

Blog 2016

I seen
flowers fly. flutter
no longer imprisoned
fresh from the gutter
no longer unrisen
how do u land in prison
sip'n soy butter?
in multicultural chew haws
het me see
look at me new
still missin
souls glistenin
I have a heart beat
take a listen
it's in my mouth
"120 over 80
that's text book"
I live crally

Blog 2016

In our hearts
we all possess
the hurt
the upsetness
the disappointments
that accompany
fail'd expectations
expectations
of u
(GOD)
expectations
of ourselves
expectations
of others

Blog 2016

What does it mean

2 a parentless child

2 B called

God's Son

God's Daughter

a child

of God

What does it

mean

2 a motherless

child

2 B called

child

of the King?

What does it

mean

2 a fatherless

child

2 B called

child

of the

Most High?

Blog

On Sunday January 2nd, 2016 God was thinking about U Yes U. It was approximately 3pm earthly time.

The message of love is contained in the scriptural truth contained in Galatians 6:17(b) which says, "For I bear in my body the marks of the Lord Jesus."

When Paul said "in my body" the 1st thing that comes 2 mind is diseases. We know diseases - cancer, diabetes, the flu, HIV, MS, alzheimers, arthritis, etc... happen in the body.

The blessing is, ~~as~~ U bear in U body these diseases coupled with "the marks of the Lord Jesus (John 4:14) there is divine strength, Tap. Divine energy 2 share U testimony of what the Lord has brought U through, is bringing U through Yes diseases are internal scars and just like external scars they are conversation starters.

As people gawk and inquire "What happened 2 U?" and the like, U can tell them "Oh I got _____ but God is bringing me through ~~it~~ it - is Amen

Isaiah 43:2 → When U pass through the (raging) waters, I will be with U; and when U pass through the rivers, they shall not ever flow U; when U walk (patiently) through the fire, ~~U~~ U shall not be burned; neither shall flame kindle upon U. verse 3 → 4 I AM the Lord U God, the Holy One of Israel, U savior

Scars is a blessing ☺

7-5-10

2 lives
were in
my hand
in a
split
decision
in 5
seconds
in a
chase
in a
judgment
in a
letter
in a
regret
in a
cell

Blog 2016

As a Christian I'm blessed in all areas:

- physically → Jeremiah 17:14, Psalm 56
- mentally → Isaiah 26:3
- financially → Deuteronomy 28:12
- emotionally → Psalm 55:22 1st Peter 5:7
- spiritually → Ephesians 1:3 Psalm 142
- unconditionally → John 3:16

P.S. Blog 2016

Thank U Kirk Franklin 4 ur book
'The Blueprint' - U taught me Manhood is
about character not \$ (though I could use
a lil extra) not bout accomplishments (though
get'n outta prison is...)

Education 4 the soul - sometime last year

I'm tryin 2 graduate from prison
graduate from graves


He is risen

- It is paid-

like I was 3

mambilin. falls from like fumbilin

but I walk on

color garden my 

as gold tassles never

change remain in blackened darts

Sentence me to 5

Blog

So I can, hop, hop around

high on ignorance

2 B. ignorant 2 bills

likes tomorrow's. hopes - n - thrills

words like H& - n - kill

or "standing count"

"standing count"

I'd rather

stand'n count

Sayin "I'm this many"

findin soul exhilaration

in Chip's ahoy

~~was~~ cold milk - n - toys

hot wheels - n - action figures

so I figure

rhubix cubes

opposed 2

lastin 4 her figure

B4 hour glass beauty

way back when "she" had cooties

"Go Joe"

when my house hold

had one bowl

1-spoon, 1 knife, 1 fork
but no road

I slept steep like
* babies on balconies

B4 the hood rocked Saucerys

just gun shots
"Boy get in this house!"

But mama -

bullets don't reach up here.

no worries

we only "played dead"

life was a cereal that don't get soggy
but taste greeeeey aaaaat theee

Dada,

what is

child like faith?

Murphy - Prisoners.pg

MENTAL NOTE:

1-13-16

The best anti-depression
medication
is a dose of
THANKFULNESS

Dare U 2 begin
2 thank God
4 everything
in Ur life
Ur feelins 2 spite

watch sadness melt away
as U express that infamous
attitude of gratitude

Yes,U can thank Him
4 NE-n-everything

Dare U 2 thank Him 3x's a day
watch Ur perspective change
emotions rearranged
no matter Ur situation
or circumstance

there's always a reason 2 thank God

Ex:when I cried bout bein in prison
He said,"U live in a 52.9 million dollar mansion!"

EX:when I cried bout the slop they feedin us
He said,"3 hots-n-a-cot" is daily bread"

it's OK,
I'm gone B OK

I encourage U 2 look around
N just begin 2 say
out-loud,or within Urself

God I thank U 4...
this tablet,this E-book
this house,this muffin shop,
this Starbucks,this moment
thank U 4 the disappointments in my life
4 my job,4 the \$\$\$ 2 buy stuff
4 love,4 friends,4 family
4 strength,4 my life,
4 that breath I just took,
4 the invention of computers
4 medicine,4 college
4 the weather
4 shoes

Murphy - Prisoners,pg ,continued stanza

Mental Note cont --

4 my pets,4 animals in general
4 my kids-n-other peoples kids
my parents,all parents
that life has meanin-n-purpose
soup,chips,food
fruit,veggies
coffee,tea,milkshakes
eyes,stomachs,ears,noses,fingers,feet
red,yellow,green,black,white,orange,pink
poetry,essays,lessons,magazines,papers
water,clouds,answered prayer
thoughts,energy,wisdom
shapes,3-d printers
rain,snow,sleet
sand ,grass,gravel
feelins,emotions,likes-n-dislikes
4giveness,mercy,joy
etc...etc...

whatever He brings 2 Ur heart

try 2 do this 1st thing in the mornin
N watch how different Ur day goes
how much more alive U feel
Amen-n-Amen

Hebrews 13:8

What Jesus did
yesterday

He can do

Today

What He did

Today

He can do

Tomorrow

