

# Weekly Prayer Plan – Controlling Your Anger

## How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: \_\_\_\_\_

Place: \_\_\_\_\_

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

*God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.*

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

*When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.*

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

*Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.*

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

*We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.*

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

*Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.*

**Read through the scripture passages for today as listed below:**

Meditational Verses

Monday: James 1:19-20

Tuesday: Proverbs 15:1-15

Wednesday: Ephesians 4:26-27

Thursday: Proverbs 14

Friday: Proverbs 15

Saturday: Ephesians 4:17-32

Sunday: Romans 12:17-19

**Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.**

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

*We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.*

# Notes & Bible Verses - Controlling Your Anger

No man is an island and while working with anyone else there will come times when you don't see eye to eye with them. It's important in those situations to keep your anger in check. You don't want to lose controls and allow the angry emotion to cause you to do something you will later regret. This episode we're talking about controlling your anger.

*Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. - James 1:19-20 ESV*

We oftentimes allow our anger to get us in trouble when we react without thinking. In order to think of the best possible response in any situation we need to listen and think about all the possible consequences that could happen as a result of acting out in anger.

*A soft answer turns away wrath, but a harsh word stirs up anger. - Proverbs 15:1 ESV*

If we are ever in a contentious situation where the conversation is escalating higher, we need to remember that we can turn the conversation around by replying in a calm and gentle tone. This verse is saying a soft answer can de-escalate any argument and bring peace.

*Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly. - Proverbs 14:29 ESV*

Acting out in anger is never the best response. When you are wise and have good understanding of any situation, you are able to judge what is the best response for you to take. This is a wise move on your part rather than replying hastily.

*Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. - Ephesians 4:26-27 ESV*

It is not a sin to be angry about anything. It's a sin when you allow yourself to be controlled by that anger. You can channel the emotion of anger into a constructive outlet that will be beneficial for yourself and others. Also this verse is saying not to allow anger to rest on your heart unresolved. Figure out a way that you can resolve that situation.

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. - Ephesians 4:32 ESV*

Sometimes we may have been treated unfairly but instead of lashing out and responding out of anger, we need to show grace and remember that God forgave you and you should also extend that forgiveness to others as well.

*Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. - Ephesians 4:31 ESV*

Ephesians 4:17-31 talks about how Christians should live. If we are to live a life close to what God called us to live we need to put away these vices which include being controlled by anger. If you struggle with controlling your temper try to make this a priority to control. Seek a counsellor if needed.

*Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. - Proverbs 16:32 ESV*

A wise man guards his mouth knowing that he can bring endless grief upon himself if he doesn't.

*Do not say, "I will repay evil"; wait for the Lord, and he will deliver you. - Proverbs 20:22*

The best course of action is to leave vengeance in the hands of the Lord. Do everything that you can to live in peace with everyone.

*A hot-tempered man stirs up strife, but he who is slow to anger quiets contention. - Proverbs 15:18 ESV*

Getting into disagreements are part of living with other people. We won't always see eye to eye. What this verse is saying is that we need to be slow to get angry when there is a disagreement, and in doing that it will bring calm to any disagreement so that it can be resolved.