

# WORKSHEETS AND SCRIPTURES

These worksheets are taken from the book Our Hands His Healing and form part of the section on Pastoral Prayer Ministry. Sheets may be printed and given to the person coming for prayer ministry to work on between sessions.

All scriptures are taken from NIV unless otherwise stated.

## **ANGER**

Surely there is not a single person in the whole world who does not sometimes struggle with anger. By itself anger is not wrong – sometimes it is justified; sometimes it's just the way we feel. The important thing is that its strong energy does not overwhelm us. Part of our discipleship is learning how to handle strong emotions like anger gracefully, so that through the power of Jesus in us we are always bigger than our anger and know how to find a way through to peace – that's self-control.

The exercises below are to help you identify how anger was modelled to you as you grew up. This might help to surface memories that may need healing during times of prayer ministry.

“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.”

Ephesians 4:26–27

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:31–32

Refrain from anger and turn from wrath; do not fret – it leads only to evil.

Psalm 37:8

## **Exercises**

1. How was anger expressed as you grew up?  
By your parents? Your siblings/friends? Teachers?
2. Did anyone have rages? What happened? How did that make you feel?
3. Some people who feel anger is wrong try to cover it up, but it leaks out in passive aggression. Here are some ways they may display this. Do any sound familiar?

- non-communication
- obstructing
- sulking
- chronic lateness
- not fully engaging in conversation
- self-pity
- blaming others
- withholding
- manipulative helplessness.

All the behaviours on the list are ways of displaying anger that has been suppressed. This is not a healthy way to express anger. There will be pain from growing up with a passive aggressive parent.

My parents expressed anger by

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When I was a child I displayed anger by

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Now I am an adult I express anger by

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How do you display anger? Here are some examples of negative ways of displaying anger:

- withdrawing
- getting upset and crying
- punishing others
- shouting
- hitting
- swearing
- swallowing it

- abusive language.

Here are some healthier ways to diffuse the emotion of anger:

- making a noise
- releasing the energy by going for a run
- hitting a pillow
- running on the spot
- writing it out and ripping up what you have written
- praying out loud in your prayer language
- digging the garden or weeding
- using the energy created by anger to do something with your body, such as kicking a ball
- ripping to shreds an old newspaper.

Ask Jesus to free you from the roots of any unhealthy display of anger, such as rage or passive aggression.

Make a list of those against whom you have harboured anger and rage, especially those who have hurt you mentally, emotionally, physically, or sexually.

If appropriate write a letter (DO NOT SEND IT) expressing your emotions and spelling out how anger has hurt you, then shred it. If anger rises in you while doing this and you feel tension in your body, hit out the strength of the anger in a safe way by striking big pillows or cushions.

Realise the immensity of your feelings and confess to Jesus any rage, bitterness, resentment, vengefulness, or hatred. Receive forgiveness and pass it on to those who have hurt you.

A helpful book to read is *Healing Life's Hurts: Let Your Anger Work for You*, by Graham Bretherick.