

A Surge of Adrenalin

When someone feels they can give no more,
Whether it be running a race or mopping a floor,
Suddenly a strength comes from deep within,
As you get a surge of adrenalin.

You've given so much but you've got nothing left,
And your body wants to stop and take a rest,
Adrenalin pushes aside pain and fatigue,
Lifting you to do what you could not believe.

Adrenalin may come from the fear that someone will die,
If you don't act quickly and lift the burning car high.
You may act like nothing will stop you or give you any pain,
As you jump to save a child from an oncoming train.

Doing what we thought we could never do,
Never doing it again unless we are called to,
The surge does not come when you think it will,
Adrenalin comes when you cannot sit still.

If adrenalin could be stored or tapped on demand,
It would not be special if it only came around by command.

It is an amazing gift given when a need arises,
And is always filled with amazing surprises.