



True Calm

Stevy Silaban^a

^a Universitas Sumatera Utara, Indonesia

When heart and mind begin to clash,
And despair starts to envelop,
I seek You in the warmth of the morning sun,
I find warmth, yet fleeting.
I seek You in the heat of the day,
I find heat, yet it scorches me.
I seek You in the darkness of night,
The path becomes increasingly unseen.

Finally, I fold my hands,
Closing my eyes,
Allowing my heart to speak,
Conveying its unrest.
I open my heart, awaiting Your arrival,
I restrain it, so it stops chasing shadows.

I find tranquility, serene yet soothing,
I feel the gentle breeze, cooling yet comforting,
I hear Your voice, soft yet warming,
In the end, I know,
Only near You am I truly calm.

Submitted 19 May 2024, Accepted 6 June 2024, Published 19 Aug 2024

Competing Interests: None declared.

Cite this article as: Silaban S. True Calm. Christ J Glob Health. 2024 Aug; 11(2). <https://doi.org/10.15566/cjgh.v11i2.334>

© Author. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are properly cited. To view a copy of the license, visit <http://creativecommons.org/licenses/by/4.0/>
