

GOD'S RIGHTEOUS ANGER

Mark 3 v 5

He looked around at them in anger and, deeply distressed at their stubborn hearts.

John 2 v 15, 16

So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money-changers and overturned their tables. To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!"

PRAYER

Lord, teach me to be angry in the right way. Angry at the sin that twists and ruins lives, that lies and cheats, that hurts and harms, that keeps millions in darkness and will not let them come to the light and love of the God who made them and loves them. May my anger not be a reaction, a flying of the handle, but a response that leads me to dedicated prayer and witness for Christ's Kingdom to come. AMEN



TAMING THE TONGUE

James 1 v 19, 20

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

PRAYER

Lord, I am sorry when my anger doesn't allow me to live the life that you desire. In my work, at home, at church, when I'm driving, in fact, wherever I am, enable me to be quick to listen, slow to speak and slow to become angry. Show me where my anger comes from and grant me the grace to bring it quickly to you before it leads to sin. Lord, I cannot do this without your grace. Thank You that Your grace is sufficient. AMEN



Lord, when I face situations in which my initial reaction is to become angry help me to listen carefully to what is being said and, if I feel that I have to speak, help me to do so in measured tones so as to achieve the righteous life that you desire and thereby promote a good witness. AMEN

James 3 v 5, 6

Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

PRAYER

Dear Father, I ask that you would exercise such a control on my tongue that the words which come from mouth would be a blessing to those who hear them, rather than a hindrance and a hurt that would otherwise turn them to anger and turn them from you. AMEN



There I go again Lord! I open my mouth and this tongue of mine cuts and hurts. I don't mean to do it, it just happens so quickly and when the words are out, there is no taking them back. How true is your word that the tongue can set the whole course of life on fire and itself be set on fire by hell. Forgive me. Enable me to truly say sorry, whatever it costs, and help me to keep a rein on this tongue. AMEN

READINGS & PRAYERS

TO HELP OVERCOME ANGER

“ But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ”

Colossians 3 v 8

REFRAIN FROM ANGER

REFRAIN FROM ANGER

Psalm 37 v 8

Refrain from anger and turn from wrath; do not fret - it leads only to evil.

Colossians 3 v 8

"But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."

PRAYER



Father, your word makes clear that misplaced anger is an explosive capable of causing all kinds of damage. It breaks friendships, families, marriages and leads to violence, brutality and even warfare. No wonder that you tell me to refrain from anger and turn away from wrath, for it only leads to evil. You command me to rid myself of anger, rage, malice and slander as well as filthy language. Heavenly Father, I can't do that on my own, but I will commit myself to trying with all my ability. Please help me as I seek to nurture the fruit of the Spirit that is self-control. AMEN

WHEN ANGRY - DON'T SIN

2 Corinthians 12 v 20

For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be quarreling, jealousy, outbursts of anger, factions, slander, gossip, arrogance and disorder.

PRAYER



Oh Lord, we know that we are prone to quarreling, jealousy and getting angry. Please help us to be as you would want us to be. Forgive me for the times when, arrogantly, I think I know best. Help us to listen, to be open-minded, to be measured in our responses, to be united under you, to be positive and encouraging when speaking to others, and in all situations may our thoughts, actions and attitudes glorify your name. AMEN

Ephesians 4 v 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.

PRAYER



Lord, help me to handle my anger and to tone it down into measured statements about the thing that has riled me. In difficult conversations may it always be my aim that when the talking is over, the other person may at least understand my point of view but not want to avoid me in the future. AMEN

PRAYER



Lord, when I am angry give me the strength and awareness not to sin. May your Holy Spirit point out my sin, so that anger may not blind me to it. Give me the energy and resolve not to let the day end with anger. When I am tempted to go to sleep with angry thoughts, wake my soul to your word. In your name, Lord Jesus, I resist the way in which Satan can use anger to gain a foothold in my life. AMEN

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Hebrews 3 v 7 - 11

So, as the Holy Spirit says: "Today, if you hear His voice, do not harden your hearts as you did in the rebellion, during the time of testing in the desert, where your fathers tested and tried me and for forty years saw what I did. That is why I was angry with that generation, and I said, "Their hearts are always going astray, and they have not known my ways." So I declared on oath in my anger, "They shall never enter my rest."

PRAYER



Almighty God, thank you that all anger is not wrong for Your righteous anger burns against everything that is unholy and evil. But I'm so glad that your anger is not like mine. Mine flies up in a moment and is more often than not for selfish reasons. In contrast your anger is calm and collected, the settled opposition of a loving, Father against everything that damages His creation and denies His gracious will. When I see so much evil in the world I'm glad that it makes you angry too. Of course, my answer would be revenge, yours was the cross! Thank you Lord. AMEN