

100 DAYS TO FREEDOM

from
Anger

Daily Devotional

STEPHEN ARTERBURN



Day 1

Prayer

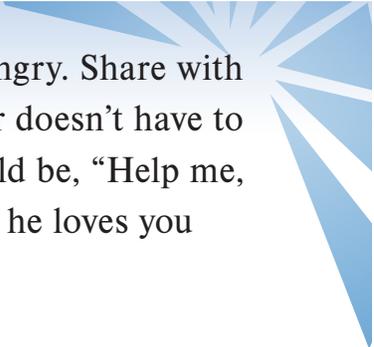
Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!

MATTHEW 26:41

When you are facing a challenge that seems insurmountable, you can have faith that God is working in your situation for the good. Some people mistakenly expect that a follower of Christ will not have any difficulties in life. But along the journey, you will experience many trials and adversities. However, you can know that God will help you through even the most difficult times.

Anger might be the way you have been reacting to the troubles in your life. When you are dealing with something that isn't fair or feels like you are being attacked, anger can make you feel in control of the situation. However, anger is only an emotional reaction to the situation; it isn't a solution to the problem.

So instead of anger, what strategy can you use to cope with difficulty? Prayer. Talk to God in the moment of anger, but also spend time each day talking with him about your struggles and challenges. When we're angry about something, it can be difficult to quiet ourselves and seek God in prayer. We can be so focused on what went wrong, what is unfair, or how it all happened that we don't even give prayer a second thought. When we really need to pray, instead we often revert to our old ways of coping with life.



Begin today to pray about what makes you angry. Share with God the pain, anger, sorrow, and fear. Prayer doesn't have to be on your knees or with fancy words. It could be, "Help me, Lord." God wants to hear from you, because he loves you and cares about your life.

Prayer is the exercise of drawing on the grace of God.

Oswald Chambers

Prayer is not monologue, but dialogue; God's voice is its most essential part. Listening to God's voice is the secret of the assurance that he will listen to mine.

Andrew Murray

When your spirit is heavy, when your heart is broken, when your burdens seem unbearable—trust him. Look to him.

Anne Graham Lotz

For Further Reflection

1 John 5:14–15; 2 Chronicles 7:14; Ephesians 6:18

TODAY'S PRAYER

Lord Jesus, I am burdened with the challenges I face and feel overwhelmed. You are able to provide a way and I am willing to do what you desire. Thank you that you are always there for me! Your strength and wisdom are what I need to face the day. Thank you for your love and grace to see me through. Amen.

It's All Too Much!

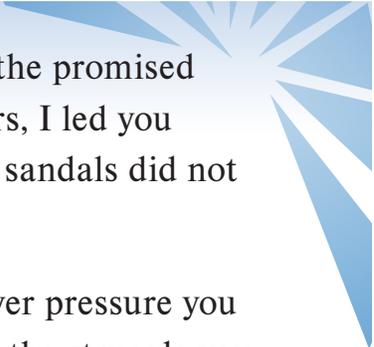
Moses heard all the families standing in the doorways of their tents whining, and the Lord became extremely angry. Moses was also very aggravated.... "I can't carry all these people by myself! The load is far too heavy!"

NUMBERS 11:10, 14

As the leader of the nation of Israel during its journey from slavery in Egypt to the land God had promised, Moses keenly felt the pressure and weight of his responsibilities before God and the people. As the children of Israel faced repeated challenges and trials during their wilderness trek, Moses struggled with how to handle their constant complaining, stubbornness, and disobedience. At times he felt exasperated and overwhelmed.

Have you ever felt your anger rising due to the pressure you are experiencing? You might not be leading a whole nation to freedom as Moses was, but you're not exempt from the stress of life, which can get overwhelming. Sometimes the pressure is too much, and you explode. When that happens, the pressure releases but the problem remains. You have to step back and rethink your approach.

Moses had to reassess his circumstances frequently over the forty-year journey. In Numbers 11, he cried out to God, "I can't carry all these people by myself! The load is far too heavy!" In the rest of this account, Moses expressed his heart to God. He was truly overwhelmed and wanted to be done with it all. God heard his cries, provided for the



Israelites repeatedly, and brought them into the promised land. Deuteronomy 29:5 says, “For forty years, I led you through the wilderness, yet your clothes and sandals did not wear out.”

God’s faithfulness can help you carry whatever pressure you are under. Ask God for help. Share with him the struggle you are feeling. No matter where the pressure is coming from, God can provide. When you feel like it’s all too much, go to the One who will provide.

For every door God opens, there will be something in front of it to test you.

T. D. Jakes

May God remind us daily—no matter what kind of obstacles we face—that we are loved and empowered by the One who brought the universe into existence with the mere sound of his voice. Nothing is impossible for him.

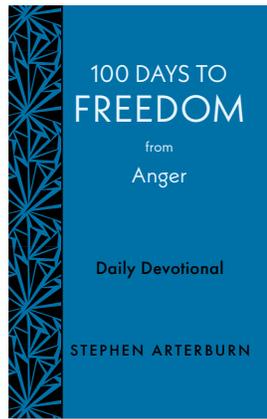
Beth Moore

For Further Reflection

Ephesians 3:20–21; Philippians 3:12–14; Psalm 33:20–22

TODAY’S PRAYER

Jesus, I am overwhelmed, and my reactions are not honorable. Please help me trust you with my frustrations and pressure. I know you have a plan, and I am willing to do whatever it takes to fulfill your purpose in my life. Thank you for your provision and grace. Amen.

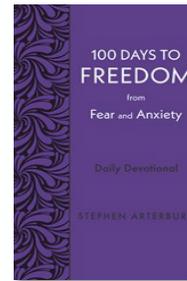


100 Days to Freedom from Anger

Anger creates difficulties in relationships, feeds bitterness, and allows shame to dominate lives. Readers of this devotional need help with anger—their own or that of someone they care about.

These targeted daily devotions help readers explore sources of anger; surrender attitudes, temper, and emotions to God; and begin to experience life where peace rules. *100 Days to Freedom from Anger* is designed to help the reader journey to freedom from anger and the control it has over life, making lasting changes to better reflect the nature of God, who is slow to anger, filled with unflinching love, and forgiving.

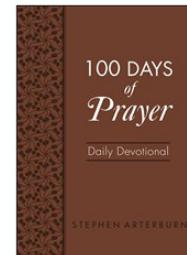
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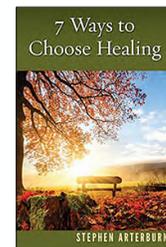
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Covering all the common topics on prayer—everything from seeking God’s guidance to accepting His timing—this devotional invites you to journey through Scripture toward a deeper intimacy with Christ. Whether you are seeking guidance, looking for peace, or bursting with joy and praise, instant refreshment and a heart of worship is just within an arm’s reach with this softcover devotional.

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