

Prayer when we feel angry

Lord, I know that I cannot handle my anger on my own. I give you all my feelings and need your guidance and your grace in my life. Fill me with your Holy Spirit, so that I may have the self-control and patience to handle difficult situations with dignity, love and sanctifying grace so peace will reign in my soul.

I bring before you Lord in prayer my concerns. In my anger help me to be quite and thoughtful and not commit wrongdoing by committing sin and destroying me by breaking off my relationship with God affecting me spiritually.

Thank you, God, for your love, mercy, and forgiveness.

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“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil” (Eph. 4:26-27).