

Prayer for Anger and Self-Control

An original prayer prepared for this page, followed by the traditional Sacred Heart invocation (EWTN). The three short prayers are original compositions.

Lord Jesus Christ, I bring you my anger. You know the hurt, frustration, and injustice that trouble me, and you know where pride or selfishness have entered my heart. Help me see myself and this situation truthfully.

Keep my words from cruelty and my actions from revenge. Before I answer, give me the grace to listen. When I need to speak, help me be honest, firm, and charitable. Protect the people around me from the harm I could cause.

When wounded pride makes me demand the last word, teach me humility. When I am wrong, help me admit it. When I have been wronged, guide me toward what is just without wishing evil on another person.

Forgive the sins I have committed through anger. Give me courage to ask pardon and make amends for the harm I have done. Help me stop rehearsing insults and feeding resentment in my thoughts.

Send your Holy Spirit into the places where bitterness has settled. Teach me to desire the true good of the person who has hurt me. Give me patience with the slow work of learning to love.

Jesus, form my heart in the gentleness of your own heart. Help me choose the good in this next word and this next action. I place my anger, my pain, and my hope in your hands. Amen.

Sacred Heart invocation

Jesus, meek and humble of heart,
Make our hearts like unto Thine.

Short Prayer Before Speaking in Anger

Jesus, you see what I want to say. Keep me from using the truth to wound and from speaking what I do not know to be true. Give me the strength to be quiet when silence is needed, and courage to speak with charity when a wrong must be addressed. Guard the dignity of the person before me. Amen.

Prayer After I Have Hurt Someone

Merciful Father, I have used my words badly. Keep me from excusing the hurt I caused or hiding behind the wrong done to me. Give me sincere sorrow, courage to ask pardon and willingness to make amends. Help me accept correction. Teach me to begin again with greater humility and care for those I have wounded. Amen.

Evening Prayer When Resentment Remains

Lord Jesus, I bring you the conversation I keep repeating in my mind. You know what was unjust and what I have added through pride. Keep me from rehearsing revenge. Bless the person I resent with truth, repentance and every grace needed for salvation. Show me my next faithful duty, and help me place this night in your hands. Amen.