

THINK *Before You Speak*



- T** – Is it truthful? Is what I’m about to say the truth?
- H** – Is it helpful? Or will it simply harm the other person?
- I** – Is it inspirational? Does it build up or does it tear down?
- N** – Is it necessary? If it’s not necessary, why do I need to say it?
- K** – Is it kind?

– Rick Warren

Prayer for Overcoming Anger

By: Susan Pahlau

Dear mother, are you tired of struggling with negative or destructive emotions that come out in angry words and actions? Perhaps one prayer will not solve the struggle, but it could start the healing process. Would you pray this simple prayer with me?

Dear Jesus,

I do not want to be an angry mother anymore; I want to be a loving mother.

Lord, help me to understand why I get angry.

Replace my hurt with Your love and forgiveness.

Replace my frustration with Your peace.

Help me to stop and think before reacting.

Help me to learn to stay calm in stressful moments.

Help me to continually ask You to help me.

Help me to know that You offer me great mercy and strength if I blow it again.

I need Your presence in my life.

I need the Holy Spirit and the love You give.

I will plant Your word in my heart so that I will not only manage my anger but overcome the hold it has on me.

I believe You will change my heart.

Amen!