

Jesus, I try to get rid of my anger, but it keeps coming back. My rage is like a dark stain on a white wall. No matter how many times I try to paint over it, I can still see a mark. And then the paint peels off, and there it is, dark as ever.

Show me how to strip off the stain before I try and paint the wall. Show me the source of my anger. Is it because I am hurt? Or afraid? Is some reaction from my childhood being triggered? Am I jealous or insecure? Am I unsure of my own worth in this situation? Reveal the truth to me, whatever it is—and then heal me, I pray. Only then will I be able to truly turn from my anger.



Strip away my anger, Lord. Let me clothe myself instead with love and self-control.



Prayers for Difficult Times
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Anger



*Stop being angry! Turn from
your rage!*

*Do not lose your temper—
it only leads to harm.*

Psalm 37:8 NIV

Loving God, I have noticed that I am more likely to get angry when I am focused on myself. I want to be in control—and when I am not, even little things upset me. Remind me that You are in control, not me. My life is in Your hands. I do not need to feel frustrated when things do not go the way I want. Instead, I can wait to see what new thing You will do.



Jesus, why do I get so angry with others when they do not act the way I want? My own behavior is far from perfect. Replace my frustration and resentment with humility and patience, I pray.



Lord, teach me to follow James's advice (1:19-20): Help me to be quick to listen to what others have to say; slow to speak; and even slower to lose my temper. My anger will never produce Your righteousness in my life.

We all get angry from time to time. But the Bible tells us not to nurse our anger. Instead of dwelling on it, the psalmist says that we should turn away from it. Instead of feeding it until we explode, we are to let it go. There is nothing wrong with feeling angry sometimes—but when we let our anger drive us, when we lose control of ourselves because we are so full of rage, then we are likely to hurt those around us.

Acknowledge your angry feelings. Do not try to stuff them away or deny that they exist. But then give them to God. Allow him to be the container that holds your temper—and keeps it from hurting others.

Why do I get so angry, Father? Your answer points me to the New Testament, where James' epistle offers me a good explanation of my own heart (4:1-2). Soothe those burning desires inside me, Lord, the ones that war against each other. Remove my cravings for things I do not have; instead, let me be content with whatever You have given me. Remind me not to shove and push and quarrel with others, trying to get what I want—and let me instead simply turn to You to satisfy my desires, trusting You will give me whatever I truly need.



God, remind me that the sun should not go down on my anger. Help me to not go to bed nursing a grudge that will haunt my sleep and get up with me in the morning. Instead, let me value my relationships enough that I commit myself to working through the conflicts that arise. I know You want us to live in harmony.