Make Up Your Mind, Guard me

It's late at night, I can't sleep, too many thoughts in my head, so I turn on TV instead of counting sheep. It isn't the solution, but I just want to get, my head empty before going back to bed.

As channels flash by and trash is coming in, I realize I once more have fallen into sin.

See people get killed, having sex or misbehave, doesn't make me sleep well, I better play it safe.

Guard my eyes so I won't see, seduction which is surrounding me Guard my ears so I won't hear, words which drives You out of here Guard my mouth so I won't say, words which drives You're Spirit away Guard my thoughts and guard my mind, help me to live as You've defined

I Talk with so called friends about that alcoholic in a way I probably wouldn't do in public. Though uncomfortable, I add my contribution to a conversation meant to hurt a person.

I need the lord to guard eyes, ears, mind and mouth for what's coming in and what's going out. Though I try real hard, I can't do it on my one, I need the Holy Spirit, without Him hope is gone.