

Heavenly Father,

I come before you with a heart weighed down by feelings of anger and frustration. You are the God of peace and reconciliation, and I need your help to overcome these emotions and find healing and restoration.

Lord, you understand the depth of my anger and the reasons behind it. You know the hurts and injustices that have fueled this anger, and you see the pain that lies beneath the surface. I pray for your presence to surround me, Lord, bringing calm to the storm raging within me and helping me to find peace in the midst of turmoil.

Father, I confess that my anger has often led me to sin - to lash out in words or actions that hurt others, to harbor resentment and bitterness in my heart, and to distance myself from you and those I love. Forgive me, Lord, for the times when I have allowed my anger to control me and lead me astray. Wash me clean, O God, and help me to walk in the freedom and forgiveness that you offer.

God, I pray for wisdom and discernment in how to handle my anger in a healthy and constructive way. Help me to express my feelings honestly and assertively, without resorting to aggression or violence. Give me the courage to confront the sources of my anger and to work towards resolution and reconciliation where possible.

Lord, I lift up to you any unresolved conflicts or broken relationships that may be fueling my anger. I surrender them into your loving hands, trusting that you are able to bring healing and restoration in your perfect timing. Help me to extend grace and forgiveness to those who have wronged me, just as you have forgiven me.

Father, I pray for a transformation of my heart and mind, that I may be filled with your love and peace instead of anger and resentment. Help me to cultivate a spirit of patience, kindness, and forgiveness, even in the face of provocation or injustice.

Thank you, Father, for your patience and grace towards me, even in my moments of anger. May your Holy Spirit continue to work in me, transforming my heart and enabling me to walk in love and reconciliation with others.

In Jesus' name