## <u>Just Be</u>

Just be at home How can that be so hard to do? Most of our lives we long to slow down Now we can there's so much to pursue!

> Just be apart From those not known and those we love We must keep at a safe distance Our hearts burst with the build-up of love

> > Just be at work Be it at home or on the frontline Whether we're fighting the virus head on Or we're meeting with colleagues on Zoom time!

Just be at school All this home teaching wasn't part of the deal! Such pressure to keep up high standards Know you're doing great, no matter how you feel

Just be patient Although it feels like we'll never get through We're told that if we follow the rules This time will pass, we can start anew!

> Just be at peace Our heavenly Father has got this in hand He hears our cries for his hurting world He will come to heal our land

Just be at rest Give Him your worries and your fears Let Him hold you in His loving arms Let Him wipe away your tears

> Just be His child That is all we're called to be We can trust Him with our future Let Him love you tenderly

> > Just be!

Catherine Clowes 30<sup>th</sup> March 2020