



LENTEN DAY RETREAT

Listening To Anger

How we can find redemption in our anger

BE ANGRY AND DO NOT SIN; DO NOT LET THE SUN
GO DOWN ON YOUR ANGER, AND GIVE NO
OPPORTUNITY TO THE DEVIL
— EPHESIANS 4:26-27 —

GUIDE FOR YOUR ONE DAY RETREAT



The retreat is intended to be incorporated into your daily life, hopefully with less on your agenda than normal. Choose any day of the week that seems fit for you. If you incorporate fasting, on Wednesdays the whole church body is encouraged to fast that day. The retreat is intended for a 16 hour time period with space to practice your daily routines. Choose what activities to engage with or try them all with what your day allows.

PROCESS:

- 01 Morning Prayer & Grace
- 02 Daily Exercise
- 03 Noon Examen
- 04 Journaling & Reflection
- 05 Early Evening Application
- 06 Night Examen



A NOTE ON ANGER

Anger doesn't begin as sin. It morphs into sin when it hurts us or another. We might use it to establish power, authority, or control. We also can use anger to wield it as a weapon in self protection, fear or hurt.

We stuff it, hide it, avoid it, coddle it, let it run our lives, but we rarely deal with it.

Anger originates in a place deep within where we have forgotten, disconnected or never known God's love for us, where others have implied either by words or actions that we aren't worth loving.

We find in Psalm 4:4 a secret to anger. The psalmist says to sit on our beds when we are angry and be silent. We stay with our anger until God unearths the root in our hearts. Anger teaches us what we care about, who we love, and what we are afraid of. If we don't listen to anger it will leak out in sarcasm, passive aggression, or rage.

Being angry is a cry to be loved well. If we don't listen to our anger we cannot heal, we cannot forgive, we cannot deepen our relationships, or have a real prayer life.

01

MORNING — PRAYER & GRACE

Prayer to speak:

Oh Lord of great mercy, you accept me as fully loved and forgiven. I know my faults are as numerous as the stars. Help me to think of myself as a child. Help me to think of others who hurt me as your children. I don't need to seek revenge or be bitter because you see all through justice and mercy. I want to forgive as you have forgiven me. Show me to how to embody your love.

Amen.



The grace you seek today is the ability to express anger, sorrow, and the truth of hurt within the presence God's light and power to forgive.

Eat breakfast or fast. Start of list of things that irritate you.

Be unfiltered. Take a walk outside or spend some extended time in quiet.

02

MID MORNING — DAILY EXERCISE

Imaginative Prayer:

Matthew 18:21–35

Read through the passage at least 2 times. First read it to get a sense of the scene. Then, choose one of the characters to be in your mind. Imagine the scene, the smells, the noises, and Jesus' demeanor. Also think about how the disciples would have heard this? How do you hear it? Let the story unfold within the presence of the Holy Spirit.



Question to ponder:

How has the experience of being forgiven effected you? (Either by God, a friend, family. or other) How has it felt to be the forgiving one?

03

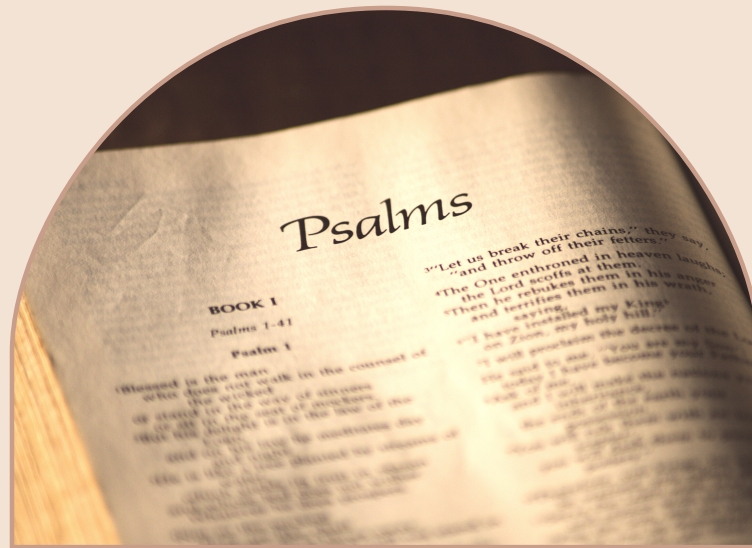
MID DAY — NOON EXAMEN

Attend Mid Day Eucharist fasted. Or have a meal with God.

Use the Examen to review your experience with forgiveness. How have those experiences impacted your anger?

04

MID AFTERNOON — REFLECTION & JOURNALING



- What did you learn about anger growing up?
Who showed you how to deal with anger?
What did the church model?
- When were you angry last week?
What did you do with the anger?
- Have you been able to be angry at God?
- The truth is, only God can handle the depths of our anger. The psalmist teaches us this. They show us what God can really hear. He can hear anything (Ps. 52, 69, 109 and many more)
- Next time you are really angry, consider writing a psalm of your own? Or write one now.

WAYS TO PRAY FROM ANGER TO FORGIVENESS

Prayer For Rage

1) Acknowledgement

God, I come to you with
overwhelming anger,
a bursting rage. This rage is
like a cancer shut up
in my bones, eating away
at my soul.

God I acknowledge this rage and
I will not repress it or hide from it.
Thank you for accepting me,
rage and all.

Prayer For Rage

2) Expression

O God, I feel a burning rage
within me. A fire gone wild.
Burning, always burning.

God I hate what was done
to me. It was evil. So wrong.
Why this evil?
Why this degradation?
Why? Why? My rage,
God, is the only power
I have against this world.

Prayer For Rage

3) Turning

God, I cannot separate
my hatred for what was done
from the person who did it.

I despise the deed. I loathe
the person who did the deed.
My rage is my only revenge.

God, my rage destroys me too.
I feel this seething anger searing
my own soul. O Lord, deliver me
from the evil I would do myself.

Prayer For Rage

4) Forgiving

God, I refuse to let this evil
control me anymore.

God I will not be held in
bondage to my hate any longer.
But the strength to love,
is not in me but in You.

I must wait for your enabling
Spirit. Now, because of your great
power and with my trembling
heart. I speak your words of
forgiveness.

05

EVENING TIME — LIFE APPLICATION



Remain fasted Or have dinner with a loved one or spend the dinner in silence with no T.V, social media, or distractions.

This was a heavier day with anger. Choose a light topic of conversation.

06

NIGHT — EXAMEN

Do the evening Examen and listen to some music that refreshes you.

Additional notes for your Examen:

Ask God to comfort, to heal, and restore what was stolen, hurt you, or even seemingly small slights.