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Subject: Bad Day

Date: Jun 27, 2017 9:38 PM

It started out a normal day
It just felt a little off
The feeling grew
Like a buried shard of glass
Working its way
To the surface
So my grief
Took over my day.
Forcing me to pull it out;
Examine it.
Shake with the pain of it.
Push people away.
Alone with my grief
Alone with her
Alone with God.
Hoping to rejoin the world
Sometime
Later today.