

10 Scriptures to Pray when you are Frustrated

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Lord, please help me to have gentle answers on my tongue when I am tempted to spit out snarky sarcasm or insults and in this way I will guard my heart and those around me from the seeds of anger. Proverbs 15:1

Better a patient man than a warrior, a man who controls his temper than one who takes a city-Proverbs 16:32. Father, please help me to have control over my temper. I often feel frustrated and angry when things slip out of my control; please remind me that the most important thing for me to have control over is my own responses.

Father, Your word says that you are slow to anger, gracious, merciful, and gracious. Please replace my frustrations and impatience with Your grace, mercy, and abounding love. Help me see _____ circumstance/issue from your perspective and with your patience. Numbers 14:18

Lord, Your Word instructs me to be patient with everyone (1 Thessalonians 5:14). Please grace me with the desire to be patient rather than clinging in my heart to "my right" to be irritated and impatient.

Father, help me to be slow to anger and frustration. Help me not speak out of my frustrations, especially when I talk to _____. Make me quick to hear others and You in place of being quick to irritation. James 1:19

Father, Your Word says that I should turn from anger because anger rests in the heart of fools. Please help me to have Your wisdom and perspective on the things that get me frustrated and angry so that I might not be foolish. Ecclesiastes 7:9

Lord, Your word says that "The anger of man does not produce the righteousness of God" James 1:20. Produce your righteousness in me and grace me to let go of my irritations, frustrations, and anger.

Lord, Your word says that my anger can become an open door for Satan to reach into my life. Please help me to become acutely aware when I harbor frustration, anger, in my heart so that I might not store it up inside and unknowingly give the enemy a place in my life. Ephesians 4:26-27

Father, Your word advises me to not have relationships with people that are easily angered because their issues and attitudes can become a snare for my life. Please help me to be an even tempered person so that I would be a good friend to others. Please give me wisdom on who you want me to spend time with and who I might need to keep at more of a distance. Proverbs 22:24-25

Lord, Your word details how impatience can stir us to speak against You and against the leaders who love and tend us. (Numbers 21:4). Lord, I confess my impatience. Forgive me for getting frustrated with _____ in my impatience. Grace me to be aware when I turn my frustrations and impatience on others and to own my need for Your patience in my heart.

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