

## The Grace of Letting Go Ian Davies – Cohort 82

I feel I don't deserve to feel  
The way I do but still it's real  
But when I compare ordeals  
With those who really fought.

I stand and look at others' plight  
And see the battles that they fight  
Where sleep eludes them every night  
And feel like I'm a fraud.

I didn't see my buddies die  
So I can't help but wonder why  
I feel the loss I do inside  
And this pain I can't ignore

Why is it that I feel this way?  
What did I fail to do or say?  
Why is this sense of loss so vague?  
Please help me understand!

Is it the way I left the sand?  
A stretcher case, no strength to stand;  
Then somehow feeling less a man  
For failing to hold on?

And even though I battled on  
For nine more years and felt I'd won,  
When everything came crashing down  
I was right back there again.

Lord, help me please to figure out.  
How to break these chains of guilt and doubt  
Give me the strength to do without  
This thing I thought was me.

Show me the way to move beyond  
The things to which I'm holding on  
To turn my heart and head to run  
To the future not the past.

Cos I believe that there is hope.  
Even in the deepest, darkest lows.  
A chance to rise again,  
A chance to smile again,  
A chance to thrive again  
In the grace of letting go.