

Day 4- Theme: Anger

Opening Prayer: *-Lord **JESUS**, I come to you. You are my King and my Lord. I open my heart to your words. Give me what I need to become a peaceful person. Amen!*

-Say 1 Our Father

Scripture: **"In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold."** Ephesians 4:26-27

Reflection: It is OK to be angry, however, we must always control our anger so that we do not hurt others with our words or actions. If we have hurt someone, we need to ask them for forgiveness and ask God to forgive us as well.

Saint of the day: **-St. Barbara...**

please pray for me today, that I can control my anger like you did when your dad was extremely angry at you for your Faith in Christ.

Challenge of the day: ***When you see that you are frustrated or angry today, Say the name of Jesus over and over again. Give your anger to God before you go to bed. "Do not let the sun go down in your anger."***

Closing Prayer: *Jesus I need You to help me have Self Control if I get angry today. You, Oh Lord are my strength.*

Say 3 Hail Mary's.

Amen!