

DEVOTIONAL

Hollywood Prayer Network

ANGER

This week we're focusing on an emotion that has swept our families, our culture, and even our roadways: ANGER! God tells us not to be angry, not to let the sun go down on our anger, and that anger turns us into "mockers" and fools. Now is the time to be honest about your own anger, and ask the Lord to change you, heal you, and transform you into a peacemaker and a wise, calm follower of Jesus. Let go of your anger and embrace God's promise to find wisdom and peace in Him!

DAY 1

GET RID OF ANGER

“UNTIL THE WILL AND THE AFFECTIONS ARE BROUGHT UNDER THE AUTHORITY OF CHRIST, WE HAVE NOT BEGUN TO UNDERSTAND, LET ALONE TO ACCEPT, HIS LORDSHIP.”

-ELISABETH ELLIOT

New International Version

Colossians 3:8

But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

DAY 1

PRAY: Lord, I need You desperately each moment to keep me holy. Please help me get rid of any anger, any rage, malice, or slander. And please help me to hold my tongue when I'm about to use filthy language. Keep my heart pure so that the words from my lips will stay clean and uplifting. And help me to rid myself of "all such things as these." Thank You for giving me strength in times of weakness so that I don't let anger, or any bad word, come out of my mouth. I'm depending on You to help me, Lord! Amen.

REFLECT: Reflect on the culture today and how accepted it is to swear, get angry, have road rage, or use slander against others. We live in an angry culture. How can you live differently than everyone around you? How can you raise your children to be Christ-like, not "cool." Our real home is heaven, and there will be no slander, malice, rage or anger there. So, can you start right now and keep your lips pure? Do you need to give up swearing, talking against others, or let go of your anger? The Holy Spirit will help to rid yourself of all such things as these. Just ask Him!

DAY 1

ACT: Pray now for the people in Hollywood who struggle with anger. It's a difficult life to work in the entertainment industry. Either the artists can't make a living, so they grow angry through constant rejection and financial struggles, or, they reach "the top" and everyone wants something from them. The paparazzi, fans, and the press hound them, and they have no privacy. Anger is a problem on both ends of the spectrum, and both are a common reality. As cultural role models, these people desperately need your prayers. Thank you for making an eternal difference by praying for the Hollywood entertainment professionals.

DAY 2

BLESS YOUR PERSECUTORS

"THROUGHOUT LIFE PEOPLE WILL MAKE YOU MAD, DISRESPECT YOU AND TREAT YOU BAD. LET GOD DEAL WITH THE THINGS THEY DO, 'CAUSE HATE IN YOUR HEART WILL CONSUME YOU TOO."

-WILL SMITH

New International Version

Romans 12:14-18

Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone.

DAY 2

PRAY: Lord, we live in an angry world and I want to be different. Help me to bless others, to be compassionate with those around me, and to live in peace. Please don't let me get angry at others when I don't know their story. I want to be Christ-like in all I do and say. Thank You for Your scriptures, which guide my thoughts, words, and actions. Selah! Amen.

REFLECT: Think about when you get angry. What triggers your anger? What can you do to stop getting angry? What people make you angry? Can you ask the Lord to help you to pray for those people every time any anger arises? Are you mad at Hollywood, or any of the people here? If so, pray for the Lord to fill those people up with His unconditional love, hope, joy, and salvation. And then see if your anger subsides or disappears...

ACT: Memorize Romans 12:14-18 and commit to saying it over and over every time you feel angry. Start blessing people, rejoice with friends, mourn with those who have lost a loved one and live in harmony with everyone. Pray now about anything that angers you, asking the Lord to soften your heart, heal your hurt, and melt your anger. You don't want to be proud, conceited or repay anyone evil for evil. Be careful to do what is right in the eyes of everyone, especially the Lord. Then, as far as it depends on you, you will live in peace with everyone. Commit to learning Romans 12 and then watch what the Lord has in store for you!

DAY 3

BE ANGRY BUT DON'T SIN

“ANGER IS AN ACID THAT CAN DO
MORE HARM TO THE VESSEL IN WHICH
IT IS STORED THAN TO ANYTHING ON
WHICH IT IS POURED.”

-MARK TWAIN

New International Version

Ephesians 4:26-27

In your anger do not sin, do not let the sun
go down while you are still angry, and do
not give the devil a foothold.

DAY 3

PRAY: Lord, don't let the sun go down on my anger tonight. Help me to be honest about what angered me today, and then let go of it and place that issue, that person, or that situation at Your feet. Please let me sleep peacefully, knowing that I am laying down with a clean heart, a pure mind, and a peaceful soul. I don't want to give the devil a foothold. I pray this in Jesus' name, Amen.

REFLECT: Anger is an indication of many things – but all of them are warnings from God that something is not right. It could be a righteous anger in response to an injustice, or you could be reacting to something that triggered your own weakness or insecurity, or you may be misunderstanding someone or something. Each time you detect anger in your heart, your words, or your actions, stop and ask God to reveal the true reason behind that anger. Only then can you do something about it. And only then do you stop the devil from getting a foothold.

ACT: In God's world, light represents something beautiful, and darkness represents something scary, wrong, or evil. So how wise it is of God to tell us not to let the sun go down on our anger, for our anger will only get worse in the dark. Right now, check your heart and tell God anything that angers you, and as you memorize Ephesians 4:26-27, ask Him to get rid of your anger and help you fix your mind on this scripture before the sun goes down.

DAY 4

WISDOM TURNS AWAY ANGER

"I HAVE A VERY STRICT GUN CONTROL
POLICY: IF THERE'S A GUN AROUND, I
WANT TO BE IN CONTROL OF IT."

-CLINT EASTWOOD

New International Version

Proverbs 29:8

Mockers stir up a city, but the wise turn
away anger.

DAY 4

PRAY: Lord, I see such brokenness and anger in our world. And I see that some cities, such as Hollywood, always have unrest because so many of the people there don't know You. Would You please stop mockers from causing chaos, anger, and even violence in our nation? Allow the wise leaders to turn our cities away from anger and bring Your divine peace into my city, in Hollywood, and in the nation. Every city needs Your presence to stop mockers and to keep wise men away from anger. I pray this in Jesus' name. Amen.

REFLECT: As you read the paper and listen to the news, can you look deeper into the cause of our world's unrest, killings, crime, and violence? Isn't it a spiritual issue more than a human problem (Eph.6:12)? Can you pray for the heart of the "mockers" and ask the Lord to transform them into new creatures, so that they can turn away from their anger and find peace and wisdom through the Holy Spirit, thus bringing peace to our world?

ACT: Commit to pray for each criminal, broken celebrity, politician or "mockers" whom you read about in the newspaper or listen to on TV. Ask the Lord to transform their hearts and heal their brokenness. Don't talk against them or get angry at them, they just need Jesus! Be sure that you are the wise one who turns away from anger. You can be a role model to others who don't know how to respond to mockers. The world needs less anger and more compassion and prayer, and it can start with you.

DAY 5

DON'T BE QUICKLY PROVOKED

"TAKE YOUR TIME. THINK IT THROUGH.
FIND THE WILL OF GOD."

-HENRY PARSONS CROWELL

New International Version

Ecclesiastes 7:9

Do not be quickly provoked in your spirit,
for anger resides in the lap of fools.

James 1:19

My dear brothers and sisters, take note of
this: Everyone should be quick to listen,
slow to speak and slow to become angry.

DAY 5

PRAY: Lord, I want to be wise. I want to hold my tongue so that I am not a fool. And I want to be quick to listen, slow to speak and slow to become angry. Would You give me the strength, wisdom, and discernment to know when righteous anger is appropriate, and when I am reacting with a destructive anger? I need the Holy Spirit to guide me and handle my anger so that I don't become a fool. I pray this in Jesus' name. AMEN!

REFLECT: We often think that many of the people around us are fools. Could it be that they are just angry, and as their anger resides in their laps they appear to be fools? Maybe they are just slow to listen and quick to speak. And how often have you gotten angry, and become foolish in your response? Our anger creates a need for us to depend on the wisdom of God to guide us in our responses, so that we are not fools, but wise followers of Christ.

ACT: What makes you provoked in your spirit? And is it making you a fool? Write down anything that you know is making your spirit angry. Then identify the root of that anger, and pray about changing or fixing that root. Make it a goal to practice listening and not speaking so quickly so that you don't become angry. Pray not to be quickly provoked in your spirit so that you will be WISE!

DAY 6

GIVE A GENTLE ANSWER

“DID I OFFER PEACE TODAY? DID I BRING
A SMILE TO SOMEONE’S FACE? DID I SAY
WORDS OF HEALING? DID I LET GO OF MY
ANGER AND RESENTMENT? DID I
FORGIVE? DID I LOVE? THESE ARE THE
REAL QUESTIONS. I MUST TRUST THAT THE
LITTLE BIT OF LOVE THAT I SOW NOW WILL
BEAR MANY FRUITS, HERE IN THIS WORLD
AND THE LIFE TO COME.”

-HENRI NOUWEN

New International Version

Proverbs 15:1

A gentle answer turns away wrath, but a
harsh word stirs up anger.

DAY 6

PRAY: Lord, I want to be as gentle as a dove, yet as wise as a serpent (Matt. 10:16). Help me to always answer with gentle, wise words so that I can be Your vessel to turn away wrath in others. Lord, hold my tongue if I am tempted to say a harsh word. Let me be wiser than the person I'm talking to, so that I can stay calm and thus have more authority. Teach me to be Christ-like with my words and my emotions. Thank You for molding me into a peacemaker so that I can answer gently, avoid harsh words and turn away wrath. Amen.

REFLECT: Why do we want to say angry words when we're told in scripture that it's the gentle word that turns away wrath? We need Divine intervention to understand there is great wisdom in controlling our tongue. What would it take to make you absolutely convinced that getting angry is not the answer and will only make things worse! Do you truly believe that a gentle answer turns away wrath but a harsh word stirs up anger?

ACT: Commit to answering the next argument, disagreement, or nasty comment with a kind word, a word of encouragement, or a word of forgiveness. Decide right now how you're going to respond to the next conflict you're in, so that when it happens you don't just react. Avoid harsh words and just use gentle words of love. When you've succeeded that first time, then commit to doing it again, and again, and again, until you've mastered it! When you mess up, don't get discouraged, just pick yourself up and begin again with a gentle answer.

DAY 7

THE LORD IS SLOW TO ANGER

"I REALLY BELIEVE THAT ALL OF US HAVE A LOT OF DARKNESS IN OUR SOULS. ANGER, RAGE, FEAR, SADNESS. I DON'T THINK THAT'S ONLY RESERVED FOR PEOPLE WHO HAVE HORRIBLE UPBRINGINGS. I THINK IT REALLY EXISTS AND IS PART OF THE HUMAN CONDITION. I THINK IN THE COURSE OF YOUR LIFE YOU FIGURE OUT WAYS TO DEAL WITH THAT."

-KEVIN BACON

New Living Translation

Exodus 34:6-7a

The Lord passed in front of Moses, calling out, "Yahweh! The Lord! The God of compassion and mercy! I am slow to anger and filled with unfailing love and faithfulness. I lavish unfailing love to a thousand generations..."

DAY 7

PRAY: I praise You, God, for Your love for Your children, for Your compassion, Your mercy, graciousness, and Your patience with us. I praise You for Your abounding love and Your truth, mixed with grace. I thank You for filling me with Your peace and giving me the strength to become more Christ-like every day. I praise You for being slow to get angry with me! I praise You, my Lord and Savior for Your unfailing love and faithfulness! Amen.

REFLECT: Stop and think about what an AWESOME God we serve, follow, and love! He forgives us, strengthens us, gives us peace, takes away our anger and frustration, fills us with hope, guides us, comforts us, and LOVES us unconditionally for a thousand generations. We should be overflowing with joy every moment knowing how great He is. Do we praise Him enough? Do we really understand how awesome He is?! Why would we ever get angry?

ACT: Don't let a day go by without Praising God for who He is and what He's done for you. If you get in the habit of praising Him every day, you won't feel anger, frustration, hate, or even discontent. Choose a time every day – whether it be first thing in the morning, or the last thing at night – to PRAISE OUR GOD. Then watch your anger disappear...