

Just Bring Yourself

When I invite you over, you always ask “what should I bring?”
And I always say “just bring yourself.”

But what I really mean is...

Bring your woes and your worries.
Let us talk them out if you want to.

Bring your sadness and your sorrows and
let me hold you whilst you cry, if you need to.

Bring your heaviness and heartache and
let me lighten your load a little if I'm able to.

Bring your achievements and accomplishments and
let me celebrate your successes with you.

Bring your happiness and hope and
let me share your joy and listen to your dreams.

Bring your flaws and your failures and
let me accept you regardless.

Yes, when I say “just bring yourself,” what I really mean
is that I want you to feel so comfortably yourself with me that you can
bring your smiles and frowns, laughter and tears, joy and grief, highs
and lows.

So just bring yourself; your whole self.
And be yourself.

Because your whole self is welcome here.

