

# FIVE COMMON NEGATIVE EMOTIONS & THE PRAYERS TO OVERCOME THEM

BY Rachel Wojo (IBelieve Article)

Negative emotions like anger, comparison, bitterness, and envy can easily weigh us down, cloud our minds, and disrupt our relationship with God. Have you been there? Yet, prayer offers a powerful weapon to combat these feelings and reclaim peace and joy. 2 Corinthians 10:5 reminds us,

*"We take captive every thought to make it obedient to Christ,"* empowering us to actively address the negativity that creeps into our lives."

Prayer and Scripture equip us to stand firm in spiritual warfare, just as Ephesians 6:10-18 describes the armor of God. Prayer serves as both our defense and offense. Communication with the headquarters of heaven provides the wisdom, knowledge, and guidance we need to endure life's battles.

## Using Prayer to Take Every Thought Captive

### Starve Self-Pity with Gratitude:

*"Why, my soul, are you downcast?...Put your hope in God."* (Psalm 42:11)

Pray a gratitude-focused prayer when tempted by self-pity.

### Give Thanks in All Circumstances:

*"Give thanks in all circumstances."* - 1 Thessalonians 5:18

Begin every prayer with thanksgiving, even in trials.

### Pull Weeds Before They Take Root:

*"I have hidden your word in my heart."* - Psalm 119:11

Use Scripture to replace negative thoughts with God's truth.

### Water the Blooms with God's Word:

*"Rivers of living water will flow from within them."* - John 7:38

Pray daily for spiritual renewal through the Word and worship.

Prayer is your greatest weapon in the battle against negativity, equipping you to renew your mind and heart. Commit to one action step today: memorize a Scripture, begin a daily gratitude prayer, or share this message with someone who needs encouragement. What negative thoughts will you bring to God in prayer today?

Let's explore how prayer can help us battle five common negative emotions: anger, comparison, bitterness, envy, and pride.

## 1. Anger: Praying for Peace and Patience

### Real-Life Scenario:

You've had a stressful day, and a simple comment from a loved one triggers an outburst.

### Biblical Truths:

*"Refrain from anger and turn from wrath; do not fret—it leads only to evil."* - [Psalm 37:8](#)

*"In your anger do not sin."* - [Ephesians 4:26](#)

### Prayer Pattern:

- **Adoration:** "Lord, You are patient and kind."
- **Confession:** "I confess that I've let anger take over my heart."
- **Supplication:** "Give me peace and wisdom to respond with grace."
- **Thanksgiving:** "Thank You for Your forgiveness and guidance."

### Practical Steps:

Pause and pray before responding to anger triggers. Set a specific time to pray daily for patience.

### Reflection Question:

What situations often trigger your anger, and how can prayer help you respond differently?

## 2. Comparison: Praying for Contentment and Trust

### Real-Life Scenario:

You scroll social media and feel like everyone else is ahead.

### Biblical Truths:

*"Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else."* - [Galatians 6:4](#)

*"The Lord is my shepherd; I lack nothing."* - [Psalm 23:1](#)

### Prayer Pattern:

- **Adoration:** "Lord, You are my provider."
- **Confession:** "I confess that I've compared myself to others."
- **Supplication:** "Help me focus on Your unique plan for my life."
- **Thanksgiving:** "Thank You for the blessings You've given me."

### Practical Steps:

Pray a blessing over someone you're tempted to compare yourself to. Limit social media use if it fosters discontent.

### Reflection Question:

What unique blessings in your life can you thank God for today?

### 3. Bitterness: Praying for Forgiveness and Healing

#### Real-Life Scenario:

You resent someone who wronged you, affecting your relationships.

#### Biblical Truths:

*"Let all bitterness and wrath and anger...be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving each other, just as in Christ God forgave you."* - [Ephesians 4:31-32](#)

#### Prayer Pattern:

- **Adoration:** "Lord, You are merciful and forgiving."
- **Confession:** "I confess that I've held onto bitterness."
- **Supplication:** "Give me strength to forgive and release this hurt to You."
- **Thanksgiving:** "Thank You for the freedom that forgiveness brings."

#### Practical Steps:

Write a prayer of forgiveness for the person who hurt you. Pray for healing in your heart daily.

#### Reflection Question:

What pain do you need to release to God in prayer?

## 4. Envy: Praying for Gratitude and Joy

### Real-Life Scenario:

You notice a friend's success and can't help but feel jealous.

### Biblical Truths:

*"A heart at peace gives life to the body, but envy rots the bones."* - [Proverbs 14:30](#)

*"Do not fret because of those who are evil or be envious of those who do wrong."* - [Psalm 37:1](#)

### Prayer Pattern:

- **Adoration:** "Lord, You are faithful and generous."
- **Confession:** "I've allowed envy to creep into my heart."
- **Supplication:** "Help me to celebrate others' blessings with joy."
- **Thanksgiving:** "Thank You for the unique journey You have for me."

### Practical Steps:

Keep a gratitude journal and list three blessings each day. Pray for those you feel envious of.

### Reflection Question:

How can gratitude help you combat envy today?

## 5. Pride: Praying for Humility and God's Glory

### Real-Life Scenario:

You struggle with either seeking recognition or feeling inadequate.

### Biblical Truths:

*"God opposes the proud but shows favor to the humble."* - [James 4:6](#)

*"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."* - [Philippians 2:3](#)

### Prayer Pattern:

- **Adoration:** "Lord, You are the source of all good things."
- **Confession:** "I confess that I've sought my own glory above Yours."
- **Supplication:** "Help me to walk humbly and reflect Your character."
- **Thanksgiving:** "Thank You for showing me the beauty of humility."

### Practical Steps:

Pray for opportunities to serve others selflessly. Reflect daily on how God's grace sustains you.

### Reflection Question:

How can focusing on God's glory change your perspective today?