

What to Do with Negative Emotions and Agitations

“Love is patient; love is kind...it is not quick-tempered, it does not brood over injury.” (See 1 Cor 13)

Offer it up! Instead of any of us getting angry or gossiping about our hurts, we could follow this 4-step approach:

1. Surrender your agitation to the Lord. E.g., “Lord, I surrender (this person/this situation/this emotion) to You.”
2. Re-consecrate yourself to God. “Almighty God, instead of letting this agitation rule my life, I choose to re-consecrate myself to You. And so I pray: Holy Mary, Our Lady of Fatima, with renewed gratitude for your maternal presence, I join my voice to all generations who call you blessed. Hold my life in your arms: Ask the Lord to bless and strengthen my every desire for good; revive and nourish my faith; sustain and enlighten my hope; awaken and animate charity within me; guide me along the path of holiness. Ever-Virgin Mary, bring me under your protection and entrust me to your beloved Son, Our Lord Jesus Christ. Amen.”
3. Pray briefly for the person or situation or yourself to get better.
4. If the agitation continues, do something life-giving (pray more, go for a Rosary walk, do manual labor, ask someone if you can help him/her, give your children a hug, etc.). This will help you to grow in virtue (repeated good acts). Don’t reinforce negative emotions by telling “your story” over and over and falling into self-pity and oversensitivity. You don’t want to waste time and lose energy. Anger leads to depression. Remember that Jesus was betrayed, abandoned, and falsely accused by many; as He died on the Cross, He forgave them and prayed for them. We must do as He did.

Act of Faith O my God, I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Ghost; I believe that Thy Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou has revealed them, who canst neither deceive nor be deceived.

Act of Hope O my God, relying on Thy almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love O my God, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all my love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

Morning Offering to the Sacred Heart of Jesus

O my God, in union with the Immaculate Heart of Mary, I offer Thee the Precious Blood of Jesus from all the altars throughout the world, joining with it the offering of my every thought, word, and action of this day. O my Jesus, I desire today to gain every indulgence and merit I can, and I offer them together with myself, to Mary Immaculate, that she may best apply them in the interests of Thy Most Sacred Heart. Precious Blood of Jesus, save us! Sorrowful and Immaculate Heart of Mary, pray for us! Sacred Heart of Jesus, have mercy on us! Amen.

Daily Prayer of Surrender

O God Almighty, King of the Universe, I love You, praise You, and adore You! I surrender to You today with all my heart and soul. I say “yes” to You this day. O Most Holy Trinity, You are the only God, the one true God. Father, You are my true Father. Thanks for giving me a biological father in order to bring me into this world to share in Your divine nature by Your gift of grace. Jesus, I believe in You and receive You as my Lord and Savior. I hold nothing back. Jesus, You have my permission to live in my heart. Conform my heart and mind into Yours; let me love and think as You do. Holy Spirit, bring me to a deeper conversion to the person of Jesus Christ. Help me follow Your daily promptings. Immerse me, Holy Spirit, and let Your gifts come alive in me. Almighty God, I surrender all to You: my health, family, resources, work, skills, relationships, time management, successes, failures, and regrets. I release all of these to You and let them go. I surrender my understanding of how things ought to be, my choices, and my will. I surrender to You the promises I have kept and the promises I have failed to keep. I surrender my fears, temptations, insecurities, and sexuality to You.

Men, pray: Jesus, help me to become a man like You—a man of action that builds up Your Kingdom and who is sexually pure. Women, pray: Jesus, help me to become a woman like Mary—the greatest role model of all Christians, perfectly receptive to You, and sexually pure.

I especially surrender [surrender other areas as the Holy Spirit reveals them to you]: ____, ____, ____, etc.

Lord, I surrender my entire life to You—the past, the present, and the future. In sickness and in health, in life and in death, I belong to You alone! Almighty God, I offer up my body to You as a living sacrifice, holy and pleasing. Amen.