Clear Path Bible Studies *Understand the Bible with clarity and confidence.*

Words for prayer when you're angry

Borrow a line, add what you need, and stop when you need to

WHY YOU CAN PRAY THIS WAY

"My God, my God, why have you forsaken me?"

Matthew 27:46, quoting Psalm 22:1 · WEB

On the cross, Jesus prayed words of anguish from the Psalms. Because of Him, you can "draw near with boldness to the throne of grace, that we may receive mercy and may find grace for help in time of need" (Hebrews 4:16). You don't have to hide what hurts first.

When the waiting hurts

"How long, Yahweh? Will you forget me forever? How long will you hide your face from me?" (Psalm 13:1). David asked "How long?" and later prayed, "But I trust in your loving kindness" (13:5).

When you feel abandoned

"Why are you so far from helping me, and from the words of my groaning?" (Psalm 22:1). The same psalm says God "has not despised nor abhorred the affliction of the afflicted" (22:24).

When you need a place to begin

Or borrow this simple sentence: "Jesus, I'm angry and I don't know what to say. Help me face what hurts without pretending I understand it."

The line I'm borrowing

One phrase from above, or from Psalm 13.

What I need today

"I need help facing the empty house tonight."

Someone who could listen

Without rushing to explain it away.

You may stop there. Say it, write it, or pray it silently. A louder prayer isn't a better prayer, and you don't have to add a confident ending.

FOR THE NIGHTSTAND

"Trust in him at all times, you people. Pour out your heart before him. God is a refuge for us."

Psalm 62:8 · WEB

If anger and grief have turned into despair, or toward hurting someone or yourself, step away and get help now. A doctor or counselor is one of the ordinary ways God cares for people.

If the weight ever feels like more than you can safely carry, the **988** Suicide & Crisis Lifeline (call or text 988, any hour, in the U.S.) is there for exactly that moment. In immediate danger, call 911. Elsewhere, call local emergency services.

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