

PRAYER FOR VICTORY OVER ANGER

Key Scripture: *But now ye also put off all these: anger, wrath, malice, blasphemy, filthy communication out of your mouth* (Colossians 3:8).

Key Thought: Anger is a symptom of hurt and frustration. Take your anger to your heavenly Father who understands all things.

Prayer: Heavenly Father, the hurts I've received and the frustrations I feel have caused anger to develop in my life. I bring my anger to You now, and I ask You to replace it with Your healing love. You are the Healer of all my inner hurts, frustrations, wounds, and disappointments.¹ Thank You, Lord, for Your nurturing in my life.

Father, I thank You for Jesus who is my High Priest. Though He was tempted in all the ways I have been tempted, He remained without sin, but I know He understands my anger, and I believe He will lead me to freedom from its torment in my life.²

Lord God, You are full of mercy and grace.³ I ask You to apply Your mercy and grace to the hurts I've received. Please let Your Balm of Gilead heal each one.⁴ Lord, thank You for inviting me to cast all my cares upon You.⁵ I do so now by surrendering my frustrations, hurts, and cares to You. Help me to maintain an attitude of kindness, mercy, and patience toward others.⁶ Help me, also, to forsake worrying, judging, and criticizing others, which lead to frustrations and anger.⁷

Teach me to forgive those who hurt me at all times.⁸ Help me always to deal with anger in positive, constructive ways. With Your help, Lord, I will never let the sun go down on my wrath again.⁹ It is my heartfelt desire to always follow Your perfect way and will in all things, and to pursue the most excellent way of all – the way of love.¹⁰

Thank You for lifting the burden of anger from me.

Through Your guidance and leadership in my life, I know I will learn to cease from anger and to forsake all wrath.¹¹ I respond to Your love, dear Father, and as I do so, the anger I was feeling is fading away.¹² Thank You so much.

References: (1) *Exodus 15:26*; (2) *Hebrews 4:15*; (3) *Psalms 86:5*; (4) *Jeremiah 8:22*; (5) *1 Peter 5:7*; (6) *Ephesians 4:31-32*; (7) *Matthew 7:1-5*; (8) *Colossians 3:13*; (9) *Ephesians 4:26*; (10) *1 Corinthians 12:31*; (11) *Psalms 37:8*; (12) *1 John 4:10*.

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