Kristen R Sovereign Health

Game of life.

Why do I live in fear, feel like it's hard to breathe.

Why do I have guilt and shame? Maybe life is just a game.

Two steps forward five steps back why have my dreams fallen through the cracks.

Replaying the tape back.

Been beaten and broken, have wanted it all to end.

Finally starting to lift my head again.

My past doesn't define me. My scars don't define me.

But surviving the hardships of life gave me strength to fight.

I'm a warrior at heart. Through the dark of my soul shines light.

I'm not weak anymore. I'm a Knight with my shield of light.

Life has tried to knock me down but I fight to stay up.

Hope and love shine from my light.

Ignite my flame I'm going to win this game of life.

No one knowing the pain. Addiction has lost the game