

## AGAINST ANGER

Once again, Lord Jesus Christ, I face the power of anger.  
Against the torrent of oblivion, I plead the blood of Jesus.  
When I am harmed by another, or think myself to have been, give me patience to go to that person with a humble spirit, seeking to be reconciled.  
When I am outraged by injustice, show me clearly how I too must repent of complicity in this world's broken systems, and cover me in Your mercy.  
When I can neither rest nor work because of the indignation that stirs my spirit, teach me the power of forgiveness and the freedom of love.  
Deliver me from anger, that I might not be consumed by its fire but turn the great energy of my soul toward a desire to serve You and Your little ones.  
Lord Jesus Christ, Son of God, have mercy on me, a sinner.