathtaking mountains

HIGH PEAK

Some mountains are tall.
Their high peaks are astounding.
They fascinate me.

What do I see now?
The highest peak in the world
Mountain Everest

He formed the high peaks.
He created the mountains.
The height of the earth

I am drawn to him.
He cares for the mountain peaks.
He cares about me.

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FLOATING CLOUDS

The clouds are floating.
The rain falls on creation.
They have a purpose.

EXOTIC CAVES

So mysterious
I see the exotic plants.
They grow in the caves.

An amazing rainbow cave
Many colors shine brightly.
Lovely scenery

I see Reed Flute Cave.
A natural limestone cave
Incredible view

They have a purpose.
They protect people from danger.
Natural wonders

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PINE TREES

I see the pine trees.
Their strength is deeply rooted.
The pine trees stand tall.

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STONE PILLARS

I see stone pillars.
They rise into the sky.
A beautiful sight

A breathtaking view
A tint of green from afar
Below the blue sky

Many stone pillars
A wonderful scene
They have a purpose.

I receive his love.
They are stones of remembrance.
He embraces me.

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RAINBOW

I see the rainbow.
The sign of his covenant
Between him and the earth.

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AMAZING PALETTE

Excellent artwork
Nature is a good palette.
Various colors

Amazing palette
The colors cover the land.
Stunning nature

Visible artwork
All creation has a purpose.
Outstanding nature

A lovely piece of work
His fingerprints are revealed.
Natural palette

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NATURAL BEAUTY

I am inspired.
A magnificent flow of life
Natural beauty

SPECTACULAR FORMATIONS

Natural artwork
Spectacular formations
Uniquely designed

Wonderful landforms
A colorful creation
Beautiful display

Red-colored sandstones
Erosion has sculpted rocks.
The gradual shapes

They have histories.
Rock formations have purpose.
What is my purpose?

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PART 6
LIVING
WATER

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THIRSTY FOR MORE

I am so thirsty.
I long for something better.
Greater than this world

My heart longs for more.
I thirst for greater purpose.
I feel so broken.

I feel so empty.
Who can satisfy this thirst?
What can fill my heart?

I want to be whole.
I want to know my purpose.
Can someone help me?

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WHAT IS LIVING WATER?

I have some questions.
What is this "living water"?
Where can I find it?

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STILL WATER

I gather my thoughts.
I sit by the riverside.
I journal my thoughts.

I note my questions.
I sit by the still water.
My thoughts are renewed.

My soul is healing.
The waters purify me.
He fills me with peace.

My heart is searching.
I need to find my purpose.
I need a moment.

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RIVER REFLECTION

I think and wonder.
I wonder why I am here.
What is my purpose?

FLOWER LAKE

I get up and walk.
I take a hike in nature.
What do I see now?

I see a great lake.
I see a five-flower lake.
A beautiful lake

Incredible lake
Different colors are revealed.
So mysterious

In the winter,
The flower lake does not freeze.
Lake of living flowers

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SAFE WATER

I drink this water.
My mind is renewed right now.
Hopelessness is gone.

FOUNTAIN OF LIVING WATER

I see a fountain.
Fountain of living water
A open fountain

A beautiful flow
A spring of living water
A endless supply

I am so thirsty.
I will go to the fountain.
I want this water.

The water tastes great.
Who is the source of the living water?
Where can I find more?

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UNENDING SUPPLY

This water provides
It never runs out of stock.
Unending supply

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THE WATER OF LIFE

My soul is thirsty.
My soul is a dry river.
A parched riverbed

My soul feels empty.
I walk by the trees of life.
What do I see now?

The water of life
The water looks pure and clear.
As crystal clear

I drink the water.
The water is refreshing.
My soul is refreshed.

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IT IS WELL

Everything is fine right now.
I will know my purpose soon.
It goes well with me.

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PART 7
FASCINATING
BIRDS

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LIVING MIRACLES

Living miracles
Birds are living miracles.
Living miracles

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BELOVED CRANE

The beloved crane
The red-crowned crane with white wings
The crane walks with grace.

The beloved crane
A symbol of a long life
Noble character

The valuable crane
The crane's movements have purpose.
The beloved crane

The crane lives and moves.
Because this crane has a purpose,
I have a purpose.

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JOYFUL SONGS

Do you hear the sound?
The birds sing their joyful songs.
Joyous melodies

BLUE MAGPIE

Beautiful magpie
The red-billed bird with blue wings
The bird flies alone.

The yellow eyes shine.
Both feet cling tightly to the branch.
The fearless magpie

The blue magpie fights.
The bird stores food and provides protection.
Playful and active

Valuable magpie
The magpie has a purpose.
What is my purpose?

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NOT WEARY

Many birds gain strength.
The Creator gives them strength.
They are not weary.

STRONG EAGLE

I see the eagle.
The eagle with big brown wings
The strong eagle flies.

A symbol of strength
The strong eagle soars with strength.
I see no sign of weakness.

The eagle protects.
The strong eagle destroys prey.
The eagle has a strong brown beak and sharp claws.

The strong eagle thrives.
The eagle has a purpose.
I have a purpose.

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VALUABLE PURPOSE

All birds have a purpose.

Ecosystem engineers

Valuable birds

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ELEGANT SWAN

I see the white swan.
The swan is beautiful and elegant.
The graceful creature

Lovely appearance
A symbol of purity
A peaceful presence

The swan swims to me.
I stand in awe and wait.
A divine moment

I hear these six words.
“Li, you have a great purpose.”
I cry joyfully.

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PURE DOVE

A pure dove
A beautiful bird with purpose
Purity and peace

POND HERON

What do I see now?
I see a lovely pond heron.
The shy pond heron

The bird with white wings
The pond heron eats alone.
Still, it is quiet and peaceful.

Astounding heron
The pond heron with purpose
The valuable bird

What is my purpose?
If this bird has a purpose,
I have a purpose.

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PART 8
COLORFUL
FLOWERS

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LILIES

What do I see now?
I see a land of lilies.
Outstanding lilies

Beautiful pedals
The lilies have a purpose.
They look delightful.

People use lilies.
They use lilies to treat pain.
A medical use

Lilies are priceless.
My purpose has great value.
My life is priceless.

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OSMANTHUS FLOWER

Osmanthus flower
A sweet and lovely fragrance
A blooming flower

QUEEN OF THE FLOWERS

What do I see now?
The most beautiful flower
The blooming flower

Wonderful flower
The best queen of the flowers
I see the red rose.

The token of love
The rose benefits my health.
A sweet aroma

The essential rose
The rose has a great purpose.
I have a purpose.

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SWEET OLIVE FLOWER

An orange flower
A strong, fragrant smell
Sweet olive flower

LOTUS FLOWER

The lotus flower
The most important flower
The lovely lotus

A symbol of wisdom
A symbol of perfection
Lotus brings good health.

The pretty flower
The lotus grows in water.
The murky water

Beautiful lotus
The lotus has a purpose.
I have a purpose.

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ORCHID FLOWER

Beautiful orchid
A noble plant with purpose
A one-of-a kind

PLUM BLOSSOM

What do I see now?
I see the pretty flower.
Lovely plum blossom

Extremely beautiful
I feel the wind blow on me.
Do I hear a sound?

A vibrating sound
The sound comes when the wind blows
On the plum blossom.

A symbol of strength
A symbol of resilience
The blossom has a great purpose.

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HIBISCUS FLOWER

Hibiscus flower
A never-ending blooming flower
The flower is full of life and hope.

CAMELLIA FLOWER

The camellia
The queen of winter flowers
Beautiful blossom

Red camellia
A symbol of excellence
A symbol of passion

The camellia
The flower is multipurpose.
So valuable

Pink camellia
A symbol of innocence
The pretty flower

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PEONY FLOWER

A peony flower
A flower with big pedals
Bright colors are shown.

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PART 9
IMMORTAL
BODIES

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IMPERISHABLE

What do I see now?
Imperishable bodies
How did they appear?

HONORABLE

Bodies of honor
They are dressed in pure white robes.
They wear their bright crowns.

Honorable hearts
Their hearts have no room for shame.
Honorable names

In the Book of Life,
Honorable names are shown.
Honorable souls

They have a purpose.
They live for his glory now.
They live forever.

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INCORRUPTIBLE

Incredible
The bodies live forever.
Incorruptible

VICTORY OVER DEATH

Death, where is your sting?
Death, where is your victory?
You are defeated.

One man died for the sake of all.
His blood was shed for the world.
Endless victory

One man conquered death.
His life gives me victory.
His life revives me.

I have victory.
In him, I have a purpose.
In him, I have life.

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EMPOWERED BODIES

I see strong bodies.
His life gives them endless strength.
Empowered bodies

IMMORTAL BODIES

Eternal bodies
The bodies never decay.
They are not corrupt.

They are pure bodies.
The bodies are full of life.
In him, they have life.

They are filled with peace.
The bodies are not hopeless.
They are full of joy.

They have a purpose.
Their purpose is to have an endless life.
Immortal bodies

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GIVER OF LIFE

His presence gives life.
He breathes life into people.
The giver of life

GLORIOUS DISPLAY

What do I see now?
The bodies triumph over the grave.
Real resurrection

They are filled with light.
Their bodies glow in the dark.
Beautiful display

The bodies never rust.
They have risen from the dead.
Glorious display

They are eternal.
His life gives them endless life.
Marvelous display

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SIGNIFICANT HOPE

Who gives life its true purpose?

He gives people a purpose.

This truth gives me hope.

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RAISED TO LIFE

A great miracle
I see resurrected men.
They live, move, and breathe.

They are not downcast.
I see no anxious faces.
No sign of worry

They are filled with peace.
I see no fear in their eyes.
There is no sadness.

Death cannot hold them.
They are raised for a new life.
A new life for them

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PART 10
WHAT IS
MY PURPOSE?

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CRITICAL DECISION

I have a purpose.
However, I do not know
My certain purpose.

Do I help people?
Do I mentor high school students?
Do I teach people?

I am unsure now.
However, I want to know
My vital purpose.

My purpose matters.
A critical decision
I must know today!

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WHAT IS MY CALLING?

I always wonder
Whom am I called to help now?
What is my calling?

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ETERNAL PURPOSE

A never-ending purpose
I have an eternal purpose.
A priceless purpose

Eternal purpose
A purpose that never dies
Wonderful purpose

The flowers will fade.
The grass will wither.
The buildings will fall.

One purpose will stand.
A purpose beyond the grave
Eternal purpose

I Want to Live Forever

WHAT IS MY LIFE PLAN?

What can I do today?
What will I do tomorrow?
What is my life plan?

HEARTFELT AWAKENING

My soul is awake.
I have awakened from my sleep.
A deep, hopeless sleep

I am awake now.
My mind is alert now.
My mind is sober.

My heart is ready.
I am desperate to know
My only purpose.

My soul waits right now.
My heart is eager to know now.
I am ready now.

I Want to Live Forever

WHAT WILL GIVE ME JOY?

The world has no joy.
His presence will give me joy.
The search is over.

I Want to Live Forever

VITAL PREPARATION

It is time to get ready.
I need to find my notebook.
I need my black pen.

I need my laptop.
I need to know my purpose.
It is time to search now.

Where can I prepare?
The living room sounds quiet.
The room is peaceful.

I can think clearly.
I am not distracted now.
It is time to prepare now.

I Want to Live Forever

WHY AM I HERE NOW?

My friends are gone now.
I have survived every storm.
Why am I here now?

EVERYTHING HAS A PURPOSE

Life has a purpose.
Every activity has
A vital purpose.

A time to be born
A time to search and to rest
A time to be still

A time to embrace
A time to weep and to laugh
A time to release

A time to suffer
Everything has a purpose.
We have a purpose.

I Want to Live Forever

WHAT IS MY PURPOSE?

What is my purpose?
I will find my true purpose
In Him alone.

ABOUT THE AUTHOR

While Sonia-Rose studied at the University of Valley Forge, she shared poetry at youth events. After she graduated from the University of Valley Forge, she published more poetry on Instagram and Writco (a global community mobile app for poets and writers). Today, Sonia-Rose has co-authored more than twenty anthologies with multiple global writers. Since 2021, Sonia-Rose has published two poetry books on Amazon and Flipkart called *Poesía Profética* and *Banquet in the Garden*. As Sonia-Rose fulfills her calling as an author, people who deal with mental health issues motivate her to write and publish captivating poetry that gives people an opportunity to fulfill their rewarding purpose. Sonia-Rose lives in Chicago, Illinois.