

Overcoming the Fear of Death

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This world's your home, but you have found
that no one here will stick around.
You feel that your transition nears,
and you are full of hopes and fears.

A state of total fear is not
a possibility of thought.
The only state that's truly whole
is when His joy fills up your soul.

To overcome your fear of death,
the time you'll take your final breath,
you must make peace with all your foes
and bring resentment to a close.

If you would learn to love and heal,
if you would make your freedom real,
complete forgiveness is the way
to free your mind from all dismay.

If you would rather throw the blame,
the guilt you feel will be the same
as those you wish to suffer ill,
and you will not escape the chill.

So make a practice every day
of staying high above the fray.
Do not descend to hate or judge,
or you'll be dragged into the sludge.

If all your loveless thoughts and acts
were permanent, then your attacks
would justify a full revenge,
and fear would make your mind unhinge.

But if mistakes can be undone,
then you can walk into the sun.
You do not have to hide for fear
that all your foes are creeping near.

If you accept that you can't make
a mortal, permanent mistake,
and you release your brother's past,
your present will be new at last.

If death is like a darkened shroud
that blocks the sunlight like a cloud,
accept the mercy He would give,
and pardon so that all can live.

Though fear can make you feel you're bound
to former deeds, life can be found
when you let pardon take the place
of all attack and offer grace.

And once you find the peace you need,
you'll find your fears start to recede.
You will accept that all will leave
the earth, but you won't need to grieve.

Until you fully pardon all,
your grief will sometimes come to call,
but as you overlook the ill,
you'll find His peace makes all things still.

And when you are prepared to go,
your life on earth won't pain you so,
as when you were so full of fright
that you could not endure the light.

But now you'll learn to lend a hand
to others sinking in the sand.
You'll show them how to live and cope.
You'll share your light and solid hope.