

# The Wash-Down

Presenting The Wash-Down and how it came to me

Father God spoke to me one day,

And washed me down with his grace and mercy

The Holy Spirit was the sponge, that soaked up my rut

I was washed down and the Holy Spirit made me whole

I stand tall and walk bold, the Wash Down is my story

That is now going to be told

I was delivered by the deliver

The father son and the Holy ghost

I kept connecting too familiar spirits

Negative spirits that is

Abuser after another abuser

A user after another user

A loser after another loser

I was tired

I needed, to wash away the negative,

And leave it behind

Never go back

Move forward and onward

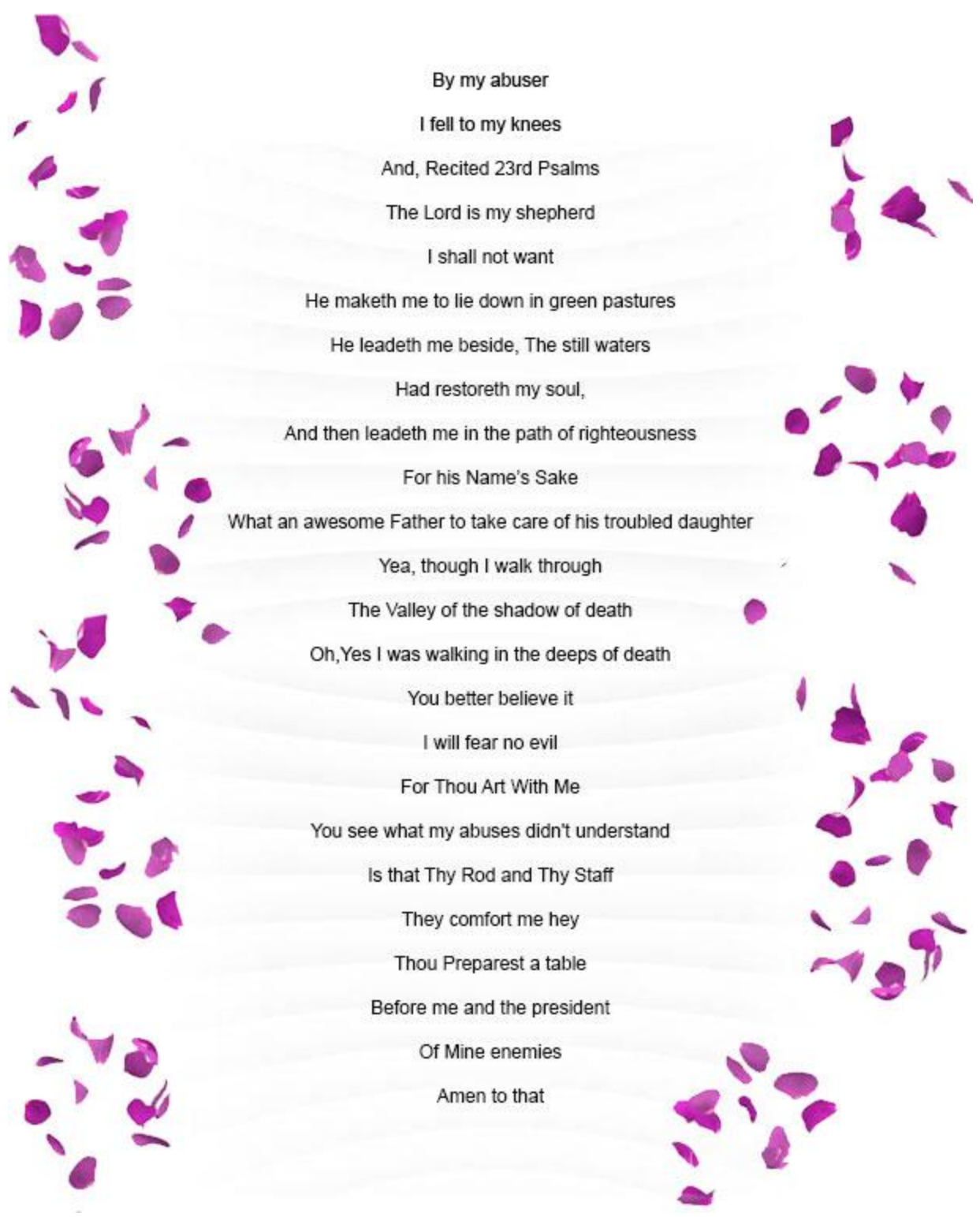
So I can shine

I went back to the 23 Psalms

Oh yes I cried out

The Lord is my Shepherd

Immediately after my last beating



By my abuser

I fell to my knees

And, Recited 23rd Psalms

The Lord is my shepherd

I shall not want

He maketh me to lie down in green pastures

He leadeth me beside, The still waters

Had restoreth my soul,

And then leadeth me in the path of righteousness

For his Name's Sake

What an awesome Father to take care of his troubled daughter

Yea, though I walk through

The Valley of the shadow of death

Oh, Yes I was walking in the deeps of death

You better believe it

I will fear no evil

For Thou Art With Me

You see what my abuses didn't understand

Is that Thy Rod and Thy Staff

They comfort me hey

Thou Preparest a table

Before me and the president

Of Mine enemies

Amen to that



Thou anointest My head with oil  
My cup runneth Over  
I praise father son and the Holy Ghost  
For washing Down my rut  
From head to toe  
From my mind to my soul  
Surely Goodness and Mercy  
Shall follow me  
All the days my Life  
And I will Dwell  
In the house of the Lord for Ever  
My my prayer, my story, my statement, my deliverance

# Crystal Joy

AKA

*Musszett the Poetess*