



**Are You Down Babe?**  
**(Song For Sylvia)**

*Are you down, Babe?*  
*Are you on the floor?*  
*Are they cuttin' your coffin?*  
*Are you out the door?*  
*Does Anxiety mock you?*  
*Depression taunt?*  
*Hey! You tell Anxiety -*  
*You're not the boss of me!*  
*Do what you like, Depression.*  
*My life goes on. See!*  
*Your soul is burning?*  
*Your spirit's churning?*  
*Know this - When it's all told,*  
*We come out as gold.*

*When you're down, Babe,*  
*You think of me.*  
*I'm still standing here.*  
*I don't disappear.*  
Loving you not for what you do,  
The words you say,  
or choose not to -  
I'm like Jesus, Babe, without bar -  
I love you for WHO YOU ARE.

**Jason O'Donnell**