

New Spirit Radio - Playlist - 05-19-24 - Anger Management

Our Words of the Week

James 1:19-20 - "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires".

Proverbs 14:17 - "People with a hot temper do foolish things; wiser people remain calm".

Proverbs 22:24 - Do not make friends with a hot-tempered person, do not associate with one easily angered.

When we associate with people who have a bad temper, we can start to act like them.

Super Blessed Music Set

Anne Nesby & Jasper Street Company - Praisin' His Name

Jasper Street Co., Teddy Douglas, DJ Spen - Oh Give Thanks (Album Version)

Terry Hunter, Shekinah Glory Ministry - Fall on Me (House Remix)

Yolanda Adams - Open My Heart (Steve Silk Hurley Remix)

FrescoEdits, Ron Carroll - You Will Survive (Extended Mix)

Tasha Cobbs, Supremetheremixer - Break Every Chain (Up Lifting Mix)

DJ Spen - On Time God (DJ Spen Re-Edit)

Aaron K. Gray, Cierra Hill, Mark Francis - Heaven (Mark Francis 201 Vocal Mix)

Kirk Franklin - Looking for you (Paul Heaven Remix)

Ada Ehi - Notice (Album Version)

Vonita White, Terrence Parker - Come On Praise Him (Terrence Parker Gospel Heritage Mix)

The Wayouts - Surrounded (Honeycomb Vocal Mix)

AI's Affirmations

- As long as I keep my cool, I'm in control of myself.

- I can express my anger in a controlled manner.

- I speak my mind in a bid to clear frustrations before they build up as rage.

- When I feel things getting heated, I close my eyes and inhale peace.

- Every moment spent in anger is a waste of happiness.

Let Us Pray -

Heavenly Father, I ask for your help in handling my anger in a way that honors you. Give me wisdom and strength to control my emotions and to speak words of love and kindness, even when I am feeling upset or frustrated. Help me to extend grace to those who may have hurt or offended me, just as you have extended grace to me.

Father, I also ask for forgiveness for any anger that I have held onto from the past. I release any bitterness or resentment that I may have and ask for healing of any wounds that may be causing me to hold onto these negative emotions.

Lord, I need your guidance and your peace in my life. Fill me with your Holy Spirit, so that I may have the self-control and patience to handle difficult situations with grace and love.

Thank you, God, for your love, mercy, and forgiveness. I trust in your promises, knowing that you will always be with me and that your peace will guide me through any storm. In Jesus' name, I pray. Amen.