

## Anger

Lord God, I will refrain from anger and I will turn from wrath;  
I will not fret— I believe You when You say that it leads only to evil.  
Psalm 37:8 (NIV)

Lord God, how I thank You that You are compassionate and gracious,  
slow to anger, abounding in love. Help me to reflect Your image, to be gracious and  
abounding in love towards myself and others, even my enemies.  
Psalm 103: 8 (NIV)

Lord God, I will be patient so that I might have great understanding,  
I will not be quick-tempered because I know that it will only lead to foolish words, ideas,  
and actions. I know that You have given me a Spirit of self control  
and I will live by the Spirit and not the flesh.  
Proverbs 14:29 (NIV)

Lord God, I will focus on always giving a gentle answer so that wrath might be turned  
away; I will respond without harsh words which only stir up anger.  
Proverbs 15:8 (NIV)

Lord God, I know that if I am wise, I will be patient and I will not allow strife to reign in  
my life. I know that it is best to choose to overlook offenses.  
I will trust in Your justice and rest in Your mercy.  
Proverbs 19:11 (NIV)

Lord God, I will not be quickly provoked in my spirit,  
I trust You when You say that anger resides in the lap of fools.  
I will not be foolish, but faithful.  
Ecclesiastes 7:9 (NIV)

Lord God, in my anger, I will not sin. I will not let the sun go down while I am still  
angry. I come to Your throne of grace, asking for forgiveness for my many sins and  
praying that You will give me a heart of love and forgiveness for others.  
I will let go of offenses and leave them in Your hands that are mighty and just.  
Ephesians 4:26 (NIV)

Lord God, rid me of all bitterness, rage and anger, brawling and slander, along with every  
form of malice. I cannot do it on my own Lord, I need Your help; I need Your Spirit to  
fill me and do a work in and through me so that I might bear fruit.  
Ephesians 4:31,32

Lord God, work within me and remove my anger, rage, malice, slander, and filthy language from my lips. Lord, reveal and remove all that is within me that is not of You.  
Colossians 3:8 (NIV)

Lord God, help me to be quick to listen, slow to speak and slow to become angry.  
James 1:19,20 (NIV)