

Joy is in Me (03/28/23)

By Chamylah General

Joy is when my heart smiles, When my mind is clear
When patience and faith, Replace doubt and fear
I feel joy when I write, When I paint and sing
When I dance and laugh, When I feel like I can do anything
God is the source, Of my joy and peace
He encourages me to let go, When I need to release
When I release anger and shame, Pain and rejection
I leave room, For God's redirection
Joy is trusting I'll be okay, To be afraid and do it anyway

Joy is Bible study on Tuesday, And gym three times a week
Joy feels like a warm hug, Covering my head to my feet
Deep warmth wrapped around my entire body, Filled with gratitude when I speak
The strength when I get weak, My enthusiasm on repeat
Joy smells like snow crab legs, You know I love to eat
Self care is really essential, When acceptance and nurturing meet

When my anxiety is high and my heart is pounding, I use deep breathing and music for
grounding
Positive visual imagery, watching tv, and playing cards, Bowling with my family, running
barefoot in the yard
Joy is cooking your favorite meal, Or going for a walk
Praying that compassion, Is felt when I talk
Joy is a magnet, Looks more than inviting
Uncertainty and spontaneity, Are what make it exciting
Joy reminds me, That I will always be free
Because the joy I can experience, Is created within me