

Why I need poetry

By [Ben Gosden](#)

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*"Poetry is thoughts that breathe; words that burn." – Thomas Gray*

Why do I need poetry?

Poetry is the language that puts words on the sounds and silences that make up our lives. It is the power to name that which is un-nameable. It is the grace to name something "mystery" and to take comfort in that.

Why do I need poetry?

Poetry is the force that allows us to speak with fierce honesty about ourselves and the world we live in. It shatters the glass cases we use to contain things like faith, love, hope, and God. Poetry scoffs at our clichés because it knows those are merely our attempts to avoid life as it really is.

Why do I need poetry?

Poetry challenges me to see that the world is made up of more than just myself and my own junk. It dares to set free that which I try to put in a neat box. Poetry calls me to the silence and beckons me to be present in it.

Why do I need poetry?

Because on days when I am consumed with my own busyness, and pretend like I have all of the answers, I need to be reminded that in order to truly live, I stop pretending, slow down, and learn to sit with my own questions. For that is where God will meet us.

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