

# *Prayers for frustration*

*In Jesus name, in Jesus mighty name*

*Lord give me the grace to manage my frustration and come out the other side, Your Word Says:*

## **Proverbs 29:11**

**A fool gives full vent to his spirit, but a wise man quietly holds it back.**

Lord I feel so Frustrated, everything is making me feel irritated, help me not to act on these feelings your word says that A fool gives full vent to his spirit, but a wise man quietly holds it back, lord give me wisdom to manage my feeling so that I am not out her acting like a fool.

## **Ephesians 4:26-27**

**Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil.**

Lord I think I am angry, thank you for understanding that we will feel this way sometimes, as your word say be angry but do not sin, help me to manage my emotions so that it does not make me sin or give an opportunity for the enemy to come into my life.

## **Proverbs 29:9**

**If a wise man has an argument with a fool, the fool only rages and laughs, and there is no quiet.**

Lord help me to not argue with people that make no sense as it is only leaving me frustrated, whereas they are enjoying and going on with their life.

## **Colossians 3:8**

**But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.**

Lord help me to find ways to put away these things anger, wrath, malice, slander, and obscene talk, that me to a cycle of negative feelings, emotions, thoughts and actions, help me to control my thoughts towards others and especially my mouth and the things I might say

## **James 4:1-2**

**Your word says 'What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?'**

Lord I feel emotionally off balance, I just do not feel right, I feel like I am experiencing so many emotions and I cannot really make sense of them as your word say it is like they are at

war within me, lord, I do not want to fight and arguing with anyone, Lord help me, restore me and help me to regain balance and peace

**1 Corinthians 3:2**

**I fed you with milk, not solid food, for you were not ready for it. And even now you are not yet ready.**

Lord sometimes I feel fed up but when I heard this word, I knew I had to get myself together, your word said that you gave me milk, not solid food, meaning that I was like a baby that had to be taught little things because I had little understanding because I was not ready to listen and learn more, but my attitude shows I may still not be ready, lord help me to adjust my attitude help me to be ready to receive the fullness of whatever it is you have to give me.

**Jeremiah 29:11**

**For I know the plans I have for you, declares the Lord, plans for good and not for evil, to give you a future and a hope.**

Lord I am so grateful that you have plans for me, that you can see beyond where I am and have put things in place for things to work out well for me, it is comforting to know this when I am feeling frustrated, by people or circumstances around me.

**Colossians 4:6**

**Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.**

Lord take control of my mouth and give me the grace to not take out my frustration on others, even if they are the ones that have made me frustrated, give me the right words to say to whomever in person, on the phone or in email.

**Proverbs 17:27**

**Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.**

Lord help me to restrain my words, give me a cool spirit one that will not be moved so easily to anger, frustration, or sadness so that I can gain a clearer picture of what is going on and get understanding.

**Proverbs 3:5-6**

**Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.**

Wow, lord forgive me because I have stopped doing this to some degree, I have become so use to being self-reliant that I had stopped thinking about the fact that I should trust you to work all things out. Thank you for bringing this to my remembrance and reminding me I should and can lean on you for everything, lord, please keep reminding me.

**John 16:33**

**I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”**

Thank you, Lord, I love the way you just know that these things will happen, that we will have challenges and all the feeling associated with them. But more so I love that I can get peace from you and with you. I find peace in just knowing that you exist, I find peace in knowing that you love and care about me, I find peace in the fact that you think about me and what I might need and provide it, I find peace in reading things you have said in scripture, I find peace when listening to worship find peace when I hear a preaching, I find peace when you use someone to give me a word of knowledge or wisdom, I find peaching in praying and talking to you. Lord you are peace, and I am so grateful.