

# Giving Hope Through Poems

**Psalm 139 verse 23-24**



**Author: Charlotte Viljoen**

## **Giving Hope Through Poems**

**“My pain became my inspiration”**

**“Lies verses God’s Truth”**

**Poem’s you can relate with...  
Poems that will give you hope...**

**How to find the root of your problems...**

**How to break the cycle of making the same mistakes  
over and over again...**

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## **Dedication**

Firstly I would like to dedicate this book to my husband Pastor Fourie Viljoen. No matter where I've been. No matter what I've done you looked at me through the eyes of Jesus. Endless love your wife.

Then I would like to dedicate this book to Jacques and Hanneke Truther from Beulah Christian Retreat thank you for never giving up on me for arms wide open, unconditional love, help and believing in my healing.

Lastly I dedicate this book to our son Predrag. Everything that we had been through together God turned it around for good. Thank you for your love always. Love you Dad and Mom.

## **Acknowledgement**

So many family, friends and authors walked the poems of hope road with me that it would be impossible to mention each and every person. Know that I could not have done this without each encouraging word, love and support. May you all be blessed to be a blessing.... Then to all the Poems of Hope members may you grow from strength to strength and Replenishment Ministries International members be Focused be persistent and never quit, and let us give hope through our experiences to others that need it.... You are enough...

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## About the author

12 years of back and forward trials and tribulations, from psychiatric hospitals to retreat's, and much more Charlotte eventually hit rock bottom no more strength and will to fight what God had for her. She booked herself into a retreat and there God started a transformation in her life by His Grace. Every healing transformation period in her life she overcame she began to write poems. God gave her a vision on the 3<sup>rd</sup> of January 2019 Poem's of hope and she began to give hope through her poems to hurting souls.

A roller coaster ride... Living a double life of self-sabotaging happiness, Co-dependent relationships and wanting to serve God, started at the age of 9 years old and carried well into her 40's. At the age of 3 she was in a horrific car accident with her family and there the enemy placed lies upon her life.

Her healing journey at Beulah Christian Retreat, morning star, lie's verses God's truth, and love is a choice she wants to share with other hurting souls, addicts and people searching for the truth giving hope through her poems.

It's not how many times she fell but how many times she stood up. **Proverbs 24:16**  
**"The godly may trip seven times, but they will get up again."**

Charlotte Viljoen is the founder of Poem's of Hope. Poem's of hope is growing rapidly where she carries messages of hope through her poems.

Her love and passion for hurting souls, addicts, recovering addicts and humility towards pain one carries is known throughout her life. Lies verses God's truth, dying to self and knowing that she could not had done this at all but only through the guidance, intervention of the Holy Spirit and by the blood of Jesus.

**Ephesian 2 verse 8-9: For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.**

## Author's Note

God's word tells us in **Romans 8 v 28** "and we know that all things work together for good to those who love God; to those who are called according to His purpose".

I believe that what the enemy has intended for evil or bad in my life, God turned it around for good.

God made a way where there seemed to be no way. He worked in ways I could not see, He made a way for me. He is my God, He held me close to His side, with love and strength for each new day, He made a way. My roadway in the wilderness He led me. Rivers in the desert I saw. Heaven and earth will fade but His truth will still remain, He does something new each day.

The aim of this book is to give hope through my poems to hurting souls. No matter how many times you fall God is faithful enough... **2 Thessalonians 3:3 But the Lord is faithful. He will establish you and guard you against the evil one.**

It shows how I believed the lies of the enemy, how these lies influenced my life, how I replaced it with God's truth and understand that no matter my situation no matter what I have done, when I drew closer to the Almighty God He drew closer to me. **Psalm 34 v 4+5 says: "I sought the Lord, and He answered me from all my fears. Those who look to Him are radiant, and their faces shall never be shamed".**

Throughout my healing I believed and prayed **Ps 139 v 23+24 over my life: "Search me, O God and know my heart, try me and know my anxious thoughts, see if there are any hurtful ways in me and lead me in the everlasting way".**

Prayer: Investigate my life O God find out everything about me cross examine and test me get a clear picture of what I'm about see for yourself if I've done anything wrong then guide me on the road to eternal life.

**2 Chronicles 7 v14: "if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land".**

**Hebrews 3 v 7+8: "Therefore, as the Holy Spirit says: "Today, if you will hear His voice, Do not harden your hearts as in the rebellion, In the day of trial in the wilderness"...**

God took every bad situation in my life and turned it for good. His power was especially released as I learned to thank Him and to put my trust in Him.



**Proverbs 3 v 5+6: “Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your steps”.**

Even though you seem to be on your own, you never are. His son Jesus Christ has fulfilled His promise to be with you always. The word of God tells us in **Hebrews 13 v 5 that “I will never leave you nor forsake you”.**

**Isaiah 53:5 but he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.**

I would like to thank my first Love my Heavenly Father for the inspiration, direction and guidance in my life. For working so gently, softly and tender with me. For always being there for never giving up on me and for showing me that You are God.

In my time of healing God gave me over 80 poems as I got healing and breakthrough in certain areas of my life. Then God said every poem is a testimony on its own. It is such an honour to share my healing journey with you.

When I think about all the people around me who have achieved long term sobriety, healing and breakthrough, they are always helpful people, always. Not one of them is so self-centred that they are generally not helpful to others.

This has to be a fundamental trait of success. When we reach out and help others, some powerful things happen. Not only do we genuinely get to help another people, but we also get a huge bonus to our own recovery. We reinforce the lessons in the word of God that we ourselves need to follow to stay sober and clean and turn from our wicked ways.

Thus prevent our own relapse to temptation, because we give ourselves permission to value own life more. We know we are providing real value. Being helpful is a universal trait of success in recovery.

Step 12 program from recovery of addictive behaviour. Having had a spiritual awakening as the result of the 12 steps, I try to carry this message to others and to practice these principles in all of my life with the grace and guidance of the Holy Spirit.

I learned that for the most part, in life, I got what I believed I deserved and that much of life truly is a self-fulfilling prophecy. I learned that anything worth achieving is worth working for and that wishing for something to happen is different than

working toward making it happen by listening to the voice of God and asking Him for guidance and then just start.

I want to tell the world that God can turn your mess into a message there is hope for tomorrow. His name is Jesus. He painted my past, present and future red. He healed my heart and set me free. Now there is grace by His great love.

**My pain became my inspiration....**

1

**Poem's of Hope**

Together we stand  
Hand in hand  
Helping each other  
Your my brother

Addiction recovery  
Depression and pain  
Guilt and shame  
Has no name

Step by step  
Day by day  
Strength to strength  
Come what may  
We WILL pray

With God our Father  
His blood shed for me  
Holy Spirit side by side  
We free

Our mess is a message  
For the world to see  
Who God created us to be

No more tears  
No more lies  
We no longer compromise

With Courage  
Love  
And dignity  
We walk today in victory

Author: Charlotte Viljoen

2

**The Cyrus Heart**

A chill went through my spine  
As I held the sword in my right hand  
This will be the start  
Of the Cyrus heart

Hidden riches in a secret place  
Treasures of darkness  
By His Grace

A shepherd performing God's vision  
All God's desires  
Proclaiming my right to God's provision

Receiving God's plan, resources and tools  
Used for His glory  
Changed my life story

I believe standing up  
Truly walking in faith  
Listening strength to obey  
Hearing Him say

Trials and tribulations will come your way  
Facing many battles  
Rocking up for the fight  
With might

Never giving up  
For the promise of God  
Stored inside  
No need to hide

You going to work through the Cyrus heart  
To conquer waiting patiently from the start

Recognising the promises unseen hand of God  
Over my life  
Walking in distance and strength with a guard

Finishing the job  
God is always there  
You will open doors  
No need for despair

Gates will not shut  
Protection to your family  
Provision to overcome  
Let His will be done

Knowing God can replace  
Humbling doing what I face  
What God asks  
Trusting the voice in me  
Moving into Royalty

Searching council from God  
Understanding grace  
I had to face  
God will send  
Prophecies God already placed  
In my heart from the start

Discovering moving creating wealth  
To fulfil God's purpose  
Being in health

Rebuilding the temple in Jerusalem  
For the sake of Jacob you will see  
Seeking guidance from God  
Walking in my destiny

Moving into rest  
Placing petitions at His feet  
I would like you to meet  
Cyrus heart will defeat

Author: Charlotte Viljoen

Poem was inspired by the book "Cyrus Awakens" Entering His Rest: Author: Schalk Meintjes

**Living on the run**

You haven't experienced true love before  
You only know abuse, lust and so much more

But give me the chance  
To show you true love  
A chance of love from above

Love is a peacemaker  
Love is kind  
Love is warm  
Love embraces  
Love, loves the old and the new you

If you can't grow with me  
You can't go with me

Into your destiny  
If you could see who you are now  
And who you going to be

So many nights  
So many days  
You kept running  
You were afraid  
You felt unsafe  
You ran to the South,  
You ran from the North  
East and west  
You ran back you ran forward  
Back and forward

My child stop running  
Just stop running  
I love you who you are

You running from your own gifts  
You running from fear  
You running from being hurt  
From being you

From whom I created you to be

This is not you this guilt you have  
Stop pretending to be tough  
Tougher than you are  
Your fear has made you cold and weak  
If you stop running  
You will find the power  
To live forward

Peace of mind  
Peace within ME you will find

My people are waiting  
Can't you see  
Become who I created you to be

I'll take you to the mountain top  
To show you who I Am  
Be still and know  
That I Am God

Author: Charlotte Viljoen

### **Co-dependency**

Co-dependency an addiction to people behaviour and things  
Controlling inner feelings by controlling other beings  
Controlled out by another  
Another person's feelings

I don't want this life anymore  
Being dependant addicted and so much more  
Drugs, chemicals and things trying to open every wrong door

Tormented by the way things were  
Feeling empty worthless no self esteem  
Looking to other to see what they mean

Digging deep  
Digging strong  
Where do I belong?

Author: Charlotte Viljoen



**Empty and ashamed**

In all honesty  
How could it be?  
A baby inside of me

Excited Scared all emotions at once  
Planning on how I'm going to tell you  
Tell you at once

As I looked into your eyes  
As I'm telling you  
I saw the rage the despise  
The hate in your eyes

Get behind me  
Take a pill  
This is not part of the planning so chill

But I want this baby  
Can't we just make a plan maybe

Screaming and shouting crying and beg  
Nothing is going to help only if I fled  
Then I realised where should I go?  
I have no income and another child to fed

Nowhere to go  
No place to stay  
I had no choice but to give you up that day

As I lay on the table  
Feeling each scrape they made  
Little by little blow by blow  
They pulled out a part of my soul  
I knew whatever I felt you felt that day

Numb by the pain  
Not by my pain but knowing my dear child your pain

I deserved feeling empty and ashamed

I don't deserve to live  
I deserve to die  
I don't deserve to be happy  
Or to ever change a child's nappy

Hiding behind others  
Not facing who I am  
I built a wall  
And started to crawl

Lord forgive me  
For taking the life of your creation  
Of an innocent baby that way  
In the name of Jesus I pray

Author: Charlotte Viljoen

**Feeding the inner villain**

Feeding the inner villain  
Or the inner hero inside  
I needed to hide

I felt the battle going on  
I don't deserve to feed the hero  
The villain is a bond  
Significantly influence my life  
I lost sight

Lowering my confidence  
Doubting myself  
The villain is eating away  
I can't even pray

The inner villain feedings off  
Of what can bring me down  
With a frown  
I took off my crown

Author: Charlotte Viljoen

**Who do you think you are?**

Who do you think you are?  
Trying to make a little girl your star

So many years  
In denial  
Put myself on trial

Trying to look the other way  
Scares running so deep  
Not even a weep or peep

Taking abuse from the outside  
Fixing my hair everyday a different way  
Just to take the attention off  
Of my scares that way

You said no one will believe  
You said what I think is a lie  
I won't come buy  
I'll only cry

Looking back at your poor excuses  
Realising your abuses  
I'm taking back what you stole  
No more do you have control

Because of your abuse  
I lived in denial  
The Effect your abuse  
Made me very sad

Trying to twist and turn my brain  
Trying to play your game

Just as I was supposed to do  
Then you came and took off my shoe

You took me to a place I never felt safe  
But then you made me feel

I was helping you heal

I forgive you from my heart  
Because I need a clean start

God showed me true love  
True love from above

He took my pain  
He healed my name  
For the first time I feel the same  
Inside and out  
Righteous I proclaim

Author: Charlotte Viljoen

**Survival mode**

People could do things to me  
I couldn't do anything about  
So small I wanted to shout  
Please just leave me out

Grownups are always right  
Children are seen not heard  
This made me feel I couldn't say no  
It's so absurd

Physically and emotionally drained  
All in my head  
It only took a matter of time  
To make me feel dead

Living in fear  
Don't trust anyone to come near

I lost my life that day  
All I had was my name  
But that was in vain  
I constantly needed to plan ahead  
And planned to run away  
But couldn't  
You had my soul  
And took control

Now I'm going into hiding  
Survival mode they say  
It helps me get through every single day

I went through life in auto mode  
Hiding, pain and shame  
Day by day  
And Year by year  
Had nothing to say

I need to run away  
It gives me control

Taking back my soul  
Maybe I'll feel whole

I hated my life before  
I blamed myself for opening that door  
I've been hurt so many times before

The only time I felt safe  
Is when I go into that place  
Whatever I could find  
To numb my mind

You stole my childhood, peace and friends  
You stole my joy  
You stole moments with my family  
You made me your toy

Respect for another  
You took my boundaries and made it your own  
Couldn't you just Google on your phone

Seeking security from men  
Comfort and acceptance too

Self-protection  
Was the name of the game  
The enemy wanted fame  
No more lies  
You're not in disguise

God was standing at the door  
By His blood He covered me  
And so much more

His blood is my protection  
I am free  
He cleansed and purified me

For many years you tried to steal  
What God had planned for me  
No more will I enter into these lies you placed on me

Now it has no more effect

God was always by my side  
He held my hand  
Today proudly I stand

Author: Charlotte Viljoen



**Do we really know?**

Do we really know what's going on around us?  
Do we really know?

So focused on our own lives  
Do we really know?

It made me realise  
It made me think  
Do I really want my room pink?

Do I want a labelled jean?  
Do I want a life from a movie scene?

This is not what I want  
I have too much to give

I have survived  
I have a gift  
I have someone you need to meet

Jesus is His name  
He came and changed my name and game

From ashes to beauty  
From planes to ground  
Today I found  
A new sound  
Jesus is the way  
The truth  
And the light  
I'll fight for you to see His might

I don't know what life would bring  
But I'd love to sing to the King

I'd love to hold a child in my arms and see miracles too  
I'd love to pack a bag of food and give it out in the hood

Today I pray

God make a way  
I want to give hope  
Teach people to cope

God the Father and His Son will take your troubles one by one

God is your hope yes  
He taught me to cope  
Through Poems of Hope

Author: Charlotte Viljoen

### **Consecration**

Operating in my gift  
Serving and deserving  
Helping others is there need  
No greed only to succeed

Then You came to me and said  
In 3 days you will enter Jordan instead

Preparing not knowing what to find  
With 12 white stones I combined  
Writing every promise God gave  
Can't wait to see what He has made

Jeremiah 29 v 11-13  
I know there is more of You  
and more from You than I have right now  
You have gifted me in so many ways Lord  
What is it You want from me  
I'm finally ready to be free

Now here I am in front of the Jordan  
In front of the altar I stand  
Trying to figure out where to go  
And how to grow

It's time to cross the Jordan  
A time to enjoy Your presence  
A time to be sanctified and washed with clothes  
In the patience in the waiting You make me holy  
You make me strong  
You filled me with a song

Show me that this consecrating moment is a choice moment in You and me  
A moment that would never be repeated  
When You launch me out into my destiny in You  
I will not have quiet hours in the same way anymore  
When the consecrating is completed the action begins  
And to act well I need to know the secrets of the fullness of Your presence in me  
From You Lord

The secrets of receiving strategy  
The secrets of moving at this impulse of Your Spirit  
Every moment is in itself my destiny  
There is a greater destiny ahead of me

There is always more in you  
As I stand righteous before You Lord with a Cyrus heart  
I now enter through the Jordan  
And leave everything behind

I will obey You Father and with my riches I will complete Your vision on earth  
I love You Father God

Anointed energised motivated and free  
I looked at my cell phone who could it be  
I message from the enemy saying to my face  
I don't want you I have someone else to take your place

Torn tormented confused can it be  
My husband my friend my life  
Is it the end?

God new what's coming He prepared the way  
He said you would be surprised who will be with you at the end of the day

Now have faith in Me  
And you will see  
Who I created you to be

Author: Charlotte Viljoen

Inspired by TD Jakes women though art loosed addition

**Destiny – I will rise again**

Destiny O destiny where can you be  
Looking for you every where  
Is it in PE?

Then I had to search my body mind and soul  
Transforming and renewing  
Got cut to the bone  
A Journey on my own

Presenting my body as sacrifice  
Denying myself advice

My bloodline needed cleansing  
My seed-line too  
My DNA with bread and wine re-sequencing

I had to go much deeper  
Getting exposed and weaker  
I'm going to find my destiny  
With Patience faith  
From Him to me

Don't grow weary and loose heart  
The enemy always places fear and doubt from the start

I received the fire  
And the wind too  
In the midst of His cleansing and remodelling too

I will rise again I screamed  
Then suddenly I realised the Promised Land is me  
My redemptive gifts came forth  
Now I know who I am and who God created me to be  
My destiny is within me

Author: Charlotte Viljoen

**Your greatest miracle**

Your greatest miracle  
Is in your scary place  
A place you need to face

A miracle you build  
To reach your dream  
You have to scream

You will never find your wings  
In the safety of  
Comfortable things

You will learn to fly  
By confronting the sky

In the process  
Flapping and falling  
Flapping and falling  
That's how you get  
Your wings

Fear makes you stronger  
Flight or fight  
Out of fear  
You draw near

Fear makes you  
Withstand the test  
To do your best

Greatness festers in  
Isolation and frustration  
God scare me again

You only win  
If you don't quit  
In a dark scary  
Flapping and falling place  
You will find Grace

Every great leader  
Will be tested by pain  
No one escapes by name  
Your greatest miracle

Births out of fear  
Not the spirit of fear  
But a place  
Where you find grace

Author: Charlotte Viljoen

Inspired by Bishop TD Jakes motivational

**Morning Star**

Driving up a steep-steep hill  
One by one the bricks they lay  
Riding over the back  
Of broken and bruised  
People they say

Your land shall be called Beulah  
A place of rest and peace  
Discover your calling  
Hear His voice  
Restoration  
Worship and feast

The Fathers eye  
The Fathers voice  
Grow in Spirit  
You will rejoice

You will learn to cope  
You will learn to overcome  
The effects one by one

No more lies  
New hope you'll find  
A Relationship with God the Father combined

A Family of 5 you will see  
God's grace upon grace  
Goodness divine free  
May His favour and mercy abundance supply  
Be with you always family of 5

Author: Charlotte Viljoen

Inspired by the retreat I visited "Beulah Christian Retreat"



**His Blood**

Hi little One  
Don't be afraid  
You've been so strong  
Listen to my song

Come take my hand  
Tell me your pain

I've always been there  
I've seen your struggle  
I've seen your care

Take my hand  
Let's not compare

Your long black hair  
Your big green eyes  
Your beauty  
Your smile  
That makes all things while

You not alone  
You've done so well  
Being brave  
Looking in front of you seeing the grave

It's safe now  
You don't have to pretend  
You don't have to punish  
God's here to amend

Forgiveness and mercy  
From now on will show  
His blood has washed you  
Clean as snow

Your smile  
Your laughter  
Is forever after

Step out of your effect  
What the enemy has set  
For God has a plan  
It's not in vain

Your gifts  
Your calling  
The meaning of your name  
Righteous I proclaim

Your free  
Independent  
Compassionate and pure

Put on your crown  
My daughter come near

From today on  
Righteous you stand  
Together forever  
I've taken your hand

Ashes for beauty  
Shame for love  
Today I choose to fly like a dove

Author: Charlotte Viljoen

**God's Heart**

As I bow before Your door  
Waiting upon You Lord

Don't know what to expect  
Anxious Scared  
Don't know what's next

You came to me and said with love  
Come fly like a dove

Then I entered the heavens Gates  
Up the stairs I flew  
On the right and on my left  
People I've seen before  
My Daddy helping me  
Enter into so much more

Jesus was the door post  
But with a scroll in His hand  
God the Father on a chair  
His sandals in the sand

With the Holy Spirit by my side  
I see the scroll in Jesus's hand  
Owe no I'm banned

Then from a deep but calm voice above  
The Father said  
My Dove Righteous one  
I'm so proud of who you've become

You've been through so much  
Don't compromise  
You've come so far  
You have a constant conscious of who you really are

Here take my heart  
And give me yours  
From now on I'll open doors

I cried and cried to hear Him say  
I'm actually okay

His heart I felt warm strong and pure  
Overwhelmed by His Glory I had no fear

God, the Holy Spirit and His Son  
Knew me  
One by one

My child go back from where you came  
Take my heart it's not a game

With love, compassion, kindness and pure  
You will wash the feet of whom are near

Author: Charlotte Viljoen

### **My Identity**

Living your life through me  
I couldn't form my identity

Telling me what to wear  
Making choices choosing the bear  
and how I should comb my hair

You were so busy helping him  
Try to understand  
A perfect home  
A perfect place  
Open for every case

Making your house a home  
From Italy to Rome  
Speaking to each other  
I'm "Big Brother"  
Watching every move you make From the Office  
To baking a cake

You did the best you could  
You were thriving  
You had a voice  
But still I (I) had no choice

Then suddenly a part of me  
Wanted to be free

Not getting the love I thought I need  
Nurturance, freedom and a seed  
I started to feed the villain  
For everyone to see  
What became of ME????!!!!

My love tank running empty  
The girl down the street  
Gave me something I needed and a sweet

Out of my pain

I started to create  
and Complicate

I couldn't understand  
Why can I not take another girls hand

Years and Years went by feeding the villain  
I felt shy

Not coming out  
I couldn't say  
Maybe I'm gay

Outward I was who you wanted me to be  
From dressing me up  
Combing my hair  
To entertaining and singing  
Standing on a chair

Inward I created  
Can't you see  
The little girl inside of me  
My own identity

Author: Charlotte Viljoen

**Spiritual Warfare....**

Been set free  
Feeling Victory

Don't lose sight  
Or you going to fight

For the enemy  
Walks around  
To see who he can find  
Opening a door  
He will bring more

Being tormented  
This is no game  
Facing my giant  
In His name

I can't take this no more  
My heart broken  
Can't fight this war

With God the Father  
And friends by my side  
Warning me of what could be

Praying and playing  
Songs of praise  
Checking up to see

I'm so grateful to find  
Friends who care  
Helping me stand  
Out of the shadows snare

When I'm weak  
He is strong  
With friends by my side  
How can I go wrong?

A spiritual warfare  
I can't ask for more  
Stepping in we declare war

Humbly I bow down  
Again I take the crown  
On my knees  
Lord help me please

With the Armour shofar  
God's word and prayer  
A bow and arrow  
We declare  
Defeat Triumph Victory

The chains are broken  
God has spoken

Author: Charlotte Viljoen



**Cheers**

Who do you think you are?  
Going around  
Seeing who you can find

When you drew near  
I had no fear

Looking at people  
Defined who I was

Taking one line  
Numb my mind

When I was weak  
I thought you wear strong

But when I realised you no longer belong  
I became strong and you  
You don't belong

Minding my own business  
You would draw me near  
A fight that became so clear  
I don't have control you took my soul

Not only do I still have pain  
But you took my name

I'm going to fall  
Then I put words against the wall

You not going to change my name  
Righteous I proclaim

I am who God says I am  
I can do what God says I can do  
I can have what God says I can have  
And I can be what God says I can be

I declare Victory

Get behind me  
Can't you see  
You no longer part of me  
God took away from me  
My Co-dependency  
You will always be  
But no longer part of me

Cheers drugs I have no fears  
With God on my side  
He who provides  
The love I need

Step aside  
Or rather  
You too weak  
I have defeated

Pray by pray  
Day by day  
You will move further away

Author: Charlotte Viljoen

**Cravings**

I took a walk  
To the mountain  
Crying all the way

Fighting these cravings  
Every second of the day

Step by step  
Breath by breath  
I'll fight this  
Come what may

This is going to be hard  
I'm going to suffer, crawl, weep  
O God I surrender my flesh  
Hear me as I speak

I don't have the power  
I don't have the strength  
But what I do have is the will  
To overcome  
And you said  
Let your will be done

It's going to be hard  
Surrendering my flesh unto God

My soul was in control  
No more lies  
The enemy disguise  
My body mind and soul  
God has control

As the cravings come  
One by one  
Not giving me a chance  
To take a breath  
To take a rest  
I realize

How many times a day  
I've been listening to this craving voice  
Stealing time  
Not giving me a choice

Now every time this craving voice  
Shows up again  
I'll have a choice  
To bow to this craving  
Or  
Listen to His voice

So craving listen carefully  
Every time you appear  
I'm going into heavens atmosphere

I'll drink from the fountain  
I'll sit by His feet  
I'll eat from His garden  
With God we will defeat

So it is done  
God has won

Author: Charlotte Viljoen

**My Craving Serenity Prayer**

Lord grant me the courage to change the things I want to change  
Thank you for the resources You have put into place  
I accept full responsibility  
I stand venerable before You God  
Infinite mercy and grace  
Naked I will stand  
Through this decision I will brake  
The shame over my name

Author: Charlotte Viljoen

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**Love**

What is love?  
What does it mean?  
Is it something  
From a movie scene

Love is something I had to work for  
In my brokenness I believed love I did not achieve

To me love was temporary  
Love was unfair  
If I don't do what they say  
You will never experience love come what may

I couldn't see love  
Even if I tried  
I looked for something  
I could not have recognised

I would look at someone  
Showing me love  
And think what on earth do you want?  
Or what do you need?

Bit by bit  
I became whole  
Inside out upside down searching my soul

Then I realised  
Love is something I accept  
Love has no price to pay  
You get it for free  
A gift so pure for me  
Love has a different face  
Love I can embrace  
Love is an invitation  
As I accepted love  
The flood gates of heaven opened from above

I can open that door

They say love is forever more

As I start to recognise love and walk that way  
My eyes saw things from above  
My ears heard whispers  
My soul felt pain  
An intense love for others became  
The world needs this name

If we could only see love  
In other people's eyes  
If we could only hear the love cry in others voice

For every hand that stretches out  
We could stop the drought

This could change the world  
Recognising love from above

Love is a choice

Author: Charlotte Viljoen

### **Forgiveness**

A choice I make  
Not a feeling  
For my own sake

You no longer have power  
A decision even if it takes an hour

Forgiveness not an emotion  
God's direction  
Bringing my life into motion

Bitterness repressed  
Un-forgiveness sours  
In my heart  
In my soul  
You no longer have control

I'm not a victim to forgive  
It's from a position of strength

I acknowledge my rage  
Grief and hurt  
Turning a new page

From now on I'll forgive  
Faster than I forget

Because my heart is pure as snow  
I want to grow

Obedying God is what I want  
You no longer have power

I take my hart  
From bondage  
A clean start

Author: Charlotte Viljoen



### **Guilt & Shame**

What is this I'm feeling?  
Sudden pain in my being  
A rush of darkness  
My mind flashing back  
Of the past mistakes I made

Bent forward  
Holding my heart  
Rushing Thoughts  
From the start

Tears streaming down my face  
Weeping so true  
Coming from an inner place of where I've never been  
Is this a place I have to face

Struggling to take a breath  
This pain has it a name  
Trying to contain

This sudden rush of pain  
In my heart  
In my soul  
In my body  
Can't stay in control

Letting it out its all I could do  
Impossible to try to contain  
What the hell was I thinking?  
How could I have been so cruel?  
Making all the rules

I couldn't stand my face  
And the presence of whom I am  
Trying to run away  
From this shadow astray

As I turn it turns  
As I walk it walks

As I crawl it crawls  
Get away from me  
Can't you see?  
You not part of me

Broken bruised and accused  
I lay beside my bed  
In a puddle of shame  
Surrounded by my name  
This is no game

I have to be strong  
What in the world is going on?

Facing all my effects  
Dealing with all this pain  
Seeing who I hurt  
And seeing the shame

As the shadow and I became one  
I felt my body numb  
To feel the enemy right inside of me

I wasted so much time  
I've broke so many hearts  
I don't deserve to live  
It's better to just apart

Again a selfish act  
To run away and leave people behind  
Just face the truth and face the fact  
And get your act together  
You've been given another chance  
Advance  
To face this feeling you have

Talking to the shadow and trying to flee  
Is the shadow me?

Hi Guilt is my name  
And if you don't pluck out my root  
I'm going to poison you from your head to your foot  
I'll rob you from your dignity

I'll cripple you from the pain  
I'll rob you from moving forward  
To experiencing true freedom  
And everlasting love

From experiencing Gods glory  
So deal with your life story

So many people are praying  
People I don't even know  
Around the clock  
On their knees  
In the bushes  
Between the trees

I've been given a second chance  
More than many can say  
I've been taken care of  
Every single day

Supported by my friends and family that way  
Then I realised so many peoples love  
Trying to help me stand out of the shadows hand

That night I tried to nailed myself to the cross  
For every sin I committed I acquitted  
Couldn't handle the cross alone  
Stripped to the bone  
I cried out to the Lord please take my cross I own

I heard Jesus say  
It's already taken care of on Calvary that day  
All you need to do is to walk in your victory  
Now that shadow is you in me

Author: Charlotte Viljoen

### **My Son**

I've always wanted only the best  
For You Daddy and Me  
From the day they put you in my arms  
No better life could be

Your perfect smile  
Made all things while  
I loved you from the moment I felt you inside of me

Then life began  
Daddy wanted to go back from where he came  
I couldn't leave the family and Daddy wanted to be free  
We loved each other and made the choice that Daddy would go abroad back not me  
I couldn't go to a country were war and no work would be

Then Mommy tried to survive  
Operated on what she knew  
Out of hurt abuse I grew  
Into something I did not want you to view

I saw you close the windows  
I saw you lock the door  
I saw you clean the house  
And mop the floor

Thank you for being the man  
For taking so much control  
I wasn't even your work  
You were a small little boy

Sometimes I would get angry  
And say ugly things to you  
Out of my hurt I took it out on an innocent lovely boy you

What I did was wrong  
Treating you that way  
You took care of your mommy  
Her friends every day

I ask your forgiveness  
For not being the Mommy I was supposed to be  
For not giving you protection  
And security

I didn't know what love was  
Because of my brokenness inside

From now on I want to be  
The parent I ought to be  
If you would please give me a chance  
To be your Mommy I'd love to be

It's never too late  
A clean slate  
From the start  
With God in our heart

Author: Charlotte Viljoen

**Ungodly Sole tie**

No matter how you feel  
Never disconnect  
From the people I put in place

They there to keep you safe  
To keep you strong  
All night long

Break the ungodly sole tie  
I want you to be free  
So go down on your knee  
The blood of Jesus  
Will set you free

The enemy tries  
And comes with all his lies

But don't you know  
What God intend  
Don't amend

I've told you  
So many times before  
Not to open that door

Fill your room with Romans  
Meditate on His word  
Start a war room  
Begin to pray  
Now is the time  
Come what may

Then on my knees  
I cried  
Lord in the name of Jesus  
Help me please

I break this ungodly sole ties  
The chain on my name

I give back  
What I took

I take back  
What you took from me  
So that I can be free  
No weapon formed against me

Fill me with your Spirit Lord  
Cover me with your blood

No more strange behaviours  
No more co-dependency  
No more flee  
Your blood has purified me

Thank you Lord  
For showing me on the board  
What the enemy tried to hide  
I will stay in Your word  
I will pray every day

You are my guide  
I am free  
You purified me

Author: Charlotte Viljoen

**Good bye**

Sitting on the floor  
God already prepared to open the door

Look in my eye  
It's time to say good bye

Little one you may go  
Go to Jesus  
Go home as He pleases

But I don't want to  
Who is going to take care of me?  
How will I be free?

I don't know how to be alone  
To be a child on my own

I have a responsibility  
I have to show you who to be

Come sit on my lap  
I'll wait till the time is right  
Don't fight

Please come with me  
To sit on His lap  
So that I can be free

As You held me in Your arms  
I felt safe as You opened the gate  
I could see heaven waiting for me  
My friends waving and playing  
A place I always wanted to be

I can be a child now  
I can play  
I'm safe through heavens gates

I don't need to be a grownup



I don't need to meet your needs  
I don't need to take care of you  
Or to be tuff or to please  
No more co-dependency  
I want to go and play  
I want to play in the rain

I jumped off His lap  
And never looked back

A place I've always wanted to be  
I feel so free  
Thank you for letting me be

As Charlie went off  
I felt such a relief

She was high maintenance  
She kept me back from being me

She made the decisions  
She chose the friends  
She knew how to operate and how to pretend

I can see her playing in the park  
With her white dress laughing giggling in the dark

She's happy  
Happier than she would ever be  
In the park under the tree

I blessed her as she left  
We both happy now

Suddenly I felt alone  
But then with dignity a woman came to comfort me  
As a women I was accepted  
In the spiritual realm women welcomed me

I felt honoured  
I felt free  
And fell to my knee  
Walking today in my destiny

Author: Charlotte Viljoen

**Favour with God**

I've seen your struggle  
I've seen your care  
I've seen so much despair

But what I found in you  
Your dedication so true  
Your task and calling  
Today is not a day of mourning or warning  
But of your ultimate calling

I'm pleased to say  
You have reached physical and mental maturity  
You on your way  
To handle major responsibility  
Come what may

You grew in stature and wisdom  
Favour with God you will find

Jesus suffered and shed His precious blood  
With your love  
You paid the price  
You gave advice

This is your time  
To shine

You ripe for leadership to reign  
I proclaim  
In Jesus name  
For what your about to receive  
Do not let the enemy deceive  
It was in your heart  
From the start  
Take up the promises  
I gave

From now on  
You will see victory

Because  
I am  
In me  
It has come to be

Prosperity  
Abundance  
You will see  
Just don't forget ME

Author: Charlotte Viljoen

**Where did I go wrong?**

Seeing her struggle  
Seeing his pain  
Where did I go wrong?  
The child I held  
In my arms  
A bond so strong  
Where did I go wrong?

She weighs less than primary school  
The sores on her face  
Slamming the door such a disgrace  
Where did I go wrong?

Tormented by my own  
No place safe called home

I fell to my knees  
Said God please  
Where did I go wrong?

I heard God say  
Do you love her?  
O Yes indeed  
Then it's time to plant the seed

Give her to me  
Don't you know who I created her to be?

Have faith in Me and you will See the victory

Author: Charlotte Viljoen

**Lies verses God's Truth**

In a situation  
Identify the lie  
What the enemy has placed  
For you and I

What do I feel?  
What emotion comes to mind?  
What previous situation may I find?

Holy Spirit what do I believe  
That lie did I conceive

Can I choose God to replace the lie?  
With what I need

Our Father who art in heaven  
Hallow be They name  
I repent this lie I believe  
The lies of my generation and me

I take authority over this thought  
And replace it with Your truth

I forgive myself and ask you Lord  
To forgive forevermore  
I receive the truth of your word  
Your Spirit as guidance too  
Renewing of my mind I'll find  
The lie no longer mine no more

Author: Charlotte Viljoen

Inspired by "The morning star" course at Beulah Christian Retreat Jacques and  
Hanneke Truther

**Twinkle in your Eye**

Is it a twinkle I see in your eyes  
Is it a smile  
Are you happy for the first time

Well done you faced the truth  
You dealt with every demon every giant and your youth

From now on your reward  
Is the twinkle in your eyes  
The corner smile that makes it worth while  
Your smile  
Your laughter  
Is forever after

Mercy is the path you will walk each day  
Your gifts  
Your calling  
The meaning of your name  
Righteous I proclaim

Your free  
Independent  
Compassionate and pure

Put on your crown  
My daughter come near

Connecting with the heart of God  
Hearing Him as He speaks  
Taking every word  
To the people you meet

Poems is the tool you will use  
Humility in the room you will be  
Helping you to stay free

With love, compassion, kindness and pure  
You will wash the feet of whom are near

Author: Charlotte Viljoen



### **The Pink Cloud**

Riding on the pink cloud  
One foot on the cloud and the other on the ground

Feeling happy and excited  
No more co-dependencies

After feeling numb for so long  
It's wonderful to feel alive again  
I'm not wrong

My excessive positive outlook  
Lead to overconfidence  
I started to lose sight  
I didn't have to fight  
Of the crucial day to day  
Self-monitoring  
I don't need  
Look at me what I've achieved

Me I, I heard God say  
Your flesh needs to die  
Your Soul must take control

Independent  
Standing alone  
Saying no to temptations  
And sensations

But suddenly I lost sight  
I had no might  
Falling off the Pink Cloud  
No crowd to see  
What became of me?

Hopeless helpless can it be  
The trigger inside of me

Relapsed did I find  
Losing sight of the effects

The enemy placed  
All around I found

The same people the same places  
The dealers the mingles  
Ignoring won't make it go away  
Worsen after a period of time

Today I have to find  
A fix  
Next to bricks

Smoking taking a deep-deep breath  
Coughing sneezing  
My head wheezing

I'm not used to this anymore  
Why did I dear open that door?

The cycle began  
Guilt and shame  
The meaning of my name

How long will I condemn  
What God wants to amend

Down on my knees  
Again Lord please  
Take this part of me

When I am weak  
You are strong  
No more do I belong  
In this world  
Can't you see  
IT'S NO LONGER PART OF ME

It's a choice  
That's all it is  
Be at ease

Come as you are  
You not far

Step by step  
Breath by breath  
You further than many can say  
You're my daughter come what may

Author: Charlotte Viljoen

### **Innocent Eyes**

Looking in those innocent eyes  
Children playing no disguise

I remember the days  
I'd take care of those innocent cuddle bears

Then life began and I ran from what God had planned for me

I built a wall  
Between me and seeing kids crawl wanting to be free

Then my wall came down bit by bit  
Just enough to see  
Those tiny little hands climbing up a tree

I feel a hunger deep inside as i stand next to what I had banned

Are they really waiting for me?  
With arms wide open  
Can it be they so part of me?

Because of my pain  
Because of my shame  
I couldn't hold a child's hand or play in the sand

Then I took my colouring in book  
And began to see  
A part of me always wanted to climb a tree

I'm ready to look into those innocent eyes again

With God by my side  
I no longer hide

Author: Charlotte Viljoen

**Search my Heart**

Search my heart  
From the start  
Know my anxious thoughts

See in me  
Any harmful ways  
Where I went astray

Investigate my life O God  
Examine and test me  
So that I can walk in victory

Get a clear picture  
O what I'm about  
So that I would have no doubt

See for yourself  
If I've done anything wrong  
To know where I belong

Lead me in the everlasting  
Basking in Your presence

Take this heavy load  
Guide me  
On the road  
To eternity

Author: Charlotte Viljoen

Inspired by Psalm 139 v 23+24

**Today I Fly**

Sitting on the veranda at five  
With only one thing o my mind  
How great is thou God

Hearing the birds  
The sounds of geese  
Pulled me down to my knees

Thank you God  
For taking me out of such a hard life

Not realising the suffering had paid  
And made me whole

Taking up my cross  
Thinking He didn't see  
The tests and the fears

The time has come  
God will only be on your mind  
Giving Him control  
And the only prayer  
You will have is tears

Then suddenly the gates open  
Before you know  
You on the other side

God was always there  
Directing and guiding

The enemy will come to steel  
To try to take what God had healed

But staying in His word  
Praying  
Thanking Him every day  
Will make you strong and sing a new song

This is a guarantee you will see  
People trying to remind you of  
Who you used to be  
Or of where they thought you where

But God sees your heart  
He knew from the start  
What He planned for you  
It will come to pass  
Nothing can stop Him

Forgive me Lord for being so weak  
Such unbelief  
But still You kept Your word

Like the birds in the sky  
Today I fly

Author: Charlotte Viljoen

**Heavenly Father**

Tonight I come before your throne  
Heavy hearted confused and torn  
How long do I need to wait?  
For you to open that gate

I love You Lord  
With all my hart  
Having faith I understand

My time is not Yours  
You know the best  
I'm waiting in Your rest

Can't You make an exception please  
I'm at my ends Witt  
To put me a ease  
Give me a dream  
A vision A glimpse  
Is what I truly need

Author: Charlotte Viljoen



**May His face shine upon you**

Another intake  
Who the enemy  
Tried to brake

Seeing her pain  
Seeing the shame  
Intervention  
Is the name of the game

Bit by bit  
She became whole  
From her body mind  
To her soul

Hearing God's word  
Singing His song  
She realised  
Where she'd belong

Lies verses God's truth  
Who He created  
She began to see

Behind those deep dark dead Eyes  
A shine began to climb  
A smile laughter even a giggle slipping from an inner place She had to face

Renewing of the mind  
She'll find  
Her Chains are broken  
God had spoken

Fearfully marvellous  
Uniquely made  
Her past started to fade

Only God can change  
Her mess into a message  
Test into a testimony

Trial into triumph  
Victim into victory

Her faith in God  
Became bigger than her fears and tears

Today she stands tall  
Her wall came crumbling down then  
She picked up her crown

My daughters your faith and courage made you whole  
Finish the program  
So that you  
Can use your passion  
From out of your soul

The Lord bless you and keep you  
The Lord make His face to shine on you  
And be gracious to you  
May the Lord lift up His face toward you  
And give you peace

I love you  
Ladies Rehab Mom

Author: Charlotte Viljoen

**Fighting my giants**

As I walked to the mountain  
Fighting bugs in my face  
I see a tractor stuck in a space

Lord that's me  
How can I get free?

Just walk up the maintain  
See me all the way

My back is sore  
My strength is pore  
Bugs in my face  
The baboons  
Black dogs give me grace

Steps in front of another  
Fighting the giants  
All the way  
Not looking back  
Climbing over the cracks  
You pushed me from behind  
To see in front what would I find?

On top of the hill  
Sitting on a log  
You showed me  
How to concord my giants  
Between the fog

You need to learn  
How to fight  
Your giants  
While keeping Me in sight

As you grow  
Your giants grow to  
But with my hand  
You will defeat they will be band

Your character is what you'll learn  
To fight the giants  
You will earn but won't burn

Don't get in the ring  
Step aside  
For the battle is Mine  
Your victory so divine

In your hand  
I put a plan  
You're equipped  
I gave you enough  
To deal with this stuff

Get grip of who you really are  
The enemy sees from a far  
Who I created you to be  
Recognise the power you have in Me  
The enemy is afraid of where you going to be

This attack is a sign  
Recognise your power  
You going in the right Hour

Be anxious of nothing  
Can't you see?  
You're moving in your destiny

Author: Charlotte Viljoen

### **Boundaries**

Boundaries is something that is made  
To protect my hart  
From the start

Don't compromise your boundary  
Don't bend or even amend

The boundaries will help you make  
A decision in a hast

Family around and friends even too  
Will get to know your boundaries  
And feel secure with you

As you walk with God  
You will feel your boundary in your spirit  
For in your spirit that's where your boundary lies

Author: Charlotte Viljoen

**PAWS**

A roller coaster ride  
No theme park  
For me to embark

Twist and turns  
Ups and downs  
Hardly hitting the ground

Post-acute withdrawal syndrome  
Hit Home

Aches and pain  
Risk of relapse  
What do I have to gain?

Months after recovery  
Sober and clean  
My neurons that fire together  
Wire together  
Relieved to know  
My body is taking control  
PAWS  
A feeling that comes and goes

Running natural circuit in brain  
Stronger as I hold longer  
Not giving in  
To PAWS  
Recovery soon will be yours

Author: Charlotte Viljoen

**You stood by me**

Throughout my healing  
You stood by me every single day

Sharing my emotions  
A price you had to pay

Haven't met you before  
But you were willing to open the door  
For me to be free  
You wanted to stand by me

On the road to victory  
I met you eventually  
A Son of God  
I could see

But being back in the neighbourhood  
I never realised it could  
Be so difficult  
In my face  
My life I lived before  
I've changed but the neighbourhood stayed the same

Having counselling day by day  
Then coming back to the neighbour they say  
Will be difficult  
A choice I need to make  
To take what I've learned  
step by step each day

I tried to be the same  
who I was before  
Seducing apologising the ways I've done on the floor

Stand up you said  
Saying sorry was all you needed to do  
For me to see  
You truly meant what you said before

That's all I know  
It will take time to grow

This Godly Man you are  
You have come so far  
Resisting the devil  
Not giving into evil

I've never had a friend before  
Who only wanted my friendship and not like before

The respect I have for you  
I have no idea how to treat you  
Or how to be a friend

As the tears run down my face  
I just pray that God will show me grace

How to make you  
My best friend  
And loose the only hope  
To amend

Thank you for your honesty  
For setting boundaries  
It gave me security  
And hope  
That not all men will bind me with a rope

From now on ill pray  
For our friendship  
In a different way



Author: Charlotte Viljoen

**R.A.E.L**

Recovering addicts empowering lives  
Awareness RAEL we strive

To help encourage and pray  
For those who are astray

Accept your an addict  
Decide to seek Help  
A Higher power  
In this hour

A new life you will find  
Love combined  
Open your heart  
It's a start

Giving you hope  
Teaching you how to cope

So take out your orange Ribbon or scarf  
RAEL Orange Friday  
Supporters and staff

Let's help each other  
With Anthony and his mother  
Bringing awareness my Brother

From another addict me

Author: Charlotte Viljoen

Inspired by #RAELORANGEFRIDAY

### **The 90 day Wall**

Waking up with a feeling  
I just cannot describe  
Another presence close to me  
Teasing, knocking, my inner door  
Get ready  
Prepare for war

Not knowing what it really meant  
As the day went by  
I found myself wanting to cry

But then my eye caught my cell  
It's Anthony my pal  
Are you okay  
I replied  
Anthony ..... I need a guide

The 90 day wall he said  
Be careful of what you do  
For the next 3 days you going to climb the wall  
Or turn back and walk over your vomit once before  
And then the games began  
Itching anxiety cravings and more  
Am I going to open that door

Climbing into my car  
Not wanting anyone to see  
Thinking of the past fun in a way it didn't seem so astray

Standing in front of the wall  
My cravings pulling my back to the door  
I'm crying weeping confused and sore  
I swore  
I would never open that craving door

I hit the wall  
I started to crawl  
On my knees God help me please  
I can't do this anymore

Then God showed me heavens gates  
Drinking from His fountain  
Sitting at His feet  
Eating from His garden  
With God I will defeat

I want to go back  
I don't want to stay  
I want to serve God come what may

Then suddenly the wall came down  
With thunder, lightning and a crown

You hit the wall  
And never opened the door  
The 90 day wall is no more

Author: Charlotte Viljoen

**A Storm**

Go back to the place  
I showed you grace  
There is something you need to face

14 days  
As you praise

To build your foundation  
A new situation

Around me a storm  
God's going to transform

Spiders, Scorpions  
Wind blowing rooftops everywhere  
I got such a scare

Like a rubber band  
In my hand  
Ready to let go  
I want to show

Before I launch you into your destiny  
I need you back on your knee  
To trust in me  
To see  
Without Me  
Your calling, vision and mission will not be

Faith must be in place  
The foundation of My grace

Then you will no longer  
Be moved by the storm  
To perform

God is always by your side  
No need to hide

Author: Charlotte Viljoen

**Dry Addict syndrome**

The road to recovery  
The turning point  
Like sitting at gunpoint

Struggle and willingness  
To break away  
An area so grey

From patterns of destructive  
Dangerous behaviour  
We truly need our saviour

Certainly grounds for respect  
And acknowledgement  
We reflect

Those who haven't dealt with addiction first hand  
May not understand

The long road that lies ahead  
A shred of  
Picking up pieces  
Trying to thread

The person may think that once they stop  
Their life will miraculously  
Sail to the top non stop

However  
Recovery is often not that simple  
The road to sustained recovery  
Is often bumpy and grumpy

The one issue that may arise is known  
Dry addict syndrome  
Resentment toward friends or family  
Perhaps anger with negative surroundings  
Depression, anxiety, fear of relapse  
Cravings while walking up and down the paving

Jealousy of friends who are not struggling with addiction  
Romanticizing their using days

Being self-obsessed

Cross-addiction

Quest

Dry addict syndrome

Operates almost exclusively

Within a person's mind

Underlined

Overcoming the dry addict mentality

Working on one's "inner life"

Only God can change

Traits and behaviours

Rearranging inner change and failure's

Someone who's sober might still "act drunk"

Or deal with the same junk

Use persistence in recovery

Starting at Calvary

Who God created you to be

Is a journey to discover

Guarantee

Author: Charlotte Viljoen



**Jump Poem**

These voices  
Making a nest  
Inside my head

Feeding the villain  
Looking to see  
What's behind that wall  
I'll be free

I'm healed  
I'm okay  
I don't need another day

Unfinished business  
No one knows  
Only I can solve  
Where I'm going to go

Then the planning began  
Not hearing the teachings  
Not taking in  
Just planning to jump  
To begin

I'll make it on my own  
I've done it before  
All i need to do  
Is to run through that door

My heart pounding  
It's now or never  
Adrenaline rush  
I can do this no fuss

It felt good on the other side  
A place I know all about  
I wanted to shout

But then life began

Temptations  
Expectations  
Old friends  
Do you want a line?

A split second  
A choice I made  
Then my world started to fade

Waking up  
On the floor  
I saw a steel door  
Surrounded by writings  
On the wall

Can it be?  
I'm not free  
Is this the life I chose?  
Is this part of me?

Then I heard footsteps  
Keys unlocking the door  
Stand up  
You not welcome anymore

Guilt and shame  
The cycle began  
The meaning of my name

Dear God can it be  
What have I done?  
Please help me

His arms wide open  
Stand up is what I heard  
A brand new day  
The chains are broken  
God had spoken

Forgiveness and mercy  
You shall find  
Repentance and  
Renewing of your mind

Nothing but the blood of Jesus  
Can take away  
Out of my mess  
He made a way

Author: Charlotte Viljoen

**Valentine's Day**

Waking up  
Can it be?  
It's Valentine's Day  
And I'm free

O God please do something  
Special for me

As the day went by  
Working up and down  
I heard my cell ring  
It's the gate someone with a crown

Then he stood  
In front of me  
Can it be  
The man who taught me  
About Calvary  
To be free

When I looked into his eyes  
I knew it was God in disguise

My first love  
Bought His dove  
Flowers, whispers and a glove

Be careful Guard your heart  
For what you desire will start

Today I'm showing you  
That I'm God  
And I listen to your heart

I'll send my warrior from far away  
To bring you flowers  
And make your day

Just because I'm God  
Your first love

Happy Valentine's day

Author: Charlotte Viljoen

**Table before your enemies**

Speeding over the ocean  
Full throttle between electric power lines  
Over the train line  
In the clouds  
Time stayed behind

Feeling anxious excited  
Get ready Get ready Get ready

With a brick between my ribs  
Pressure in my spirit  
I'm ready to burst

Jezebel on the side  
Giants in the way  
For a moment forgetting to focus  
On the one who planned my way

Up and down  
Walking around  
Labour pains in the way

This is the moment  
This is the time  
My victory so divine

100 fold He said  
For leaving everyone behind  
To follow Me and hear  
What's on My mind

I feel it in my spirit  
I feel it in the air  
It's just every where

Bring Me in remembrance  
Call your destiny  
It's yours  
Because I'm preparing a table

Before your enemy

Author: Charlotte Viljoen

**As God anointed my head with oil - Poem**

As I came into your presence  
You anointed my head with oil  
Lifting the vessel  
Over my head  
Oil streaming down like a thread

Receive the flow of oil  
First a price I had to pay  
Pain, agony, hardship  
Suffering, death  
Struggle every single day

Soaking in your presence  
Let it flow Let it flow  
Healed inside and out  
I had no doubt

Fresh oil  
The glory of God flowing  
Bringing forth freshness and glowing

Splendour beauty  
Raised like an eagle  
Boldness roaring like a lion  
On the horizon

Supernatural breakthrough  
As king and Royal Priesthood  
Blessed to be a blessing  
For others each day  
God will bring come what may

Wisdom of Jesus in me  
Overflowing in my life I will see



In all areas a long life with spice

Enlarging His vision  
Great things and provision  
Signs and wonders  
A sudden shift and swift

God Use me  
Wherever Your treasure  
No measure

I receive your anointing  
Feeling Your touch  
I hear You God  
As You stir my heart  
From the start

Walking with You  
Not letting go  
God help me to glow

Won't miss out  
As I shout  
Clinging onto You  
Like glue

Once again on my knee  
God please use me

Author: Charlotte Viljoen

**A twist of my imagination**

Is this a twist?  
Of my imagination  
A sensation

A world I created  
Out of pain  
So complicated

A sudden stab in my chest  
Cut right through my flesh down to the bone

I feel you in my back in my side  
In my heart from the start  
Is it time to apart?

I kept you close by my side  
A safe place to hide

You're such a part of me  
My love, my fantasy

I've never met her before  
I've never even opened that door  
Then suddenly you stood in front of me  
I nearly fell to the floor  
Breath-taking I adore

No more my imagination  
Can it be you free?

Standing right in front of me  
Such a beauty  
Intelligent  
Powerful  
Sexy  
My fantasy became Reality

O God help me

I heard God say  
Here she is  
Be at ease

No matter what you decide  
My love for you the same my dove  
No one can take away  
For on the cross that day

A choice I made to start over  
To see who I really am  
A journey without my biggest fan

It's time to let go  
But how can it be  
The trigger inside of me  
Pain so intense  
Too much to comprehend  
The cycle I need to amend

All I want to be  
Is the real me and free  
Who God created me to be  
No fuss no fantasy

Locked up for so long  
Coming out is not a song  
Where do I belong?

A journey  
To discover  
Only God and me  
Under cover

Author: Charlotte Viljoen

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**Jeans**

What's up?  
Candy rush  
The way we spoke  
We had such a joke

Remember what I said  
Waiting for the right time  
For you to come out  
Together we fantasised  
How it's going to be  
And eventually you will be free

You interfered with a lot of my thoughts  
Throughout the years  
I was so blind  
With you on my mind  
Not bad in a way  
Just gay

Your beautiful blond hair  
Powerful  
Sexy  
Intelligent that's not fair to compare

All jokes a side my biggest fan  
It's time no more hide

Jeans I created  
Out of my pain  
Twisted complicated  
Too much to explain  
What I want to do  
Is speak the truth  
From abuse to my youth  
You know exactly what I mean  
That day you came on the scene

From that day you started to say  
I think a different way

The voices in my head  
Made me so scared

Do you realise  
The suffering  
The disguise  
The relationships I lost  
The cost

From inside, you pushed and pushed till I cried  
Carrying you inside  
I had to hide

No more  
I'm closing that door  
I'm pulling the plug  
Before you go  
I need a hug

Remember you not forgotten  
So listen carefully  
Just no longer part of me  
My heart is wrapped in cotton  
Only for God to see

Author: Charlotte Viljoen

**Know that I am God**

Trust God First

Anxious scared what if  
Sweating heart pounding  
Clinging to other to feed need and love  
Manipulate the situation  
Self-sufficient  
Human council takes priority

Sleepless nights  
Toss and turn  
Our beds burn  
Lying awake at night

Take charge without prayer  
Doubt Biblical principles and promises  
We call on others to help

We hurry ahead  
And do not wait

Rest on His promise  
Trust in the Lord with all your heart  
The Lord is my strength and shield  
Be still and know  
That I am God  
In Him my heart trusts

Do not be anxious about your life  
Put your trust in Him  
To those who knows His name

Jesus Christ in the same  
Yesterday Today and forever

May the Lord fill you with Joy  
Peace in believing

For those who love the Lord

All things work out for good

When you trust in the Lord  
Your heart will be firm  
And will not be afraid of bad news

Be strong and courageous  
Do not be frightened  
Do not be dismayed  
For the Lord your God is with you  
Wherever you go

Do not fear  
Only believe

With your mind on God  
You stay in perfect peace  
Because you trust in Him

Delight yourself in the Lord  
He will give you  
The desires of your heart

Commit your way  
Unto the Lord  
Trust in Him  
And He will act

Righteousness and justice He brings forth

Without faith  
It's impossible to please God  
Believe He exists and He will reward  
Fear not  
For I am with you  
Do not be dismayed  
For I am your God

I will strengthen you  
I will help you  
I will uphold you  
With my righteous right hand

Do not be anxious about anything  
But by prayer and supplication  
With thanks giving  
Let your requests be made known to God  
And the peace of God  
Which surpasses  
All understanding  
Will guard your hearts  
And your minds in Christ Jesus

I came that they may have life  
And have it abundantly

Let not your hearts be troubled  
Believe in God  
Believe also in Me

Author: Charlotte Viljoen

Inspired by the Bible



**My Beloved**

You crossed my path one day  
For me just to say  
Who is this man  
Looking at me that way

He looks at me  
Through Jesus's eyes

With a question in my soul  
He looks at me and makes me believe I am whole

He gives me love  
Expecting nothing in return  
I felt my heart burn

Unconditionally  
Unprepared  
A deep intense feeling  
That does not make me scared

Feeling safe when he's near  
I have no fear

The way he shines  
The way he guides  
The way he dines

Can it be  
This love inside of me  
Has always been  
He shows me true love  
Love from above

He handed me all he had  
And said  
My angel  
Your husband is my name he proclaimed

Then he took my ring

I'll wait for my beloved  
And replaced it with a covenant ring

With God by our side  
Together forever  
Hand in Hand  
We will serve our King  
With the symbol of our rings

Author: Charlotte Viljoen

### **Heart Circumcision**

I'm not good enough  
Abandoned, not worthy to be loved  
Self-sabotaging, martyr, scapegoat

Renewing of the mind I'll find  
Revelation I'm God's creation  
Not my imagination reject or sensation

As I stood in front  
Of the warrior from far away  
As we pray

I felt a knife cutting into my life  
From my side to my heart  
Suffocating my chest  
An urge a peep of where devastation lies

An abortion of my soul  
Ripped out of the big whole  
The addiction cycle began

No more guilt and shame  
God's love died for His dove  
On Calvary that day  
An intimate relationship with God I found  
As I lay open before His throne

Empty open raw inside  
A pain I cannot describe

As he prayed for my imagination  
Going to God  
Letting her be  
It fell all over me

I felt God's love  
His blood flowing through my veins  
A dove descending on me

What happened?  
I can't comprehend  
All I know is God came to amend

Womanly Feminine free indeed  
Independent Compassionate Mature  
Warm and gracious is her blessings  
Strong in Jesus you will find  
Turning her mess into a message combined

Body, mind and soul  
He began to make me whole

Author: Charlotte Viljoen

**Climbing out The Big Black Hole**

Filling the void within myself  
Internal black hole  
A role in my soul  
Fill this begging bowl  
So that I can feel whole

Peeling back the layers of his game  
Face to show no fame  
The rotten core  
Of what exists below

Asking for more  
A dark emptiness that demands to be filled  
Whatever I could find  
To numb my mind

Dancing around the edge of the black hole  
"You cannot leave a place you have never been" whole

I was touching the edge of it from time to time  
And pulling back  
When it felt too scary  
Ready to bury

I continued to feed whatever it asked for  
When it all got too much  
Seeing himself as a failure untouched

Weak and broken  
In disguise / As no one knows  
Unspoken  
Retreat to the shadows?  
Hiding my face  
In disgrace

I pray to keep  
Hell away  
Hanging my head  
Feeling scared

Drown my fear  
Till you all just  
Disappear

I am afraid, abandoned, and alone  
This black hole pulls whatever it can to the bone

In hope of filling this void inside  
And feeling safe secure denied

Around the edge of the void  
Was a fearful angst intensify  
As a way of reeling me back to justify

But, in the end, the drug will turn on you  
Consuming all that you are  
All that you could ever be  
Free

It had nothing but a cold, damp existence  
It could have used a dose of warm wind assistance  
For this I'm packed with shame, full of self-hatred astray  
A mainline will make it all go away

The mood within the Black Hole is dreary  
Avoid feeling these emotions  
Whatever I could find  
That numbed my mind

Pretty much anything else to hand  
As a means of distancing and distracting my brand  
Any sense of completeness will soon drain away  
The problem is at the bottom of this begging bowl  
Is a hole  
Leaving us feeling empty, and hollow

Then the begging starts again  
Never satisfied

Stop reaching outside of yourself  
For something to complete you  
Be able to face your fear

When it draws near

It would lose its hold over you  
It only wanted to see  
The very thing you were attempting to escape from  
Fear to be free

The big black hole  
Is a longing to come home  
Finding Wholeness  
Facing the big black hole  
You found your soul

One at a time  
The door of your heart  
Is now open to receive  
What God started He will achieve

I climbed out of the big black hole  
I got back on my feet  
With God  
You will defeat

Now my goal  
To jump back into the hole  
To show others the way  
I have found strength and purpose  
And not going astray

Thanks to my big black hole experiences  
Humility is an essential utility

In your pursuit of spiritual transformation  
Conformation

With God is the only way out of the Big Black whole  
No doubt

Author: Charlotte Viljoen

**#ImStaying**

A page created  
For you and me  
It's time we set  
Each other free  
So let it be

South-Africa  
United we shall stand  
So take each others hand  
Out of the shadows band

Stories of hope  
How to cope  
Paying another's way  
Praying for one another  
Every single day

Gratitude, Honour and Respect  
Growing day by day  
Where will you find it?  
#ImStaying they say

Author: Charlotte Viljoen



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**2020**

20/20 vision can you see  
Clearly, Clarity it will be  
From God on your knee

20 the biblical number  
Cycle you will find a  
Renewed mind

In the perfect period of waiting  
No more debating  
Trial and reward moving forward  
What God had in stored

Sharpness of vision  
You will see  
2020 what God has for you and me

Cycle of completeness  
You have found  
2020 is profound

Author: Charlotte Viljoen

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**COVID 19**

COVID 19  
Can it be  
A virus  
From land to sea

All around  
You will find

The enemy  
We cannot see  
But we must believe  
That the virus is here trying to achieve

People running up and down  
To see what they can find

With masks and gloves  
Sanitizers everywhere  
Looking scared  
Trying to compare

Then suddenly silence hit the world  
Lockdown it's called

No more hugs  
No more kisses  
Distance is all we share

As I looked down to see  
What is this shadow following me

A warm embrace  
A presence like none before

It's God's Grace  
With a smile on my face  
I realised it's time  
For 21 days God divine

Needing Hope to cope  
How to fight with what might  
Listen carefully don't loose sight

Quiet time is what we need  
Praise and worship to  
Meditating on His word  
Through this we will succeed

To fill our love tanks to the brim  
In this time of need  
We will realise that  
Only God can achieve

Investigate my life O God  
So cross examine and test me  
Guide me on the road  
To eternity

With a clean heart  
A new start  
God will never depart

Author: Charlotte Viljoen

27.03.2020

**Eat the scroll**

As I opened my mouth  
He caused me to eat the scroll  
Bit by bit making me whole

Feeding my belly  
Filling my stomach  
A feast so sweet

Like honey and sweetness  
Lamentation mourning and woe bitter  
But God's words were dinner

Message given by God  
Prophet assimilated  
Digested and consumed  
Chewing down  
On His message spoon by spoon

To speak with meaning and power  
Taking time to fill my heart  
Personally taste it every hour  
Making it part from the start

Thinking, feeling with clarity  
Asking the Lord  
To make it my sword

To teach me  
Eat before I speak  
So that I would not be weak

Fill my mind  
Rule my heart  
Guide my steps to not apart

The word being part of my every being  
Then equipped to share the message with meaning  
Your precious living bread  
Thread by thread

After I have eaten, Lord,  
And on Your Word have fed,  
Help me share with others from  
Your precious, living bread

Author: Charlotte Viljoen

**Eyebrow lifts**

Seems so cruel  
Is this the rule?

People attack you first  
Then figure you out later a vindicator

What do they have to gain?  
Is this their frame?  
Love to see your pain?

Trying to twist your past  
In front of their mask

God can it be?  
Why would they do that to me?  
Don't they know you set me free?

If you can stand  
The eyebrow lifts  
The hand that tries to band  
The gossip the unbelief  
Out of their grief

Then I, can take you further  
Along the way you'll see  
A table set before your enemy

Author: Charlotte Viljoen

**Lost the COVID way**

More and more  
News each day  
Of people who lost a battle  
The COVID way

Tears streaming down my face  
Such a disgrace

The most difficult poem to write  
Trying to not lose sight

Another angel in heaven today  
Entering heaven's gate  
Sitting at His throne  
No more alone

I can only imagine  
What heaven would be  
Safe and free

On my knee  
God help us please  
Those left behind  
To Find  
Comfort in agony

A touch of the Masters hand  
While trying to understand

Gave me sight  
Not to lose might  
But to fight

The invisible enemy

Will no longer be

Day by Day

As we pray

Moving further away

Author: Charlotte Viljoen

Dedicated to all loved ones who lost the battle to COVID 19



**Passover**

Out of Egypt  
Into the promised land  
40 days we stand

So take this bread  
With faith look ahead

Judge worthy of His works as I kneeled  
By His stripes I am healed

Through His grace  
I'm renewed and can face

Time of Celebration  
With this cup His blood  
A new covenant shed for me  
Remission of my sins I'm free

So lead your people  
With courage, hope and faith  
Only through Christ  
Entering into the Promised Land  
By His grace  
You will see  
The Promised Land indeed

Author: Charlotte Viljoen

**Signet Ring**

Before Your throne I stand  
As You held out the golden Sceptre  
In Your right hand

Then Ester came  
And gave me the signet ring  
From the King

Uriel by my side  
As I sat on Gods White Horse  
Through the Holy Spirit  
I release the angels to enforce

With the Cyrus in me  
Ill step up as an Ester  
For the world to see

With the Sceptre  
Giving me access  
I know what I ask  
Will come to pass  
To Your throne of grace  
I may face

With the signet ring  
Jesus Christ  
His blood shed for me

Applying to what You Placed  
In my hart  
From the start

On my knee  
I thank God

For what He gave me

This ring  
The Sceptre  
Uriel  
and  
A dream  
To the extreme

No more a mystery

Author: Charlotte Viljoen

**The Addicts Diary**

Kevin Alter is my name

The addicts diary

Not a game

Misconception I had found

From people all around

Who we addicts really are

Humanize addiction scar

See us for who we truly are

Braking the stigma

Over our name

It's not a shame

The good

The bad

And the ugly

For The Addict's Diary fan

Inspire Educate and

Save lives

With a Stroke of a keyboard and advice

On my journey

I will take

The reader for your sake

I put all into, it worked

Clean & Sober

Was the perk

Sharing my words with millions

Privilege of sticking

Out my hand

Still sick and suffering alcoholics and addicts

Joint our group

The Addict's Diary fam

-Author - Just another addict Charlotte Viljoen

Inspired by Facebook page The Addicts Diary: Kevin Alter

**The Staff of Moses**

As I stood in front of the water  
A man walked up to me  
Moses is my name  
Take this staff  
You going to need to gain

What's in your hand?  
Give to God  
Supernatural change  
A miracle exchanged

Holding up the staff  
As I pray  
Listening to God  
And obey

Waiting patiently  
My destiny

How God changed the staff  
Miraculously

Author: Charlotte Viljoen

**Cyber dating**

Swipe left  
Swipe right  
Only look at one picture  
Choosing love at first sight

Scrolling down  
What will I find  
My forever after  
Became a disaster

Creating a profile  
Of who they want to be  
No insight of past agony  
No family tree

Expectations  
Of who they want you to be

Catfishes  
Fake profiles  
Photo shopped  
And cropped  
Will this ever stop

Logging in to see  
How many messages  
For me

Suddenly I realised  
Seeking Validity  
Online  
Co-dependent  
To see who likes me

God only knows  
The real you  
God only knows  
The person made for you

Don't you know  
That God knows how  
To bring you together forever  
With a vow

Cyber dating  
Took away  
What God intended  
For us to pray

Knowing who I am in Christ  
Has no price

Delete your profile  
Put down your mobile

On your knee  
God I trust thee

Author: Charlotte Viljoen



**To rest on Gods Chest**

As you lay your flesh and bone  
To rest on Gods Chest

I pray that God  
Will comfort you  
Give you strength  
While feeling blue

No parent should berry  
A child so soon at noon

Only God knows what you going through  
Only God can comfort you

In the palm of His hands  
His love for you  
More than all the grand's of sands

May God keep you  
May God strengthen you  
May His face shine upon you  
And give you peace

Your son is with Him  
Proud of his Daddy  
Thankful for having the best  
At rest Lying on Gods chest

Author: Charlotte Viljoen

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**Angel Uriel**

Fiery sword  
Flame of God  
Angel of music and poetry

You came to me  
From the south  
High level of power  
The same hour

The sun of God  
Prince of sun  
Light of God  
Face of God  
Manifested in a thunderstorm

Carrying out the work of the Lord  
Archangel of salvation  
Part of Your creation

Author: Charlotte Viljoen

**Mercy**

Mercy a redemptive gift  
Connects with the heart of God

Able to pick out people  
Who are troubled and play their hard

Strong to worship  
Easy to enter  
The presence of God not hard

Stubborn in the nicest way  
Safe, sensitive, loves beauty, come what may

Mercy warfare  
Strategy to train  
Basal Ganglia in the middle of the brain

Parallel with gifts  
Responsible for habits and gadgets  
Repetitive behaviours  
And things

Before I knew who I was  
The enemy twisted this gift  
Repetitive sins  
Addictions  
Co-dependant to contradictions

But the Fear of the Lord  
Made me see  
That I really can be free

Turning on my DNA song  
This is where I belong

Thank you God  
For this Gift  
You placed  
Inside of me

Mercy the redemptive gift  
Is who I ought to be

Author: Charlotte Viljoen

**Friends who care**

Been set free  
Feeling Victory

Don't lose sight  
Or you going to fight

For the enemy  
Walks around  
To see who he can find  
Opening a door  
He will bring more

Being tormented  
This is no game  
Facing my giant  
In His name

I can't take this no more  
My heart broken  
Can't fight this war

With God the Father  
And friends by my side  
Warning me of what could be

Praying and playing  
Songs of praise  
Checking up to see

I'm so grateful to find  
Friends who care  
Helping me stand  
Out of the shadows snare

When I'm weak  
He is strong  
With friends by my side  
How can I go wrong?

A spiritual warfare  
I can't ask for more  
Stepping in we declare war

Humbly I bow down  
Again I take the crown  
On my knees  
Lord help me please

With the Armour shofar  
God's word and prayer  
A bow and arrow  
We declare  
Defeat Triumph Victory

The chains are broken  
God has spoken

Author: Charlotte Viljoen

**My First Love**

I noticed in the atmosphere  
Then I drew near

An Attraction to be open to change  
To be the best I can

Flirtation reading and sending  
Signals all around  
For me to find

Demonstrating His love for me  
Dying on Calvary

Romanced by His creation  
Passion and care

Individuation all honesty  
Don't compare

Emotional Intimacy  
Vulnerable deepened meaning

Touched by the Father  
To Trust and care

Foreplay will I receive  
Soloms of Solomon  
Expression of passion

Intercourse surrendering  
my body mind and soul  
Giving up control  
God is making me whole

Commitment

Bond / attached to one another

Staying faithful

Honouring you this way

Renewal

Being devoted

Because of meaning

Continue to grow in Vulnerability

An expression of love from above

Author: Charlotte Viljoen



**Don't just open that door**

Trying to be the perfect one  
Looking for love and fantasy  
Searching to fill the void in me

Exchange I will find that love combined  
It fills my inner being seeing another human being  
Venerable and dreaming

Talking in a little girls voice  
Rolling my fingers through my hair  
He has no choice but to give me whatever I voiced

At that moment I'm not free  
I'm that little girl inside of me

To everyone  
Who open that door

You were with a small innocent girl  
Who was scared searching for survival  
Who lived on denial

She was used abused and they amused  
To get rid of the guilt and shame  
But today I proclaim  
No longer a game

Be careful who you entertain  
Don't just open the door

For some would not be as lucky as me  
And would maybe take their own life to be free

Author: Charlotte Viljoen

**Emotional & Verbal abuse**

Who do you think you are  
Talking to me that way  
Because of your past  
Because of your pain  
Don't you have any shame

Do you hear yourself  
As you speak  
Yelling words  
That make me meek

Because of your pain  
You try to gain  
Control, manipulation, restrain

But in your eyes  
I see an empty space  
A place you need to face

I do not deserve  
The way you speak  
Trying to get  
To the core of my soul  
Cutting my heart  
Tearing us apart

A little secret  
Let me say  
You only digging a deeper place  
Talking to me that way  
What a disgrace

But then I realised  
Setting boundaries

Protecting my heart  
God loves you  
Never will He depart

On my knees  
Lord help us please

Show me the way  
So that we won't go astray

For the plans I have for you  
No one can take away  
As I pray  
The blood of Jesus  
Come what may  
The devil cant stay

Get behind us  
You under our feet  
No more do you belong  
Hearing fight my battle song

Covered with His blood  
Fighting the battles for me  
We are free  
Walking in victory

Author: Charlotte Viljoen

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**My 12 Steps of recovery**

1

Admitting I have no power  
Unmanageable recognizing the hour

2

I've come to believe  
Only the blood of Jesus can achieve

3

Then made a decision  
To turn my will and life  
God is my mission

4

Search me O God and know my heart.....

Ps 139 v 23 + 24

From the start

5

I admitted to God, myself and other's  
The exact nature of my wrongs  
Towards my brother

6

I'm ready  
To have God remove  
Whatever He needs to do  
To make me improve

7

I made a list of persons  
That I have wronged before  
And made amends too open that door

8

Personal inventory  
Self-monitoring That way  
Not to go astray  
and when I am wrong  
I promptly admit it through a poem or song

9

Through prayer and meditation

I seek to improve  
my relationship with God  
as I understand God,  
praying only for knowledge of God's will for my life  
and the power to carry that out

10

Having had a spiritual awakening  
As the result of these steps I took

11

I try to carry this message  
To others and to practice these principles too

12

With God by my side His infinite Grace  
Mercy and love  
Step by step day by day we walk  
In victory come what may

Author: Charlotte Viljoen

**From the Fathers heart**

The beauty in your eyes  
Make me so proud of My creation  
Who you turned out to be  
To My satisfaction  
You will reach your destiny

Sometimes You forget  
Who I really am  
I am THE I am  
The God of ALL eternity

My Child  
I need you to feel  
My heart beat  
To truly sit by My feet

It's not what you know  
It's not what you read  
I want an intimate relationship  
Indeed

I desire for you  
To feel the fire

For you to truly trust me  
To look around  
And admire

Use your senses  
Feel Me now  
What I have for you  
Has no fence

I'll give you the fountain

I'll give you the key  
All I want is for you  
To sit on my knee

Give me your heart  
From the start  
And take mine tonight  
You will no longer  
Need to fight

My righteous one  
Come to your Father  
With open arms  
Leave your worries  
Leave your tears

From now on  
You'll walk  
In authority and power  
Knowing NOTHING is impossible  
With Me on the hour

My perfect one  
A STREAM of LIVING WATER  
Bringing order

Life I gave  
You will see  
Walk now in victory

From the Father's heart

Author: Charlotte Viljoen

**God heard my cry**

Never in my life  
Have I met you before  
But you held your arms wide  
And opened your door

A man sent from God  
Could it be  
You heard His voice  
As I fell on my knee

God help me please  
I cannot get by  
As I stand in faith  
While I cry

Then God sent his son  
A child of God  
To fix my car

No strings attached  
Not lashed

Only to realise  
God heard me cry

Author: Charlotte Viljoen



**Hy soek n vrou**

Hy soek n vrou  
Om saam huis te bou  
Wat hom in liefde kan toevou

Saam met ons Vader  
Kom ons nader  
Met ons kinders, kleinkinders, familie en vriende  
Geseend as voorbeeld te benader

n Man van staal  
n Man van goud  
Wat die Here dien  
Kan ek niks meer vra  
As om opgewonde te sien  
Wat ons Vader beraam

N Dogter van die Allerhoogste  
Dis wie ek is  
Skoon gewas  
Wat jou deur Jesus se oë sal verras

In my binnekamer  
Bid ek nou  
Dat die Vader  
Jou hart sal beskerm  
Hom of jou sal ontverm

Om n huis n paradys te maak  
My deur staan altyd oop  
Onthaal warm en snoesig  
Ek kan kook

Biltong kan ek maak  
Ag wat maak dit saak

Bereid om lief te he  
Sal n voorreg wees om jou  
Aan my sy te he

Author: Charlotte Viljoen

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**Jesus my pel**

Met my bersie in my hand  
En my dummy aan die kant

Rus ek agteroor  
Terwyl ek hoor

Hoe Mamma my vertel  
Van Jesus my pel

Author: Charlotte Viljoen

**My Brother**

So proud as I watch you in your go cart suit  
Ready to conquer the world  
and in the boot the brick was laid  
To give you speed  
Down Lenchen way

That's how I remember  
The times we had  
The train set in the garage  
Flying a mirage

Putting you in a box  
Trying to make you fly  
Pushing you out of the tree  
Sister and me

Screaming Jesus help my  
You jumped and grabbed the wheel  
As my brakes failed and squealed

Thank you for being my brother  
I love you just as you are  
Helping whenever I fainted  
Taking responsibility  
That felt so great

Because of my insecurities  
Because of my co-dependencies  
My truth that I believed  
Stole the bond we could have achieved

I'm sorry for taking time  
For shutting the door

And so much more

Still you found it through the war  
To draw close and open your door

I thank you for your honesty  
When talking and looking at me

Please could you forgive me  
From now on I'll be walking with the Cyrus in me

Charlotte Viljoen

### **My Sister**

I don't think you understand the love I have for you  
Admiring your ability and your intelligence too

Growing up seeing  
The fish you ordered  
And the salad wanting some too

Having the room next to Mommy  
I was jealous of the bathroom and you  
Being a big sister looked like something I'd like to do

The lies I believed in me  
From small I could not see  
Who I was created to be

I denied who I was  
And became dependant on others opinion of me  
Fed on others happiness trying to please with gifts and ease

Today I realise  
Not going to deny  
For all the years I fed on other people's lives

I enjoy the spritzers at the clubhouse  
Catching up and getting advice

In all honesty  
You were there for me

I ask your forgiveness

And thank you for the time  
You spent so divine

Author: Charlotte Viljoen

**Soentjie vir jou**

In my bedtjie lê ek nou  
Met my arms om gevou

Ek wag vir jou  
Kom tog gou

Hier's n soentjie vir jou

Author: Charlotte Viljoen



**Terwyl ek wag**

Dankie Vader vir die nag  
Maak my oogies toe en wag

Vir my ouers om nag te sê  
Dan praat ek solank met U terwyl ek lê

Author: Charlotte Viljoen

**Your dedication so true**

I've seen your struggle  
I've seen your care  
I've seen so much despair

But what I found in you  
Your dedication so true

Your task and calling  
Today is not a day of mourning or warning  
But of your ultimate calling

I'm pleased to say  
You have reached physical and mental maturity  
You're on your way  
To handle major responsibility  
Come what may

You grew in stature and wisdom  
Favour with God you will find

Jesus suffered and shed His precious blood  
With Your love  
You paid the price  
You gave advice

This is your time  
To shine

You ripe for leadership to reign  
I proclaim  
In Jesus name

For what your about to receive  
Do not let the enemy deceive

It was in your heart  
From the start  
Take up the promises  
I gave

From now on  
You will see victory  
Because  
I AM  
IN ME  
IT HAS COME TO BE

Prosperity  
Abundance  
You will see  
Just don't forget ME

Author: Charlotte Viljoen

## Ending

### Climbing Out of A Black Hole

By Guest Author - Kevin Repass | Sat, Apr 6, 2019 at 7:00 am

The parable of the alcoholic stuck in a hole has always resonated deeply with me. Before I mustered up the courage to go into detox and treatment, I found myself stuck in a black hole for the second time in my life. I did not think I would make it out alive this time. The story of the alcoholic stuck in a hole goes like this:

A drunk fell in a hole and couldn't get out. A businessman went by. The drunk called out for help. The businessman threw him some money and told him get yourself a ladder. But the drunk could not find a ladder in this hole he was in.

A doctor walked by. The drunk said, "Help, I can't get out." The doctor gave him drugs and said, "Take this, it will relieve the pain." The drunk said, "Thanks" but when the pills ran out, he was still in the hole.

A renowned psychiatrist rode by and heard the drunk's cries for help. He stopped and said, "How did you get there? Were you born there? Were you put there by your parents? Tell me about yourself; it will alleviate your sense of loneliness." So the drunk talked with him for an hour, then the psychiatrist had to leave, but he said he'd be back next week. The drunk thanked him, but he was still in his hole.

A priest came by and the drunk called for help. The priest gave him a Bible and said "I'll say a prayer for you." He got down on his knees and prayed for the drunk, then left. The drunk was very grateful, he read the Bible, but he was still stuck in that hole.

A recovering alcoholic happened to be passing by. The drunk cried out, "Hey, help me, I'm stuck in this hole." Right away, the recovering alcoholic jumped in the hole with him. The drunk said, "What are you doing? Now we're both stuck here." But the recovering alcoholic said, "It's okay, I've been here before, I know how to get out."

*"Theophostic Ministry is not about growing in knowledge but rather receiving a specific truth for the displacement of a specific lie. Theophostic healing releases us so that we might be able to appropriate the truths of scripture we logically know." Ed M Smith*

**"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace." Numbers 6:24–26.**

## Giving Hope Through Poems

### *“Lies verses God’s Truth”*

### *“My pain became my inspiration”*



Poem’s you can relate with...

Poems that will give you hope...

How to find the root of your problems...

How to break the cycle of making the same mistakes over and over again...

Author: *Charlotte Viljoen*

I would cry out, Lord take this away from me, and He would just leave it right there, because it was my weakness that led me to my strength. The greatest gift God gave me was gradual change...