A BLESSING FOR MENTAL HEALTH
By Devon Spier

Come in as you are.
You do not have to shine yourself up,
Or polish off your grit.
Make your brokenness a blessing.
Never using it to harm,
Or as a hardened defense.
Come in to honor life.
To learn
And to teach.

Transparency opens us.
Whereas hiding closes us.
Pretending reveals nothing,
Whereas the truth reveals everything.
Welcome.
Come in with all that you have.