

Betrayal

My body has betrayed me,

It is failing me now,

For years it was abused,

With no regard as to how.

Youth did lie, it kept back the fear;

If life was fair I wouldn't be here.

The pain in my body, the pain in my head,

Feed off each other,

Enough can't be said.

So treasure your health,

While you have it to hold;

For before you know it,

You'll feel very old.

Angry at those who hurt you and all that they did;

As an unknowing youth, as a child, as a kid;

I would give anything now

To turn back the clock.

To undo the damage so I could still run and walk.

But you just can't undo the damage at will,

You get no relief, there is no such pill.

No pill that will fix this body that's been made,

This body that needed help,

And now has betrayed.

You can't stop this betrayal,

It is far too strong.

No point in blaming those who did wrong

It was wrong of me to drink and drug at will,
Assuming the answers were inside a pill;
So the years have passed by; I shouldn't be here.

For I should have died long ago,
So many times that death was near.

I am grateful to God that he didn't take me from my son's

On those many occasions,

I was trying to run;

For you reap what you sow, nothing is free;

I guess I should be glad that God let me be;

But I'm tired of hurting, tired of the pain.

My body's betrayed me,

It is failed me again;

All the years they abused it,

And didn't care how.

For all of that, I'm paying now.

If you can come and go without searing pain,

Thank God once and then thank god again.

Don't take for granted what tomorrow will be,

At all what you thought; what you could foresee.

This betrayal I speak of is from all of that taking,

All those years of damage my body was taking.

But your luck can run out at a moment in time,

When you didn't expect it,

You thought you'd be fine.

Last but not least,

Please heed my tale,

You reap what you sow,

And your health just might fail.

For there's no turning back,

The clock ticks away,

There is no turning back; the damage will stay.