

Poetry Series

Ben mcelfresh
- poems -

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Ben mcelfresh(10-3-89)

My name is Ben. I'm 21 years old. Poetry and music are 2 big passions in my life. Poetry has been the biggest since the death of my mother, I got deeper into it after the death of my father. I'm a volunteer firefighter and i love it. That has further inspired me with my poetry.

1,000 Seas

I run through the woods
Not knowing where i am
I look back, only to see
My sins and fears following me

I turn to the razor
And put it to my wrist
I let it run down slowly
Allowing my blood to flow freely

With each passing day
Scars appear more and more
As my blood hits the floor
All the time, life fading away

It seems the blood never stops
It flows as as free
Inside me rests all of the blood
The blood of a thousand seas.

Ben mcelfresh

7 Months

7 Months have passed
Since we became one
9 Months have passed
Since i fell in love with you

Getting closer to that one year
Falling deeper in love everyday
Finding more and more happiness as the days pass
Knowing I found my one true love

A few hard times have come our way
No way to prevent those times
But we made it through together
All because of the love we share

I'll often look back at that time
I'll cry at the thought of losing you
Even for those few nights
I had died inside

And when i look at that message afterwards
I see how close i was to losing you
But i cry even more
I cry because you told me i was your 'one'

You're the girl i want to spend my life with
You're the girl i'd walk a thousand miles through hell for
You're the girl i'd give my life for
You're the girl i love more than anything in this world
And Baby....that will NEVER change!

Ben mcelfresh

A Broken Soul

a broken soul sits among us
a broken soul we'll never know who

it could be me, it could be you
the quiet one always sits in the corner

the active one is outside playing
but you never know who has the broken soul

a broken heart
a broken soul

can be the same, yet so far apart
we will never know who owns the broken soul

maybe it's the musician who plays the love song
maybe it's the writer who has every friend

but who owns the broken soul shall never tell
the broken soul travels around never to be seen

never to be heard and never to be known
maybe the homeless man who lives in the box

maybe it's the football player who everyone loves
but who owns this broken soul no one shall ever know

Ben mcelfresh

A Cold Pain

This world tells me what to do.
This world tells me who i should be,
But i won't listen to them.
Now I'm a rebel.
I'm an outcast.
I feel a type of pain no one else does.
It sends a cold chill down my spine.
This is a new cold pain.
The voices in my head tell me how to rid myself of this pain.
It tells me to listen to the world and do as I'm told.
I fight this voice and remain a rebel.
Now my friends join the fight.
We all experience this cold pain.
But we are as one.
As one we overcome the pain with ease.
But the pain is no longer a pain, but more an annoyance.
We discuss about listening to the world.
But as rebels we will never give in.
Now our rebellion has a name.
ANARCHY!
We still experience this cold pain everyday.
The pain is caused because we choose to be different.
We choose not to listen.
We shall never give in to this world.
We will continue to do what we want.
Our rebellion continues to grow.
We reach to the ends of the earth.
Everyone now knows of Anarchism.
Our rebellion now a view.
Now look at what we started.
All because we didn't listen.
Because we didn't give in.
Because a cold pain couldn't get to us.
We're ANARCHISTS and proud of it.
Now do you feel a cold pain within yourself?
Maybe you do, maybe you don't.
But if the cold pain breaches your heart.
Stand up and join our rebellion!
Stand up and call yourself an ANARCHIST!

Never back down and never give in!
Be proud to call yourself an ANARCHIST!
Be proud of who you are!

Ben mcelfresh

Another Day....

Again i'm left here alone
As another day passes me by
I'm left alone to wonder why
Everything passes by me.

I'm looking for a change to the norm
Something that will bring some excitement
Maybe something that will make tomorrow
Seem different from today.

Everyday feels the same
Tomorrow feels like today
Yesterday felt like every other day
And another day passes by.

Now i'm looking out this window
Looking at the world spinning around
Realizing it's just another day
That's passing me by.

I try to make my way out
But an escape is impossible
This cycle seems unbreakable
And another day blows by.

I don't understand why this happens
I don't know the reasons why
Tomorrow will never come
Because everyday is the same.

I'll continue to look for the answers
To change tomorrow so it's not the same
Until then i'll sit here alone
As all the days pass me by.

Ben mcelfresh

Answers

So maybe i shouldn't feel this way
I can't explain why i do
I thought it went away long ago
But you managed to bring it back

Although a complaint i'll not issue
I can't help but wonder
Did it ever really go away?
Or did it hide itself in the darkness of my heart?

Noone supported it before
And certainly no feelings would be different this time
Hidden would it have to remain
But is that what's meant to be?

How is you can make me feel this way?
You don't even try
And yet you continue to do it
Or is this all intentional

Tell me your feelings
What do you feel as this all happens?
Is it still the same as before?
Or is it only a friend you see?

Would it all remain hidden if so?
Would feelings be different if so?
Would feelings be different if people knew?
Answers to these questions i beg for,
Answers i need to know.

Written for a very close friend, she knows who she is.
11/18/2010

Ben mcelfresh

Back In My Arms....

It took too long
My world was so dark
The only light came from your eyes
Only when i saw you

Now that fateful day has come
You're back in my arms
My world so perfect once again
Holding you again tonight

The soft touch of your skin
The gentle squeeze of your hands
The light reflecting off your blue eyes
Your kiss leaving me breathless

Everything i missed
Everything i thought i'd never have again
Came back to me with love
Now i'll show you everything i am and can be

Where i went wrong at first
The things i did and didn't realize
I know those things now
This time i'll be everything you want me to be

Girl i love you
I won't say i can't live without you
But i will tell you that i DON'T want to live without you
I'll prove this to you everyday

Look at me where i stand
Know i'm speaking the truth
Know this time i'll do things right
This time will be the last because it'll last forever.

Ben mcelfresh

Beat Of A Broken Heart

Have you ever felt it?
That one particular beat
The one that's different from all the rest
The one you feel will be the last

Surely you have
It effects everyone
But to everyone differently
The beat of a broken heart

It hits harder than anything you've ever felt
You wish for it to be over
You lay and cry for nights
But to all things come an end

They say it can cripple you
Stop you dead in your tracks
Bring you to the lowest low
But even a broken heart still beats

It's weakness strength
It's ally dispair
Which do you turn to?
Can you overcome the beat of a broken heart?

Ben mcelfresh

Blades

They look pleasing
They seem comforting
But the pain they cause
Is the pain i feel

Every night i cry
As i look into the night sky
I soon pass out
Perhaps from the loss of blood

I'm tired of no one caring
Nobody can understand
But they all want to help
As i try to explain the pain

These blades are unforgiving
Tearing at my flesh
The blood on my sheets
Tell of my final hours

Finally someone cares
A friend at my side
Finally it all ends
No more attempts of suicide.

Ben mcelfresh

Blood Like Rain

The scars are bleeding
Fresh with pain

You regret rising
Blood like rain

Demons at the door
Here for your soul

Darkness coming through the floor
Eyes as dark as coal

Time to go little boy
Now you see

Here i am for you
Showing no mercy

Running through the woods
Creeping all around you

Welcome to my world
Now i have you

Ben mcelfresh

Changed

I look back from yesterday
i re-read things that once mattered
Nothing seems like tomorrow
Why have things changed?

A smile that once brightened my day
Now only kills what emotions i have left
Everything i once knew to be true
Now all seems so far away

Even when i look inside myself
I can see nothing familiar
Even inside myself i get lost
Has everything changed that much?

When i look at what everyone's done
I have to wonder who they are
Do i even still know them any more
Can change affect us that much?

Ben mcelfresh

Crimson Tears Are The Tears....

Crimson colored tears
These are the tears i cry for you.
Can you hear me
When i call out your name?

Or do you just hear a gentle breeze
Go right beside your ear?
Can you feel the pain
That i've kept hidden all these years?

Never letting it show
Keeping my strong appearance.
I'm strong on the surface
Not all the way through.

The pain of the memories
Shoots through my heart.
Like armor piercing
Rounds shot from a sniper.

Nothing hurts worse though
Than the pain of breaking down.
I try to show everyone
Just how strong i am.

I don't want them to think
I'm weak on the inside.
I have to be there for them
To keep their hopes alive.

I can't let them down
I WON'T let them down.
So tell me tonight
And bring me the comfort i seek.

Will you wipe away these crimson colored tears
With your gentle touch?
Can you hear me when i call out
And will you be there when i need you most?

Ben mcelfresh

Dead Inside

Down deep within my soul
A fire burns bright
This fire causing a great pain
A pain no one else can feel.

The screams all round me
The blood puddles on the floor
The razor on the sink
Now do you know of my pain?

Can you see?
Can you care?
Can you listen?
Can you be the one i need?

In need of all these things
Maybe then i can heal
Maybe i can trust
Maybe, just maybe I'll live inside again.

No one ever listening
Causes me to trust only myself
Friends say they care
But do they speak the truth?

Maybe one day I'll know
Maybe one day I'll trust again
But for now
I'm dead inside.

Ben mcelfresh

Dead Silence

Doors slamming all around me
The screams don't stop
My eyes tear up
I wonder how much more i can take

The open wounds are seen
Fresh blood dripping slowly
Leaving stains behind
Of a night ruined by a poison

Thoughts all jumbled up
Nothing comes out right
Or does it?
Do you speak lies or truth when your mouth opens?

There's no escaping the sounds of the night
Over and over the screams are louder
Echoing throughout every room
To what end will you go?

Just a moment of peace is all i ask
So i speak to my parents
In the brief moment they talk back
Finally there's dead silence.

Ben mcelfresh

Destiny

Is this it?
will i never become more?
i'm left to wonder who i am
where do i belong?

my destiny isn't clear
the path i walk is dark
this is my path of life
this the way i choose

i'm going nowhere fast
only in my mind
do i mean anything.
i matter to no one

i think this is my destiny
to wonder just who i am
maybe one day i'll know
but i have a question for you, who am i to you?

Ben mcelfresh

Do I Dare?

You wait outside this broken heart
You wait for the opportunity to come in
You seem so content waiting
But still i don't understand why

You walk around aimlessly for hours
That one sentence from me means everything
Your ears tuned to hear it no matter how far i am
You look into my eyes just to see what i think

You try so hard to look into my soul
But the wall around my heart stops you
You slowly work your way inside
Or so you continue to try

You can't see the results of your actions
You can only hope what you're doing is working
You see me smile
But you question what it means

Still you patiently wait
You don't want to force down the wall
You wait for me to open it up
A endless wait you know is the possibility

So many times before i've been hurt
Tearing down the wall again can surly only mean more
I'm hesitant to lower my guard
I'm hesitant to let anyone in ever again

Even now i don't want you in
Not because of who you are
But because the fear of pain
My life can only endure so much

You come to terms with the wait
But still you're there
Why i can never understand
Only if i bring down these walls

But now i must question
Is understanding worth the pain
Will the pain make up for new knowledge
Will any of it make sense?

Now do i dare
Do i dare let you see inside
Do i dare let you see what i truly am
Do i dare let you see everything i hide, my every side, my every secret
Do i dare?

Ben mcelfresh

Do You See?

Do you see what you've done?
Caused me to die inside
Now i know why i never trusted you
Now it's very clear.

Will you every be true again?
Can you prove yourself?
Will you try to replace what we had?
If not, then why do i bother with you?

Now with fire inside my heart
Making my soul as black as night
My heart burning with rage
It's too late to turn back.

Now i see where i belong
On the edge of nowhere
there i'm home
But while i'm there
I'll jump, and take you with me.

Ben mcelfresh

Down Deep

down deep within my heart
a fire resides and becomes dormant
my heart now seeking for a new start
the light becoming my new informant

down deep within my mind
a new beginning i have found
a love of the gentlest kind
it fills me with a new sound

down deep within my skin
the darkness tries to rearise
but my new heart will never give in
so down deep i have found the greatest prize that i will never again have

love

Ben mcelfresh

End It All

Depression taking over
After being dormant.
I don't like what i'm feeling
I liked being happy.

But now it seems thats over
Time for tears once again.
Blood stains on the bed
Razors back on the desk.

The pain was absent
But now you've made it come back.
It obvious you don't care
Guess what...You never did!

Don't try to lie
it won't work.
I know the truth
I can see it through all the pain.

Blood stains my eyes
Seeing everything with a red tint.
Nothing makes sense anymore
Not my life, not my soul, NOTHING!

Tonight I think I'll take my life
Tonight I think I'll end it all.
What do you think,
Is it worth it all to end it all?

Ben mcelfresh

Escape

Lingering on edge
Making my final decision
Looking back on years of life
Is tonight the night?

Not the type that always got what i wanted
Had to work for my share
Pain, blood, sweat, and tears
But was it all worth it?

I look in the mirror
Only to look back at myself
I can't describe what i see
No discomfort, but neither peace of mind

So long i've looked for a way out
A door marked escape
And now i see it in front of me
But if suicide is the only way out,
Then i'll wait for the reaper to take me away.

Ben mcelfresh

Feels So Right, Hurts So Bad

3: 00 am and i can't sleep
i don't know whats going on
everything feels so right
yet it hurts so bad

all this shit on my mind
causes insomnia in me
i can't take it anymore
life is fading fast

blood puddles on the floor
crimson stains on this razor
i try as hard as i can
but i'm still living

i can't understand why
my life isn't ending, it tells me i have a purpose
a purpose for this life

i don't know it right now
one day i'll know it
but i NEED to know it!
what am i here for? ? ?

Ben mcelfresh

Finding Truth

They say that everyone lies
It is said that everyone will hurt you
They say honesty is the best policy
But what happens when we find the truth?

What if we find something we don't want to?
What if we find our life has been a lie?
What if we find all we ever worked for was for nothing?
What happens when we find the truth?

Is it possible to find truth within a person?
Can one person bring light into your world?
Can that one person make everything right?
Can finding that one person be like finding truth?

If it is possible then i believe i found truth
Truth to my life
Truth to everything i've searched for
Truth for the rest of my life.

The lies are over
My life complete
Truth to who i am
Which is all i ever wanted to know...to know just who i am.

This is dedicated to my g/f Gini, i love her so much.

Ben mcelfresh

Firefly

lights of gold
wings of an angel
so many fly around
but this one,
this one is mine.

Though i can't understand what it says
i can understand how it feels
lost without its family
confused about its life
but this one,
this one i'll take in and care for.

each one a different meaning
a meaning noone can understand
i've made many attempts too
but this one,
this one a special meaning
this one gives me a feeling of belonging

Ben mcelfresh

Fireworks

When looking in your eyes,
I feel loved,
It feels like I can do anything.

While lying in your arms,
I feel safe,
It feels so perfect.

While holding your hands,
I feel secure,
It feels like nothing can bring me down.

While kissing your lips,
I feel sparks,
It feels like it's meant to be.

When I close my eyes,
I see fireworks,
It looks like the begining,

Of the rest of OUR lives.

Ben mcelfresh

Fit Perfectly

I found you mesmerizing
Your scent got me high
You instantly became my drug
Your arms my heaven in a moment

I smiled like never before
I laughed in a way only you could make happen
I worked up every ounce of courage
I kissed you

My mind went blank
Your lips on mine
My heart skipped a beat
I forgot how to breathe

I looked into your eyes
So many things I could see in a flash
Happiness clearly visible with you
But one I could see more than anything

I could see the way you looked at me
You looked at me like I was so different
I finally felt like I mattered to someone
I knew I mattered to you

I held you like no other before you
I felt the passion in each kiss
Your hand fit perfectly inside mine
My heart fits perfectly with yours

Ben mcelfresh

For You

Happiness on end
A fairytale come true
A broken heart mended
All because of you!

I look at you
A beautiful face
A beauty so few
Makes my heart race.

Your name makes me smile
Your kisses leave me breathless
For you i'd run 5,000 miles
Just being with you makes me careless.

Holding you in my arms
looking into your eyes
You memorize me with your charm
For you i'd live a thousand lives.

Ben mcelfresh

Free

Free.

The pain runs freely through my veins
The scars left behind on my arms
It's evidence of the pain
Can you see it now?

Can you hear the screams?
Nothing left behind for me to hold onto
Will anyone ever listen?
Will anyone ever care for me?

Look around, and you can see
The razors on the sink
The blood in the drain
The pain that haunts me.

Now can you see what i speak of?
A terrible and unbearable pain
A life left without meaning
A soul plagued with darkness.

Maybe more blood
Maybe more scars
Maybe more screams
Maybe these will help you see.

Now sitting here alone
Angel wings on my back
Care free and worry free
Now finally....I'm free forever.

Ben mcelfresh

Goodbye

You hide behind your lies
Caring nothing for my life
At night i hear your faint cries
As i set aside the knife

I hide behind my crimson stains
Regretting what i did
Looking out at the blood filled plains
On my life i take a bid

Your lies are nothing new
My blood is nothing but stains
I said i'd never lie to you
You my cause of pain

Now my blood is gone
With darkness flowing around me
To you i dedicate these words
'Goodbye'.

Ben mcelfresh

Hating The Pain

That look that's in your eyes
I remember it well
You tell me you've changed
But i see the fresh scars

I don't believe your lies any longer
I know the truth behind you
But i know what's in your heart

It's too late now
The damage has been done
You regret the pain you've caused
Still i won't forgive you

A special place in my heart
Still belongs to you
I want to forgive you
But i don't want to get hurt

No matter the pain
No matter the lies
Just remember one thing
I'll always have your back.

Ben mcelfresh

Hiding

Hiding behind a wall of pain
Looking out across the pool of blood
Seeing the scars on my wrist
I've lived this life in vein

Can you see what you've done?
The way you've hurt me inside
It all shows on the outside
I'm done with this life

You've pushed me too far
I can't deal with the pain any longer
I'm done bothering with you
I'm gone like a burned out star

My life was all a lie
My actions done without regret
With this lie i bet
Now with peace i die.

Ben mcelfresh

Hours

The hours come slowly
Each minute seems a year
For my mothers life
I do fear

Hours pass
Turning to years
Finally it's all gone
All the fear

At this time again
The time moves slowly
After all these years
It's back... my fear

After these years
I wonder to myself
What is left to fear
Finally again i know

Again the hours come slowly
Each minute seems a year
For my father's life
I do fear

Ben mcelfresh

I Love You

I never really knew you
You were just another friend
But when i got to know you
I let my heart unbend.

I couldn't help past memories
That would only make me cry
I had to forget my first love
And give love another try.

So I've fallen in love with you
and I'll never let you go
I love you more than anyone
I just had to let you know.

And if you ever wonder why
I don't know what I'll say
But I'll never stop loving you
Each and every day.

My feelings for you will never change
Just know my feelings are ture
Just remember one thing
I Love You!

Ben mcelfresh

I Thank You

Lord

You've given me strength everyday.
When i was down it was you beside me.
When i doubted myself you were with me.
I thank you.

Lord

In my time of need i came to you.
You never have let me down.
You were by my side when i was weak.
I thank you.

Lord

Your love for me is unmatched.
The strength you give me i could not obtain on my own.
Everyday you help me push forward and move on.
I thank you.

Lord

My faith to you is undying.
After everything you've given to me i could not ask for more.
In return of everything i can only say,
I thank you.

Lord

Though you took my parents.
It still hurts inside.
Their suffering is finally at and end.
I thank you.

Lord

I've given you my life.
After you gave yours for the world.
Now after you've given it all.
I thank you.

Ben mcelfresh

I Wish

I want her to know
to know how i feel about her
i have someone
but it's her i want.

i want to hold her
hold her everynight before i fall asleep
kiss her goodnight
and dream of her till dawn.

i think she knows
knows how i feel inside
but can i express it fully
i don't think i could.

everyday i see her
everyday i think of her
everyday i want her
everyday i wish i had said something before now

maybe she'd be mine
maybe i'd be happier
maybe she's meant for me
maybe with the way i feel about her

she makes me smile
she makes me laugh
though me laughing so much
annoys her

but it's those small things that i love
the small things that make her special to me
the small things that makes me want her
all so much more

if only
she were mine
she were in my arms
i had said something sooner

i regret never saying anything
i regret never telling her first
i told someone else i loved them
before i could tell her

so many things i want out of life
happiness
love
i believe in her i could find those things

will i ever know?
that i do not know
but i hope to find out
i hope to feel her gentle kiss

well maybe with this poem
maybe she'll know how i feel
maybe she'll understand my feelings for her
cus i want her to know without anyone else knowing

so i express my feelings
in the only way personal
just between me and her
now i hope YOU know hwo i feel about YOU

Ben mcelfresh

I Wonder....

walking outside in the dark
looking at the stars
the moon staring back at me
i whisper your name

i wonder if you can hear me
i wonder if you're looking at the moon too
i close my eyes
and i see you looking at me and your hair blowing in the gentle breeze

i whisper your name
wishing you were beside me
your head laying on my chest
my arms around you never willing to let go

can you hear me?
can you feel what i feel inside?
can you see the way you make me feel?
did you know it's real?

everytime i see you
i get butterflies
everytime we kiss
i lose my breath

i want you in my life
i want you to be my life
i'm never willing to let you go
i'll fight for you till the end

because baby.....
I Love You! ! ! !

Ben mcelfresh

Idea Or Feeling?

I sit here and question it all
I question everything i know
Where does it all connect?
When will it all make sense?

I'm not sure what i feel inside
I'm not sure about what the feelings mean
I try to sort them all out
Try to make sense of it all

I analyze how each one makes me feel
Yet i begin to think it's not what i think
The idea is what seems to satisfy me
Not the feeling itself

The idea was so far gone for them
To resurface feels great
But it's only the idea of the feeling
Not the feeling itself

I'm only in love with that idea
The idea of having it all again
But my heart doesn't desire it the way i thought
My heart only desires what i miss

So i must further analyze this
Is it really just the idea or a real feeling
My heart is so confused
Everything i've missed i have the chance to have once again

But for the idea, would not bring satisfaction
I need to full feeling to fulfill the idea
One alone will not make me happy
But this search continues

Ben mcelfresh

I'M Yours

As i sit here alone
Wishing to be in your arms
All thats on my mind is you
I close my eyes and see you.

I don't know
how to describe
this feeling inside
But i know for once it's true

I look at your picture
Over and over again
Thinking how lucky i am
To call you mine

Finally i found happiness
Not willing to let go
You have my heart
It is...forever yours.

Ben mcelfresh

In The Shadows

In the shadows of the night
My emotions i have learned to hide
The fire in my heart burns bright
The swords drenched in blood hangs by my side

In the shadows of the day
To know i am the most skilled
Looking down on my fresh prey
Knowing they are soon to be killed

In the shadows of the twilight
The wolf runs by my side
My heart is dark by the light
So in the shadows i shall forever hide

Ben mcelfresh

Least Expect It

I never believed what was said
I never thought it held any truth
I didn't want to sit back and wait
I felt in the shadows that way

I gave up trying
Decided to wait till a new time
A new place with new faces
I least expected what happened next

I met you and something happened
I couldn't explain it
I sat up at night just thinking about you
Was this what they meant?

I wasn't even looking anymore
A new friend was all i expected
I couldn't expect anything more,
Could i?

I held you in my arms
My heart stopped in time
I told myself this just can't be
I wasn't even trying this time

You kissed my lips
I got lost in you
I finally believed the saying
Love found me when i least expected it

Now the final question remains
Will the feeling be returned?
Or do i love from afar?
It's the final question i have

Ben mcelfresh

Living Through Me

I remember the day you died well.
It's a memory that haunts me.
But at the same time comforts me.

You may be gone now.
But to everyone who cares your still around.
Though no one can see you anymore.

Though no one can hear your beautiful voice.
You continue to live on through me.
Everything i am.

Every bit of my soul.
Though not of your own flesh and blood.
Nothing could bring me closer to you.

Thought i may have been born to a different mother.
Even though i was adopted by you and your husband.
I'll forever call you my mother and father.

For you shall forever continue to live on through me.
Every memory we shared.
Every day we spent together.

Put more and more of you inside me.
Though if given the chance to roll back time i would not.
For one more hour with you i'd give anything.

To say things left unsaid.
To express feelings left inside.
Though i know now you know everything left unsaid and left inside.

I'd give my soul to tell you those things face to face.
I understand the lord needed you to come home.
It was just your time to go.

But everyday i want you back.
Everyday i need your guidance.
Though you may be gone.

You will never be forgotten.
For you shall continue to live on through my heart and soul.
No matter what people may say.

They may think that when i'm gone your memory will fade.
They are wrong.
Because when i'm gone you shall live on through my memory.

people will think of me and remember the woman who brought me up.
Mother
I love you!

Each new day a challenge.
A challenge i might not be able to face on my own.
But with you,

With you living on through me.
Every challenge can be overcome.
Mother

I want you to know.
Though your headstone may say 1951-2002.
You are not dead.

For you are still living through me.

Ben mcelfresh

Locked Away.

Look at me now.
Tell me what you see.
But don't just look on the outside
Look into my eyes.

Can you see into my heart?
Or does the door prevent you?
Do you see the lies and walls that protect me?
Or can you see all of it?

Please tell me what you see.
Because i'm so lost to myself.
I need to know just who i am.
Before i lose all sanity.

But if you can't see just yet.
Stand there and knock.
If you truly care then i'll let you in.
So you can see the side of me i keep hidden.
Locked away to protect even myself.

Ben mcelfresh

Lost In My Mind

Everyday i see your face
Engraved in my mind
Every time my heart will race
Your love made me blind

Now it's done
Again i see
Where i run
You can't find me

To love i was blind
Not knowing where to go
Now i'm lost in my mind
With no love left to show

You try again and again
To explain what you did
This the cause of my pain
Sending my soul into an abyss

No more does it matter
Cause no longer will i trust you
You only make me madder
The lies are nothing new.

Ben mcelfresh

Love

Love,

Love is something that you feel
something that isn't still
based on trust and feelings
not on sex or dealings
something everybody thinks they know
and try to let it show

Love,

Love is something real
its something like steel
can go through fire
without getting tired
can bend and bend
like there aint no end
but once its broke
it aint no joke
takes alot of heat to
bring me back to you

Love,

Love is something you have to wait for

it's not something that waits at your door

if you go looking for it

you won't find it for a long bit

you'll find someone you think you love

but they'll fly away like a dove

love is something noone gets

because bruises get worse with every hit.

dealings-drugs, long bit-a while

Ben mcelfresh

My Friends....

When i was down and out
When i couldn't go on
When i was about to break down
They were there for me.

They mean the world to me
They have more trust than anyone
They have always had my back
They were there for me.

I was always true to them
I was always there for them
I always had their back
Until.....

I put someone in front of them
I made a mistake and wasn't there
I was no longer true to them
They weren't there for me anymore.

I lost her one day though
I realized where i messed up
I put her in front of them and lost them
I couldn't believe what i had done.

Now i'm true to them again
Now they're there for me again
Now they have my back again
Now i'm back to the bottom line.

The bottom line was always first to me
The bottom line always stood true
The bottom line is
My friends come first!

Ben mcelfresh

My Love

So i've been told it isn't true
ive been told it's fake
but noone knows what i truely feel for you
why won't they just shut up for god's sake

My love is as real as the sun above us
my love can't be taken away from me
my love for you is real, yet it can't be seen like a city bus
yet my love for you could fill up all the world's seas

People continue to tell me what i feel is false
but my feelings for will NEVER change
they want me to believe them, but i am my own boss
for all i care they can keep away from me with a good range

because baby MY LOVE IS TRUE, BABY I LOVE YOU

Ben mcelfresh

My Love For You

My love for you is forever true
it goes deeper than the deepest of the oceans blue
the love you have given to me
has been the key to unlock the feelings i lost the day i fell to my knees

My feelings inside for you can not be explained
for when I'm with you my heart beats faster than a train
cause when I'm with you i know everything is true
i am now happier than i ever have been, no longer blue

You've given meaning to my life
for you, everything i would sacrifice
for everything means nothing if I'm not with you
so always know that my love for you is forever true

Ben mcelfresh

My Reason

Looking down at the floor
seeing the blood stains.
I see the razors lying around
I can't believe who i used to be.

You've changed the way i look at life
It's been twelve years of depression
But who'da thought everything would change
the day i met you.

Though nearly two years ago
and depression still overwhelmed me.
The night we got together
my life changed forever.

I hope to spend my life
with you... the one I truly love.
To ever lose you
would be to lose my life.

Every bad time I went through
you were there for me.
You are the reason I'm still alive
You are my reason for living.
I Love You.

Ben mcelfresh

Never Tried

This isn't what i expected
I never even hoped for anything like this
I wasn't even looking
And this is what happened

I built up walls to protect me
To keep me safe from reality
You didn't even try
And found the only open door

I had reached my limit
I was sliding back into a dark hole
Being cut off from all emotions
Cold and numb all over

But again you don't even try
You keep me smiling
You make me laugh
You find a way to make me happy at all times

Before i go to sleep i think of you
When i'm not talking to you, i'm thinking of you
When i'm talking to you, i'm wanting to be beside you
Somehow you found a way to capture my heart
And you never even tried.

Ben mcelfresh

Never-Ending Cycle

The missing pieces you feel
That broken feeling deep inside
You know it all too well
It was taken from you far too many times

Alone you sit and cry
Wondering where the past has went to
Begging the future to come
And make you whole again

The scars upon your skin reminds you
Brings back every memory of what you couldn't change
Every attempt to end your life was meaningless
Each time you fell to your knees before the deed was done

You couldn't understand why you couldn't do it
You just wanted an escape from the pain
But instead you brought more upon yourself
A never-ending cycle that needed to be broken

Finally your broke down and cried every last drop
You cursed the blade that brought all this about
You swore this cycle would end
The pain would end there

You held on for a moment and found what was taken from you
You found the end to the cycle that you swore you would
You now looks at the scars as proof of what you overcame
You have finally become you, once again.

Ben mcelfresh

No One Knows

If people could just see
how much you mean to me

The things I'd do for you
then maybe they would know my love is true

But what no one knows
is something i can't 100% show

If i could express the love inside
i could change the earth's tide

When people ask me how i feel
all i can say is i want to knell

But it hurts me when no one knows
the love i can't fully show

Why must people second guess me
is it because I'm only 16 yet am willing to get on one knee

They will tell me I'm too young
and love will only make me numb

But on the inside it hurts to know
the no one knows

Ben mcelfresh

Once Best Friend

Once depressions best friend
Now nothing more than a stranger
You've changed my life
Made this life worth living

Once a stranger to happiness
Now his best friend
My life turned around in an instant
All because of you

You mean more to me than anything
I love you more than the world
Our lives now as one
Together forever is my wish

I can't wait to run your hair through my fingers
I can't wait to hold you in my arms
I can't wait to kiss your soft lips
Till then i'll never let go of my dreams.

Ben mcelfresh

Paths I Walk

In this life
Lay many paths
Shall i follow my heart?
Shall i listen to my friends?

My decision mine to make
But i sit at the crossroads
I wonder which path is best
On which path shall i make a full journey

I have taken each path once before
I have encountered doubt
Doubt that sent me back to the beginning
Doubts about the decision i had made

I now see an unforeseen path
It's a path that combines
Both my heart and my friends
It risks everything at once

Now there is no decision
There is no question to which path is best
There are no doubts about my choice
I'll live my life as it comes, but i'll keep that hope alive

Now if things go wrong then no time was wasted
If things return to normal no feelings were lost
If you move on then i know to let go
But no matter the outcome just remember
I will love you until the end of time.

Ben mcelfresh

Saving A Life

These men you see in camo
you can't make out their faces

you don't know who they are
yet you know this is right

You heard the gunfire from the next room
you thought surely this was your end

you see this man, he's coming for you
you thought it was over

this man was saving your life
Another man in camo

you think he's here for you
but hes come to save the wounded

you wonder why he wont take you further
Now you see the fire

you begin to run
now you know why he came for the other

you could make it out alive
the solider was saving a life

All these men you thought were demons
turned your beliefs into thinking they're heros

these soliders didn't ask for your support
they were only doing their job

These veterans all saved a life

Ben mcelfresh

Second Guesses

People second guess me about my love
they won't believe it flies higher than a dove

I continue to wonder why people second guess me
they always think they know me

My love for you continues to grow
if only i could fully show

But when i tell people of my love for you
they second guess me and believe it's not true

Why will they not believe me and stop second guessing my love
why can't they see it is true, the way i feel about you

My heart beats faster every time i see you, talk to you, when I'm with you
people can second guess all they want to, but i know that my love for you is
100% true

So while people are second guessing me, they are losing out on life

so while they waste their life, i laugh at them, because i know, it's with you I'll
spend the rest of my life

So baby i want you to know
I LOVE YOU!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Ben mcelfresh

So People Say....

When i fall asleep
It's her i dream of
Her touch so gentle
Her kiss so breath taking.

When with her
All the pieces seem to fit
Everything seems so perfect
I refuse to let it all fall apart.

So we're just kids
So we're only in high school
So everyone says that most kids don't last through school
I will prove them all wrong.

I may be young
But i know what i want
And it's not wrong to fight for it
Because thats just what i'll do if i must.

I want the rest of my life
To consist of her in it
Say what you want about that
But that feeling won't change.

I don't care what other people think
As long as i have her nothing else matters
So if you want to try to prove me wrong
Go for it because i just don't care.

So if you want to know
Why i feel this way about things
Only thing i really know to tell ya
Is that i'm in love with her.

Ben mcelfresh

Stars

It's pitch black outside,
Only light coming from the moon and stars.
Looking up at the dark night sky,
I see your face looking down on me.

The wind blows around me softly,
I know its your touch i feel.
I look at the blue full moon,
I see your love unmatched.

The trees around me,
Represent your protection for me.
The bright stars remind me of your eyes,
Sparkling bright without a trace of lies.

The shadows i stand in,
Only prove to me,
Your still with me,
Time and time again.

Ben mcelfresh

Take Me

My blood runs cold
as the razor slides down.
My life nothing but confusion
so please take me now.

When i look into a mirror
I see what i fear the most.
Now the pool of blood in the sink
mixes with my tears.

Now i can feel my breath shortning,
My heart beating slower.
I can't believe what i've done,
My life ending too soon.

My life flashing before my eyes,
I can see i've lost too much blood.
Now with my last remaining breath,
I'll let you know i'm sorry and sat goodbye.

Ben mcelfresh

The Act

The pain you feel
Unlike anything before
So many can share this pain
But so few admit to it

Don't put the blame on yourself
You did nothing wrong
You were but another victim
To the sick games they play

Your life you're left with
Everything else was stolen
You didn't ask for this
You never imagined such an act

Now you're left alone
On the cold ground
Right where they left you
Right where the act happened

They walk away now
Leaving only the smell of smoke
You curse and wish to die
But the lord whispers it is not yet your time

Rain begins to fall
Still you lay crying
A stranger passes by
A caring hand he lends

You awaken to the sun
You recall the nightmare you lived
The memories flash you by
You begin to cry again

The stranger comes to your side
You back away in fear
But you see the care in his eyes
You know he's safe and not like the others

You now know that a new day has begun
Time to start anew
You are now a new person and stronger
You won't become just another victim.

Ben mcelfresh

The Answer

I sit there, looking to the stars
Holding you in my arms
Wishing i could read your mind
To know what you're thinking

I feel your chest expand as you breath
I kiss your forehead
Wishing i could see into your heart
To know what you're feeling

I sit there in heaven
Looking down on ourselves
Seeing what fate brought together
Seeing how great love can grow

I look at you and know
Now is the time
I start the process
Then i ask

My heart races
My breath stops
My muscles tense up
An answer is now my only life source

Will i live?
Will i die?
The choice belongs to you
What will it be?

Finally the decision is made
I will live
And forever with you
Will my life be with

I sit there, looking to the stars
Holding you in my arms
Wishing i could read your mind
To know what you're thinking

I feel your chest expand as you breath
I kiss you
Wishing i could see into your heart
To know what you're feeling

Ben mcelfresh

The Beaten Path

Walking alone down the beaten path
A lit cigarette burning away in my hand
Looking in every direction around me
As i swear i can feel you around me

Everywhere i look i see nothing but darkness
Not even a shadow out of place
I stop at a bench and sit down
I close my eyes and throw my head back

I spill every curse word i know
I throw my fists against the wooden seat
I break every knuckle in my hand
I sit back and let the tears roll

I stand back up and walk away
I light another cigarette and look back around me
This time a cold chill erupts through me
I know you're somewhere near me

I dropp to my knees and scream your name
The only response i hear are crickets in the distance
I stand up and look to the sky and ask why
Then i look back around me and realize it's all pointless

Ben mcelfresh

The Demon Within

It lives down deep in the dark
Behind fire red eyes
It's tugging and beating, begging for a new start
Because it's afraid to die

But each time he tries to show and show
I push him down, back away from the surface
Even though he flows through my immortal soul
I won't allow him to bring destruction to the surface.

Ben mcelfresh

The Edge Of Nowhere

on the edge of nowhere
i think it's where i belong
i seem to fit in nowhere else
but here i have made a friend

in this place i can't Identify
why i'm here i don't know
but i'm not complaining
cause i finally have a true friend

someone i can trust
will all my life
someone whos always there
too bail me out

on the edge of nowhere
i have made a home
a home with friends
and with family

i have finally found where i belong
nowhere else in this world did i fit in
friends nowhere, i'm left behind
seems noone ever even cared

why i ever even bothered i dont know
some things i'll never know
maybe in this new place i'll find myself
cause on the edge of nowhere is where i now live

Ben mcelfresh

The Feelings Inside

The feelings in my heart
the feelings inside
i dont know where to start
the feelings i don't want to hide

The things i'd do for you
the places i would go
just to let you know
i'll never let you go

The truth inside
the things i'd give to be with you
i dont want to hide
because on the inside i know my feelings for you are every bit true

Ben mcelfresh

The Fire Inside My Heart

The times i've been told that you'll never go
but it isn't the end, it's only a new start
turns out what i've been told is all lies, lies that will never show
and now because of all the lies, those lies spark a fire within my heart

I still love you, i miss you, even through all those unshown lies
for you're life has ended, it feels as though i have entered a new start
but inside u didn't lie, for looking around now, i know that everyone and
everything dies
but even as i now know that, that truth won't settle the fire that resides within
my heart

So even now as i try to settle that fire that dominates my heart
i now no longer have any doubt
that you have not reached the end, but you have just begun a brand new start
and within knowing that, the fire finally burns out

Ben mcelfresh

The Only....

Looking deeper than the surface
Looking behind your blue eyes
Looking down deep into your soul
I know who you are.

I know there are no lies
What you speak, it's all true
When you say you want me
I have no doubt to what you say

They all ask me
'Well how do you know she means it? '
They don't know you like i do
They can't look beyond just what they see.

I know what's in your heart
You've told me what you want
You have no reason to lie
Your feelings to strong to let you lie

They all tell me to move on with my life
Do they not see that it's not that easy
I'm willing to wait however long it takes
To call myself yours again

Although we may say we're not together
Emotionally and within our own hearts
We know that we belong to each other
Our love to strong to let us think other wise

There may be other guys
But you have told me yourself
They mean nothing to you, just others to flirt with
I'm the one you want, I'm the one you love

Yes, i may flirt with other girls
But, they mean nothing to me
You're the girl i love
You're the girl i want my first time.

I know you know these things
I will do whatever it takes
To be back in your arms
In time, things will be back to normal

Until that day comes
I'll continue to prove to you
That you're the only girl in my eyes
You're the only girl i love.

Ben mcelfresh

The Razor

Here i have found peace
One false move and my life ends
It doesn't matter to me anymore
This life has no meaning any longer

I'm at the razor's edge
A place i call home
At any time my life can end
Everyday i push my limits

More scars appear everyday
The pain has no effect
I've grown used to it
The blood all over the floor

The razor running down my wrist
Has become a habit that i can't break
It allows the inside pain to come out
The pain flows free, but leaves behind a crimson stain

My best friend now a blade
Stained with blood from my pain
I now feel free from this world
Tonight I'll make the feeling permanent.

Ben mcelfresh

The Razor's Edge

this razor covered in blood
has lead me toward heaven's gates
how could i of let this happen
apprently i'm not worth saving
all my friends no longer care
they say they do, but look at me now
if they cared i wouldn't have these wings
the razor's edge is where i have found peace
a new beginning without the pain
the pain of this world is now a care left behind
like the care that once was for me
that died obviously
friends and family alike, no longer remember my name
to them i am a thing of the past
no longer to pester them
at the razor's edge is where i have found peace
the peace of a thousand angels
no worries follow within me any longer
i have forgotten how to worry
with this new peace, i am carefree
no longer to carry the burden that haunts me
my name once was a joy
now it is no more but a mear memory
so at this razor's edge i end my life and find a new peace.

Ben mcelfresh

The Stand Alone Soldier

The Stand Alone Soldier

By: Ben McElfresh

I am the stand alone soldier.

I am the one who watches over you while you sleep.

I face this life head on standing alone.

The wind at my back, noone in sight.

I am the stand alone soldier.

I am the one who stands up for what is right.

I won't be pushed around.

I shall protect those who are.

Because i am the stand alone soldier.

My squad leader says to do this.

I follow my own rules and leave all behind.

You can trust me if you want.

If not, it's your choice.

Weather do you do not, i won't let you down.

I'll stand and fight until the night.

Or until the day i'm dead.

But as long as i hjaive those who trust me.

I WON'T DIE!

Ben mcelfresh

The True Love

The love people say isn't true

they say its only puppy love

but what i feel inside for you

is more beautiful than a dove

So many people tell me what im feeling is false

they tell me the truth is im not really in love

they try to be my boss

but who are they to tell me im not truly in love

My true love for you is unmatched

people will never know my true love for you

my love has be ignited by you, the match

so baby i want you to know my love for you is 100% TRUE

I LOVE YOU! ! ! !

Ben mcelfresh

The Wolf's Cry.

In the darkness of the night
I hear the wolf's cry
He cries for his family
Long gone in the dead of winter

All alone with no one to guide him
Alone to fend for himself.
Fear creeping in his mind
Thoughts of death scare the young wolf

This his first time alone
He knows only to follow instinct.
As the morning creeps up on him
So does the hungry lion*

Smelling the scent of blood
Dripping from the lion's teeth
The young wolf launches himself at unsuspecting prey
Finally the wolf has made it's first kill.

Ben mcelfresh

Tired Of This

i see whats happening

but i'm scared (i guess)

i don; t know what i feel

but i swear this to you,

stop this or else

your mad cause you lost her

and now shes mine

can't you see?

it was all your fault

back off i'm warning you

You can't deal with the loss

it pains you to see

someone whos better than you

with her by her side

my angers out of control...RUN NOW! ! !

i'm tired of the shit you pulled

this is the last time

i will deal with you once and for all

i got my family at my back...whos got yours?

NOONE has your back, now you see your lifes at stake.

Ben mcelfresh

To You With Love.

It's been a year now
Since we fell in love
Since that night i held you in my arms
Our life started that night.

It took me two months
Before i finally told you
That i was in love with you
And took my life's biggest risk.

That night we shared our first kiss
I held you as tight as i could
I kissed you with all my heart
I put my heart into your hands.

For almost eight months
Everything was perfect
But someone worked their way in
They tore us apart.

I thought we were doomed
I feared for our love
I cried myself to sleep at night
I missed your touch and kiss.

Now I'm holding you in my arms again
I'm kissing your soft lips
I'm being left breathless by you
We have everything that we lost.

He thought he tore us up
He only brought us closer
No one wants to see us together again
Everyone thinks it's wrong.

No one knows our love
No one knows what we've been through
A backstabbing friend trying to break us up
A thought of a baby.

Now our bond stronger than ever before
Our love proving to be true
All signs point to the truth before our eyes
We're meant to be together forever.

Now i give you my heart again
I give you all i am
I give you my life to hold in your hands
I give all of this To You With Love.

Ben mcelfresh

Trust

As i sit here alone tonight
My life is fading away
Though it's not evident
My heart is slowly stopping.

I need you to know this
Maybe if someone cares,
Maybe i can be saved
Will you be that someone i need?

In my life love seems to be rare
Something left behind
My childhood knew of the realities of life
Why was i put through those things?

All i need is someone to guide me
Someone to love me
Someone to care
Just once more I'll ask for these few things

Maybe this time I'll receive them
Maybe this time someone will listen
Maybe they'll hear my screams
Maybe this time pain won't run free through my veins

Everyone sees the scars up my arm
The results of self-hate
Never trusting those around me
Maybe that's because no one ever listened

Tonight I'll ask for truth
Tonight I'll ask for trust
Tonight I'll ask for a friend
Tonight I'll end my life.

Ben mcelfresh

Welcome To Forever

It's all a mystery
You can't understand why
Why he's chosen you
You over all the others.

You look into his eyes
You see the future there
You see everything you've ever wanted
Everything you'll ever need.

His love for you unmatched
Love this this earth can't comprehend
Not even a genius can't understand
How this boy's heart beats for only you

You know this to be true
It will last beyond your wildest dreams
This is forever
Just how it should feel

But still you question
Why it's you he's chosen
Although you'll never complain
Because your heart beats just the same

You feel the same for him
A true love undying
Never felt by anyone in this world before
The worlds first honest pure love

Now you have each other
Never will you let go of the other
Your lives together beginning
Never ending
Welcome to forever

Dedicated to my two best friends in the world, My brother and my sister. Mike Gentry and Tina Ogilvie. True love, together forever.

Ben mcelfresh

What Happens?

Drowning in the sorrow of life
Trying so hard to hide the pain inside
We all want to show that we're not weak
We all want everyone around us to think we're strong
We all always do it because we think we have to
To hold everyone's burdens on our shoulders
To keep everyone's hope alive.

But what happens when we break down?
Will everyone around think we're weak?
Will they all lose hope in us?
What happens when the pain becomes too much?
Will it feel like we let everyone down?
Will it feel like the end of the earth?
Will we let it all get the better of us?

Many times the pain has broken through on me
I have felt as if i've let everyone down
Many times i've felt it all slip away from my grasp
And i've broken down to everyone's eyes
But it didn't turn out the way i always thought it would
They were there for me, they keep my comfort during this time.

When i broke down they took those burdens
They lifted them off my shoulders
They kept me going and showed me i hadn't let them down
It was because of my breakdown that opened their eyes
To show them that one person can't take all the pain
So that's when i found out who my true friends were
They shared my pain as i had shared theirs
They kept me from giving up
Now it's my turn to return that favor
Now finally we're a family and sharing the burdens together
Because if we leave it to just one person they'll breakdown
But when we work together and make it through
It shows that working together can accomplish ANYTHING.

This poem is dedicated to ALL my friends, i want to thank them for everything they've helped me through. They've been there for me, and they know i'll be

there for them through thick and thin. We may have our fights sometimes, but they will always be family to me. THANK ALL YOU GUYS FOR EVERYTHING! ! ! ! !

Ben mcelfresh

What Have I Become?

It's been almost 5 months now
I'm not who i used to be
I've changed to someone new
I don't like it
What have i become?

I never thought i'd be this way
I never thought it'd be wrong
But looking back on it now
I know it's not who i want to be
What have i become?

I feel distant to everyone
I feel not like who i know
I know who i used to be
Who am i know?
What have i become?

I know who she feel in love with
I'm not 'him' anymore
I want 'him' back
I don't like what i've become
What have i become?

I know what i've become
I've become cold hearted
Become aggressive
I've become what i never wanted to be
What have i become?

I'm taking a stand now
I'm deciding for myself now
I'm going back to who she feel in love with
I refuse to even chance losing her over changes
Now i know what i've become.

Ben mcelfresh

Why Can'T You See?

I've been beside you from the start
I've had my taste and was turned away
But still here i stand
Through thick and thin i remain

I listen to all you have to say
About everyone who isn't me
I judge not for i envy them
I want all them to be me

I've loved you from the beginning
But on the other side i've stayed
You've said not right now each time
And each time i respect that

But why can't you see?
I've been in love with you this whole time
I've wanted nothing more than to be with you
But time keeps moving on and here i stand in place

But you'll never look at me the same again
I'm just the guy you can always turn to
The one who will always listen no matter what
But why can't you see?

Ben mcelfresh

Why Is It?

Why is it
That one person always lingers in your mind
They probably never once look back
On what you had together

But you're different
You enjoy thinking back
It was a happier time
I was a happier person

You wonder just how much you really meant
They were your everything, and then more
But do you ever cross their mind?
They cross yours everytime they talk

For many the thoughts are but a mere memory
Stored in the back of the mind
Out of sight, out of mind
So why is it?

Why is it they still linger in yours
Like everything just happened yesterday
You swear it's like they just left your side
A memory is never just a memory

Ben mcelfresh

Within

Look into my eyes
Take your time
Tell me what you see
Deep down within

Work your way in
Open my soul
Take in what you find
See what i hide within

Work in the light
Search in the darkness
Everything i keep inside
It's all held within

Take that leap of faith
Knock on the door of my heart
See if you're allowed in
To see the secrets within

Tell me what you see
Once you search every side of me
Take your time to find them all
Within myself are they hidden

Now take what you've learned
Look to yourself
See what you never knew
Within yourself are all the answers you seek

Ben mcelfresh

Won'T Be A Let Down.

So what if everyone is doing it
So what if they're all having fun
So what if they all enjoy it
So what if i'm that one in a thousand
That says 'I could wait forever with her'

Often i see those people lose feelings for each other
Often the relationship ends on bad terms
Often things all fall apart
Often they no longer care for each other
They only want that bit of fun

I don't care what you want to think
I'll be the first one to tell you
I'm scared
I may want to
But i don't want to chance things

I want us to last forever
I don't want 20 minutes of fun
If it chances my future with her
I will stand up strong to anyone
Who tries to tell me we need it

If i have to wait ten-thousand years
Before she's ready
I will tell you right now
I'll wait, and i'm probably
The only guy in the world who would be willing to wait

But theres something there that allows me to wait
it's called love
And i've fallen in love with her time and time again
So i'm wailling to do anything for her
If i could give her the world i would

And also another reason
I don't want to be a let down
To myself, my family, christ, everyone who cares about me

But as i said before
I'll wait for her....until she's ready...not a day sooner

Ben mcelfresh

Worth It

Every morning when i wake
It's her voice i wish to hear
It's her face i wish to see
Her kiss i wish to feel.

Every night when i lay down
I think of her
I dream of her
I smile because of her

She's all that i ever think of
I day deam about her
I get lost in her eyes
Everytime i look at the pictures of her

I wait for her to be in my arms
I wait for our lips to touch
I wait for her to be in my arms
Because i know it'll be worth it in the end.

Ben mcelfresh

You Were There For Me.

The pain inside
Nearly unbearable
The pain no one else knows
I want it all to end now.

Though i found true happiness in my life
Happiness doesn't wipe away the memories
The memories of all the times
You helped me through my depression.

The ways you were there
Everytime i needed someone
Though my friends never let me down
None of them could help me like you did.

Though you were hurting as well
You made time for me
Asking for your help always hurt me
Cause i had to swallow my pride and admit my pain and confusion.

Even though you didn't have all the answers
You made seem as though you did
And when you didn't i remember what we did
We sat together and cried till we could cry no more.

I miss those days
I miss coming home to you
I miss the fights we had over stupid stuff
Those things are what let me know you cared.

Happines doesn't cure all pain
The pain can resurface at any time
It finds it's way through the happiness
and appears as tears on the surface.

Pain lies dormant till the right time
Even happiness can't stop it at all times
When it makes its way to the surface
I want it all to end.

I need someone there for me
I need to know those who care
I need comfort
I need a place to lay down and cry.

Dad i can't believe you're gone
I don't want to believe it
I know it's true though
And it hurts.

Dad you were always there for me
You never turned your back on me
You helped me through every hard i came across
Now thought you're gone
I need your help again
I miss you so much
Dad....plz help.

Ben mcelfresh