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<p>Theme: Uncontrolled anger</p>	<p>Date: 26 April 2013</p>
<p>Scripture: Do not be quickly provoked in your spirit, for anger resides in the lap of fools. Eccl 7.9 (NIV)</p> 	<p>Comment: I'm about to cut a tree down in the garden. It's dead and it's big. My wife says "are you sure, do you know what you are doing?". I get very cross. "Clearly she thinks I'm an incompetent idiot. As usual she doesn't trust me..." She withdraws from me. She hates it when I get angry. It seems I'm not nice to be with. Later when we talk it becomes apparent that she didn't seek to undermine. In fact she was concerned for my safety because she loves me. Ho hum. What a fool I was. I made the mistake of thinking the worst and then I let my anger get out of control. How do you do in these areas?</p>
<p>Prayer (as a couple): Dear Lord, help me not think the worst when (partner) says things that could be interpreted in more ways than one. Help me to control my anger and to be patient. Help me not to be a fool and to be pleasant to live with. For I ask in Jesus' name.</p>	<p>Prayer (for others): Dear Lord we pray for and and for other couples in our community. May you give them the ability no to think the worst of one another and to keep their anger under control. For we ask in Jesus' name. Amen</p>
<p>Final quote: An angry person starts fights; a hot-tempered person commits all kinds of sin. (Proverbs 29:22 NLT)</p>	

For more on this subject go to:

Remember others will also be praying in this way this week. Together and with God we can make a difference.

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