

# One Body

By: Brad Saunders 9-11-2024

If I was, a foot, I would often be on the ground.  
I would keep the body upright, and moving all around  
I could bring a man, to the place, where he needs to go  
I could help the man, run a race, unless I stub my toe.

As a foot, I serve the body, for I have a role to do  
When other parts take care of me, the better I serve you.  
Sometimes it's not so easy, when crammed inside a shoe  
Though it's better than some injury, that makes a foot turn blue.

Now if I were a hand, I could help a man to grip  
I could hold a cup of water and from it take a sip.  
I could pick up some handy tools, for the man to do his task  
I could bring food to his mouth, or rise when a question's asked.

And if I were an ear, I could hear a warning toll  
I could hear the sound of music, able to soothe the soul.  
I could hear the different voices and discern all sorts of speech  
I could hear a cry for help, or an instruction meant to teach.

If I were an eye, I could behold a beautiful sight  
I could get the man into trouble, or help him see the light.  
I could learn to read the words, that are written in a book  
I could give an icy stare, or display a compassionate look.

The body should work together, with all it's various parts  
The only thing that works against us, is the evil in mens hearts  
If we learn to serve each other, a healthy body we shall be  
Subjected to one another in so doing respect our King.

If we are the Body of Christ, we must never be divided  
Stop striving against our brothers and being so one sided.  
The perspective that we lack, comes from all our other parts  
As we value one another, we overcome our wicked hearts.

Don't dominate one another, forcing all to go your way.  
You might be lacking in some fullness, so who are you to say?  
The collection of reports, which come from a body in need.  
Will help bring good decisions, if we allow Yah's Spirit to lead.

Christ is not divided, we don't follow Peter or Paul  
But we delight in Yah's Spirit, and respond to every call.  
Make Yah's joy complete, so being of one mind  
United in His Spirit, with no foolishness or pride.