




Children's National™

Chaplaincy Services



Prayer in the Midst of Anger

Everything you are
feeling comes down to
just one word: MAD!

Life has disappointed
you or betrayed you.
All you believed in
all you hoped for is
crumbling to pieces.

Life has disappointed you – or betrayed you. All you believed in – all you hoped for is crumbling to pieces.

Bad choices are all you seem to have.

It seems as if God – if there is a God – just doesn't care!

It can be very

hard to pray, or to feel like praying when we are so angry.

Being angry that someone we care about is sick and hurt is really okay.

Being angry that life is pretty terrible right now is okay.

Maybe we feel we truly can't pray, or shouldn't pray, when all we feel is mad... Maybe we think God would be offended by our anger.

God listened to David's anger, and to Job's, and to Jesus'.

We don't need to defend God from our anger. God is strong enough to take this.

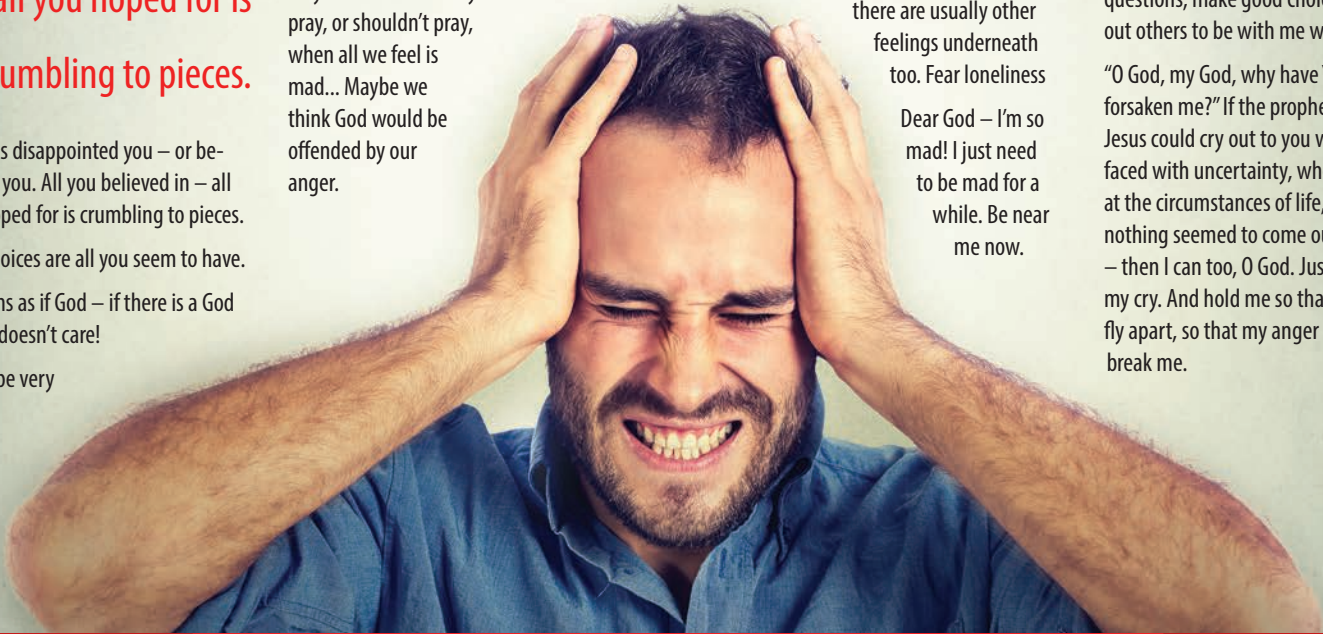
It might be helpful to remember that when we are so angry there are usually other feelings underneath too. Fear loneliness

Dear God – I'm so mad! I just need to be mad for a while. Be near me now.

Dear God, this anger has me all tied up in knots. I'm confused. I can't find my way. I don't understand. Lead me through this time.

Dear God, could You help me use my anger in good ways? My anger is my energy – let it help me ask good questions, make good choices, seek out others to be with me who care.

"O God, my God, why have You forsaken me?" If the prophets, if Jesus could cry out to you when faced with uncertainty, when angry at the circumstances of life, when nothing seemed to come out well – then I can too, O God. Just hear my cry. And hold me so that I don't fly apart, so that my anger doesn't break me.





**For more information, contact your chaplains
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