Writing a Diamonte Poem

A diamonte has seven lines and sixteen words. It starts with the first word of a pair of opposites. In the middle, the subject changes. The poem then talks about the second word in the pair of opposites. The poem lays out like a diamond.

Here's the formula:

Line 1: The first word of the pair of opposites.

Line 2: Two words that describe the word in Line 1.

Line 3: Three action words that describe the first word and end in "ing."

Line 4: Two words that describe the first word (in Line 1), then a dash, then two words that describe the second word in the pair of opposites.

Line 5: Three action words that describe the second word in the pair of opposites and end in "ing."

Line 6: Two action words that describe the second word.

Line 7: The second word that is the opposite of the word in Line 1.

Here is an example:

Adam
greedy, disobedient
turning, sinning, hiding
dark, ambitious—humble, light
serving, teaching, rising
generous, obedient
Jesus