

A Peaceful Path

Why worry for what has yet to come,
When shadows linger, yet no harm's been done? Our hearts can race with what we cannot see, But
trust, dear soul, in what's meant to be.

Each moment is a gift, each breath a chance,
To find stillness in life's hurried dance.
Make time for God, in silence and prayer,
For in His presence, you'll find peace there.

Prepare with faith, not fear in disguise,
And greet each dawn with open eyes.
Exercise your body, nourish your soul,
Eating healthy keeps you whole.

Step lightly, with a heart at ease, For what you sow, you will soon reap these: A calm spirit, a strength
refined, In body, mind, and peace you'll find.

