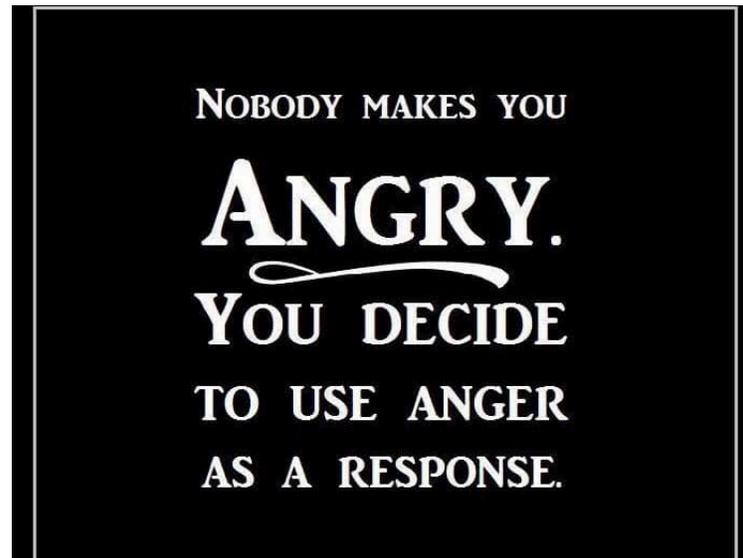


## Prayers for Overcoming Anger



**Anger** is a major source of many problems in the lives of adult who were reared in chaotic homes. It is a feeling we often suppress, because admitting it makes us feel uncomfortable. In our chaotic homes, the turmoil was so intense that we either denied our anger or expressed it inappropriately. We felt it was safer to protect ourselves and simply hoped our feeling would go away. We were not aware that repressed anger could lead to serious resentment and depression. It causes physical complications that can develop into stress related illnesses. Denying anger or expressing it inappropriately causes problems in relationships because we cannot be truthful about our feelings and must always be pretending.

*When we repress or inappropriately express anger, we may experience:*

Resentment	Depression	Anxiety
Self-Pity	Jealousy	Stress

*My Lord and My God,* You say now is the time to get rid of my anger and rage. I can't just wait for it to happen. It's my choice to put off the old nature and put on the new. You tell me to look to Jesus, to be like Him, to learn about Him. (**Colossians 3:8-10**) But more important, to know Him personally. So that I am melted by His love. And my bitterness can't reside in His presence.

*Father,* Your Word says if I am angry, do not let it become sin. (**Ephesians 4:26-27**) Do not let it become a root of bitterness that is planted in my life (**Hebrews 12:14-16**)—and corrupts me and those I come in contact with. I confess that if I don't deal with it immediately, I have chosen to give the enemy a foothold. I have given him permission

to work against Your grace in my life. I have given him a place of safety. I have chosen to wallow in my self-pity rather than accept Your great freedom.

Thank You my Father that even when I am disobedient like this, You still reach out for me. Woo me. Bring me back home.

*Oh, God,* I am so quick to speak harshly, so quick to anger. And Your Word is true. My anger does not produce Your righteousness. I confess it produces self-righteousness. And my self-righteousness is what I use to avoid looking at my moral filth and evil. Too often I merely listen to the word and don't do what it says. But my anger makes me blind to my double minded ways. Thank You God, for having planted the word in me through Jesus. It will accomplish the work You have intended. (**James 1:19-20**)

*Heavenly Father,* I give full vent to my anger in my mind. And it spills out in relationships. I'm a fool because it deepens my addiction. My release is not to hold it back. But to find pleasure in becoming angry and venting even if it's just to myself. That feeds my addiction the same as taking a drink. The temporary pleasure further locks in the cycle. But Lord I trust in Your Word to be a sharp, two edged sword to free me from this bondage. (**Proverbs 29:11**)

*Lord God,* Your Word tells me to stop being angry; to turn from my rage; don't lose my temper. (**Psalms 37:8**). But anger is my idol. I look to it to empower me. I refuse to admit I am powerless over it. You and You alone are my God. The source of everything that's good in my life.

“Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back--in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.” — **Frederick Buechner**

*O Lord,* I am too eager to get involved in foolish, ignorant arguments that only start fights. Including my imagination that spills over to real relationships. I want to be Your servant; one that does not quarrel but is kind to everyone. Only then will I be able to teach. And be patient with difficult people. (**2 Timothy 2:23-24**)

*Father,* Your Word says, “(Wise) people control their temper; they earn respect by overlooking wrongs.” (**Proverbs 19:11**) When I refuse to control my temper, I am rejecting Your wisdom. Give me a desire for You and You alone. So I won't settle for false idols of self-righteousness.

*Lord*, I want to be a person who helps stop fights and conflicts. Not a hot tempered one who pours fuel on the fire. (**Proverbs 15:18**). Too often their anger fuels my anger. Help me to seek your love and grace instead.

*Heavenly Father*, I confess my instinct is not to seek a gentle answer, but harsh words that make tempers flare. (**Proverbs 15:1**) Help me to pause before I speak. So I won't sin against You.

*O Lord*, the quarrels and fights that spill out from me come from my evil desires. I am jealous of others who have what I want. I don't seek You. I am bitter and desire what I don't have. I will choose to humble myself; to be grateful for Your many, many gifts. And resist coveting things You haven't given me. As I draw nearer to You, You will draw nearer to me and I will know that You would never withhold good things from me. It is the Devil that feeds on my motives. You promise if I resist him, he has to flee from me. (**James 4:1-3, 7-8**)

"As long as you live on earth, you won't see the end of injustices. Yet God desires for you to let go of injustices and hold on to His grace. Only He can give you the power to forgive those who have hurt you the deepest."-**Paul Chappell**

*Lord*, I am so impatient. The frustration builds because I don't get what I want. And I lash out in ignorance. I think I am powerful in the moment. But the true power comes from self-control. Help me to remember this in moments where my anger is building. (**Proverbs 16:32**)

*Father*, help me get rid of all bitterness, rage, anger, harsh words, and slander. And to constantly realize this is all evil behavior. (**Ephesians 4:31**)

*Father*, I want to live by the Spirit and help restore someone caught in a sin. But my anger makes me feel self-righteous; superior to others. And ignorant of the fact that I am so easily tempted. How wonderful is Your Word to exhort me like this! (**Galatians 6:1**)

"To be angry about trifles is mean and childish; to rage and be furious is brutish; and to maintain perpetual wrath is akin to the practice and temper of devils; but to prevent and suppress rising resentment is wise and glorious, is manly and divine."-**Isaac Watts**

"Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be." - **Thomas a Kempis**

"When you've experienced grace and you feel like you've been forgiven, you're a lot more forgiving of other people. You're a lot more gracious to others."-**Rick Warren**

**Colossians 3:8-10** *But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old*

*sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him.*

**Ephesians 4:31** *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.*

**Ephesians 4:26-27** *“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.*

**Hebrews 12:14-15** *Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.*

**Galatians 6:1** *Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.*

**James 1:19-20**

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says.*

**James 4:1-3, 7-8** *What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure.*

*So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.*

**Proverbs 15:18** *A hot-tempered person starts fights; a cool-tempered person stops them.*

**Proverbs 15:1** *A gentle answer deflects anger, but harsh words make tempers flare.*

**Proverbs 16:32** *Better to be patient than powerful, better to have self-control than to conquer a city.*

**Proverbs 19:11** *Sensible people control their temper; they earn respect by overlooking wrongs.*

**Proverbs 29:11** *Fools (give full) vent (to) their anger, but the wise quietly hold it back.*

**Psalms 37:8** *Stop being angry! Turn from your rage! Do not lose your temper - it only leads to harm.*

**2 Timothy 2:23-24** *Again I say, don't get involved in foolish, ignorant arguments that only start fights. A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people.*