

Title: Sistah

Subject: Rape and Domestic Violence

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Scripture Inspiration: Duet. 22:25-27; 2 Sam. 13:6 -29,32,33; Prov. 6:17b; 15:4,28; 20:3; 27:4; 29:11, 20, 22; 1 Cor. 13:4a; Eph. 4:29 -32

(Verse 1)

Yo! I can't imagine where you at or what you been through
but I bet your world came crashing down
you was all alone by your lonely going home
peaceful state of mind all of a sudden it was on
You screamed and you bled as you said no! But he said yes
and forced himself upon you with no witnesses
after the damage you managed to shake that turkey
you scrubbed for hours in the showers cause you felt dirty
Embarrassed and scared to show your face
what he took was precious can't be replaced of course
he had no remorse at all the dirty lowdown
the punk just smiled just like he scored a touchdown
Now you on some shutdown
used to be the life of the party now you play the background
'bout to breakdown meltdown please believe
you hate his guts but your pregnant pepper spray was your weapon
Mad advice you ain't getting no one seems to understand
flashbacks keep you from loving your husband
now you make excuses when he wants to make love
push him away when you really want his hugs
Deep down this secret consumes your thoughts
it's tearing you apart you want to talk but you're think you're at fault
but no sister you're not the blame, blame
you don't have to be ashamed point fingers, snitch, report his whole name
That brother's guilty bet a stretch will do him
picture brothers taken turns from the hood running through him
I don't condone that but that's the way it is
for some rapist when they catch cases
The courts whole basis the lawyer made you out a (ho!/prostitute)
you ain't perfect but no means no
so like Anita Baker I apologize to the sisters violated by men let the healing begin...

(Hook)

Sistah—I know what you're going through
Sistah—Keep you're head up and don't feel blue
Sistah—The Lord hears your cry
Sistah—Cause what he did it sho' wasn't right

(Verse 2)

He criticizes, calls you names plus humiliates
terrorizes, puts you down, and intimidates
damages and annihilates all of your personal stuff
he's left you twice already that sucker acts so petty
His only job that steady is jealousy, insecurity, and disrespect
insensitive, ain't got no time except for sex
won't let you work or join activities
he spies on you, accuses you of infidelity
He lies on you, comes and goes as he pleases
you ask him, Where he's gone be? (Look woman I'll get back when I get back!)
he makes all the decisions and all of the plans
he does all of the talking don't ask commands
Just like a fan, you're in the palm of his hands
crushing your self-esteem plus he's stingy with the cream
he's pushed you, kicked you, grabbed you, beat you, shoved you
yet the busta claims that he loves you
You don't feel safe, uh! Uh!
you feel a life is in danger plus you're afraid of his anger
yaw! last fight he pulled his nine out and cocked it
later said he was sorry, but blamed it on the liquor
Ain't nothing sicker when she's had enough like J-Lo bump boxing
she gone have you gasping for oxygen
CSI doctors watching your figure
though her anger can't compare to God's she might pull the trigger

(Hook)