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My Lament

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My Lament

Oh Lord, My God
Why am I all alone?
Where have all my loved ones gone?
How am I to go on
without their comforting?

I am left without help
in a land full of demons.
All around me they are attacking;
imprisoned in my own thoughts.

Only You can provide the strength I need.
Only You can fight them off.
My life is in Your hands.

No one understands
this trial I am going through.
What have I done to deserve
such a punishment as this?

Lonely, I sit and think.
They forever attack.
I cannot defend myself
from these frightful fiends.

Tears rage down on my face.
Sorrow consumes my empty heart.
No nourishment passes
through my teeth.

Only You, Lord.
Be with me still.
Wipe my tears and
fill me heart with joy.

You, alone, are my hope
You, alone, are my peace.
You, alone, are my joy.
You, alone, are my love.

In all days, I will praise Your name.
Everyone who looks at me
will see Your loving kindness
You are The Way.

Christina Loun