

FREEDOM FROM ANGER

Key Scripture: *“Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry...But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth...And put on the new man, which is renewed in knowledge after the image of him that created him” (Col. 3:5, 8-10).*

Prayer: Lord, you are a God who is ready to pardon, gracious and merciful, slow to anger, and of great kindness.¹ You are renewing my life so that I am becoming more like you.² Thank you, Father. I renounce the power anger has held over my life, and I repent of the sins into which it has led me.

Lord, I pray for _____ who have received the brunt of my anger and fury. Heal their hurts, Lord, and let them know that your love covers a multitude of sins.

It is your will for me to cease from anger and forsake wrath because those who do evil will be cut off, but those who wait on you will inherit the earth.³ My earnest prayer is that you will help me cease from anger and forsake all wrath in my life. Show me how to avoid sinful anger. May I never let the sun go down on my wrath.⁴ Teach me how to deal constructively with the anger I experience, through forgiveness, openness and honesty.

Help me to remember your words of wisdom: that a soft answer will turn away wrath but grievous words will stir it up.⁵ Set a watch before my lips, O Lord,⁶ and help me to bridle my tongue.⁷ The tongue of the wise uses your knowledge in the right way, but the mouth of fools pours out foolishness.⁵

Lord, you have shown me that he who is slow to anger is better than the mighty, and he who rules his spirit is better than he who takes a city.⁸ It is my desire to be in control of my spirit so that I will be slow to anger, as you are.

May I never grieve your Holy Spirit by whom I have been sealed unto the day of redemption. Lord, let all bitterness and wrath and anger, and clamor, and evil speaking be removed from my life. Replace those sinful responses with the fruit of your Spirit, that I might be kind to others, tenderhearted, forgiving, even as you have forgiven me for Christ's sake.⁹

References: (1)Nehemiah 9:17 (2)Romans 8:29 (3)Psalms 37:8,9 (4)Ephesians 4:26 (5)Proverbs 15:1-4 (6)Psalms 141:3 (7)James 3:2 (8)Proverbs 16:32 (9)Ephesians 4:30-32

Prayers that Prevail, Victory House, Tulsa, Oklahoma