

GIVING-IN

by Robert Fitt

It borders on sheer madness,
To those who seek for pleasure,
To say a frigid shower beats
A feast, by any measure.

How could that be? The critic asks
For it is my belief
That when your body's frosty cold
The body needs relief.

The pundit quickly answers
With a grin from ear to ear,
"It depends on what you're looking for
And the values you hold dear.

Cold showers foster self-restraint
They hold your flesh in check,
They reinforce your will power,
And strengthen self-respect.

When a shower's frigid wetness
precedes a warmth sublime
a 'giving-in' is fostered,
a 'giving-up' refined.

It reminds your selfish body,
As it strives to gain control
That a manly man will never choose
The body over soul.

It reminds you what's important
And that life was meant to be
As much like God as possible
As we seek eternity.

Now....

You're standing in the shower;
You're warm, the water's not
Will you choose that take the easy way
Or the truths that you've been taught?