

Devotion 2: Go to Jesus When Feeling Angry

Audience: For Patient and Caregiver

Theme: Go to Jesus and learn from him!

Bible Passage: *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light* (Matthew 11:28-30).

Devotion: Do you remember the last time you were angry at a person who had hurt you in some way? The more you tried to suppress the anger the more intense it became. Your sinful nature cried out, “Get even!” but your conscience said, “No, this is not the way.” So the battle raged within your soul and you felt terrible. Unresolved anger harms both you and all those around you.

What can we learn from Jesus to help us in times like this? Turning to His Sermon on the Mount we read, *You have heard that it was said, “Love your neighbor and hate your enemy.” But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven* (Matthew 5:43-45).

Paul tells us: *In your anger do not sin. Do not let the sun go down while you are still angry . . . get rid of all bitterness, rage and anger . . . be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you* (Ephesians 4:26, 27; 31, 32).

It is healing to pray for those who persecute us and rid our hearts of bitterness by forgiving them as God has forgiven us.

Sometimes we are angry with God when troubles come for no apparent reason. We cry out, “Why, God? Why is this happening to me?”

During our struggle to have a meaningful relationship you and I, without a doubt, have asked the Lord these very questions, challenging God’s fairness. Let’s see how God and Job resolved this: *I know that you can do all things; no plan of yours can be thwarted. You asked, “Who is this that obscures my counsel without knowledge?” Surely I spoke of things I did not understand, things too wonderful for me to know. You said, “Listen now and I will speak; I will question you, and you will answer me.” My ears had heard of you but now my eyes have seen you. Therefore I despise myself and repent in dust and ashes* (Job 42:2-6).

Lord, forgive us our sin of anger, especially toward you. Like Job, move us to accept your holy will in all things. Amen.

Bible Readings: Job 40:1-42:16; Psalm 37:7-9; Romans 8:28-32; James 1:19-21.