

## Angry Prayer

Lord you know everything so you already know – I'm angry.  
There's no hiding it, I'm frustrated to a point of dangerous rage.  
Paedophiles, drug dealers, slavers and Pharisees,  
Plus countless petty little stupid things, my own imperfection and impatience -  
Incensed and irritated beyond measure, I'm ready to burst!

But I remember something I read once,  
And I don't want my anger to lead me to sin, really.  
I don't want to do something I and others will live to regret.  
I know human anger will not fulfil your good purpose.  
So help! Forgive my petulance, and turn this indignation into something good.

Make me reflect on your patience and longsuffering  
With your first batch of disappointing disciples.  
Help me to pause, breathe deeply, and pray, trusting the One in charge  
Is infinitely wiser and more gracious than me.

But oh Lord have mercy on the countless victims, and end evil soon!  
Hear your people's prayers for justice and answer!  
2000 years post-Calvary have pity on the children who are still starving!  
Still dying.  
Have mercy on them, and on us all. Calm my turbulent heart.  
Help me not make problems worse but somehow a little better,  
In your name.

Amen