

Resentments

When Angry, bitter,
Or distressed,
The path to peace,
Is always the best.

It's not just to give up,
But to acknowledge what's right,
To cling to what is good,
And to abhor the fight.

Being right will build,
Toward love and peace,
gentle, patient,
And calm underneath.

It's not self-seeking,
To get one's own way,
But doing God's will,
Of which we should pray.

Resentment involves,
Defending ones pride,
Lack of humility,
Disappointment inside.

Our thoughts often set,
ways we expected,
And when not met,
Our peace is affected.

Our thinking must change,
Expectations to adjust,
What we choose to think,
Will prove our trust.

Anger is natural,
It comes and it goes,
But how we think about it,

Will decrease it or grow.

We may ponder all night,
About life unfair,
We can blame and complain,
How no one cares?

We can always choose,
To bring good inside,
To ponder God's principles,
And in them to abide.

We can also continue,
Demanding our rights,
For our wants and entitlements,
And Continue to fight.

Until we surrender,
Humble ourselves,
Rest will not come,
Discomfort will swell.

It's always a choice,
Humble or pride,
We choose the conditions,
How we feel inside.

Resentment's a path,
Where many will stumble,
A self-seeking journey,
Where insides will crumble.

Relations broken,
Trust disappears,
Blame dominates,
And everyone fears.