

Broken Hearts, Broken Wings
by Nan Zastrow

In blue skies, I once soared with eagles
When sweet ballads my soul could sing,
Life's painful and humbling experiences
Broke my heart, and then broke my wings.

My heart shattered in hundreds of pieces
With the burden I was asked to bear.
Each scar forms a constant reminder
That life's tests pay our journey's fare.

My spirit was crushed, oh so swiftly,
'neath the burden of crippling grief,
I long for the freedom of flying,
Visions of wings, lay still, at my feet.

Oh where's the comfort of God's promise
For the mourner who seeks him in prayer?
Oh how will I overcome the sorrow
When my heart and wings need repair?

I searched for the magic to mend them,
My broken heart and my broken wings,
When my Lord whispered ever so softly,
"You must first heal your spirit within."

Listen to the beat of your heart vibes,
Hear the message of experiences past,
See the worth of your honored values
Gather strength from these lessons that last.

Healing hearts share the loving memories
And help others their burdens to bear.
Life once again offers new purpose,
Anger and sorrow will soon disappear.

Healing wings energize the spirit
Give flight to our grief and our fear.
And slowly I'll rise from my grieving,
As God's message becomes crystal clear.

I'll rely on God's sacrifice and promise,
In eternal life, my loved one I'll meet
The clouds will part for the sunshine,
The 'sting of death' I will surely defeat.

Found my spirit and wings are one, Lord,
The battle over grief I will win,
Because the wings I desire for soaring
Are empowered by my spirit within!