

A Song for Soul Healing
By Kelvin S. Jones 10/26/16

People often tell me they can't sing when times are difficult
"Songs only go with good times," they say, "And happy I am not."
But I disagree and vehemently for music expresses all moods.
To sing in sadness, reaching for gladness;
Feels so sweet, kneels for peace,
Lifts the face, prays for grace,
Releases feelings, and promotes our healing.

I say it's the very best of singing when a heart begins to mend;
God sees our tears, relieves our fears, when bittersweet tones ascend.
Out of our depths, in times of loss, or when things are going wrong;
To push out a note, to sing of hope,
Touches deep, brings release,
Grasps faith, changes fate,
Cleans the soul, and preserves us whole.