

Before I Sleep

Jim Metcalf

If I have let
this day pass by
and can't remember
something good about it,
then I have been ungrateful
and I beg forgiveness.

If I have been involved
too much with me ...
my wants and woes,
to see the beauty
that surrounds me,
then I have been played the fool
and I am sorry.

If I have not
stretched out my hands
to loved ones
to show them that I care,
then I have been unfeeling
and I am ashamed.

If I have failed to help
when it was needed,
yet asked others to help me
then I have been selfish
and I apologize.

If I have not seen
the face of God
reflected in a million ways
and places,
then I have been blind
and I ask for another chance
to try again
tomorrow.

From his book "In Some Quiet Place".



The Passing of Day (Purple)
Blue Ridge Mountains of North Carolina
Photo by Dan Hardison