**Anger**

It takes but a spark

To ignite the heart,

Releasing anger from its cage.

With an unbridled mind,

We can quickly find

Ourselves out of control with rage!

It might start with a word

You may find that’s absurd

Or one’s annoying actions you see.

Whatever their intentions,

You develop contentions,

Engaging two minds that disagree!

At times we’ll be cranky,

Ending up a little angry.

But that is par for the course!

Let your anger be brief.

Don’t let it become chief

In a mean and unfruitful discourse!

The tongue has the power

To build or devour

The heart of one who hears.

You can speak with grace

To resolve the case

And avoid the heartaches and tears!

Anger can start,

Largely, impart,

From pride, selfishness or fear!

When you recognize, and restrain

Those thoughts you entertain,

A congenial person will appear!

It takes a moment to reflect,

While your thoughts, you collect,

On the positives you see in the other.

With a thankful heart,

You’ll begin a new start

To once again, love one another!

By Maurice Coleman