



## Knees on Bend

*Valerie DeShazier*

I never saw tears until I saw my own run down my face  
So now I see that they are real, now there is fear as well  
How does one get them to stop flowing so fast? I need answers this day  
I look up to the sky and see nothing because my eyes are full  
Not knowing what to do I drop down on my knees to pray  
Lord I can't keep going on this way so please help me to stand  
Knees on Bend

Strength is what I am in search of, just want to get through  
Feel so alone even though there are people around, how could this be?  
So many faces are looking at me but they can't see the pain that I hide  
The walls are closing in on me, so what am I to do?  
Where is help in my time of need? Who do I call on?  
This can't be how things end for me, damn I need peace  
Knees on Bend

Fighting just to get up daily, if this is not me, then who?  
Open my mouth to call out for help, but no words come out  
What is going on? Is this the end? Where is the voice I once had?  
Does anyone see me? Do I see me? Am I here? Who is near?  
Bound up in so many thoughts and feelings, need a release  
The tears are still coming and there is nothing I can do to stop them  
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