



POETRY PRAYERS WRITTEN BY SARAH ARE

≡ UNRAVELED BY GRIEF (THAT INSPIRES ACTION) ≡

She said everything I felt was real.

That's what you tell someone
When their feelings are too big.

That's what you tell someone
When they ask if it could be a dream.

You say it's real.
What you're feeling is real.

It's the way you can't sleep and can't wake up.
It's the way you eat but can't fill up.
It's the way you pray like you can't give up.
It's all real.
It's grief.

And at first, she said,
All you can do is stay afloat.
Let people bring you casseroles,
Let love songs bring you hope.
Let your journals be your witness
Of the things you're letting go.
Until one day
You wake up and know—
That this very real grief,
Deep inside your bones
Needs an action attached to it,
Or you may lose hope.

And when that day comes,
These extra large emotions

Will be your greatest gift—
Your heart overflowing,
Full to the brim.
For they will spill out of you
Like water from a jar,
Finding the lowest point
Of other human hearts.
And when you get there, you can say,
“I see your wounds.
We're one in the same.
It was real for me.
It's real for you too.
Unraveled by grief,
Drowned in blue.”

So from one indigo
Heart to another,
I pray that your grief
Becomes a battle cry
To better this world
Like a song in the night.
But when that's not possible,
All I can say
Is that I found God on my darkest of days.
She was indigo,
She was matching dark blue
To me and my scars,
My heartbroken wounds.
So as you grieve, and as you heal,
Know that that love is just as real.