

SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2026 Focus: 12 Months of Prayer | **February:** The Spirit’s Help in Prayer

Each month, journey through a different biblical model of prayer.

Day 1 [Ephesians 4:25-27](#) | Defusing Anger

Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “In your anger do not sin.” Ephesians 4:25-26a

Paul writes to the church in Ephesus with powerful truths for how Christians should relate to one another. In chapters one through three, he has established their new identity in Christ—forgiven, adopted and sealed by the Spirit. Now in chapters four through six, he shows how this new identity shapes daily life. Ephesus is known for conflict and chaos, where the temple of the goddess Artemis towers and people compete for power. Paul calls the church to something visibly different: a community marked by reconciliation rather than retaliation, by peace rather than payback.

When anger flares, we often focus on what triggered us—the sharp word, the forgotten errand, the dismissive tone. But beneath the surface, like an iceberg's hidden mass, lies something deeper. We want something we're not getting. Maybe we desire to be heard, understood or appreciated. Perhaps we want respect, acknowledgment or control. Our desires can be good and right—God-given longings for connection and security. The problem emerges when our desires transform into demands. When we begin insisting that others meet our deepest needs, we set ourselves up for disappointment and anger. No person can perfectly fulfill what only God can provide. The gospel shifts our focus from what we lack to what we've been given in Christ—acceptance, forgiveness, unfailing love and eternal security.

TODAY: When anger arises, pause and ask: "What am I desiring right now that I'm not getting?" Write down what comes to mind. Bring that desire to God, acknowledging that only he can meet your deepest needs. Ask him to help you see how the gospel provides what you're seeking.

Day 2 [Ephesians 4:26](#) | Right Reactions

In your anger do not sin. Ephesians 4:26a

Paul's words to the Ephesians acknowledge that anger happens. The command to not sin when angry isn't permission for rage—it recognizes that believers live in a broken world saturated by sinful actions. The Ephesians live in a culture where children are neglected or abandoned, the poor suffer and other believers still say and do hurtful things. Paul's concern centers on what happens next, whether their anger drives them toward sinful responses or toward righteousness. They have a choice to yell, withdraw in cold silence or pause to seek God's help to respond with wisdom.

Our angry responses can feel automatic, as if someone has pushed a button and we have no choice but to explode. Yet we do choose. We might unleash fury on family members behind closed doors but suddenly gain composure when a neighbor rings the doorbell. We might freeze out a friend for a hurtful action but act warm and friendly in front of others. This reveals a moment where we decide how to respond. Through the Holy Spirit living in us, we have the power to interrupt our usual patterns. We don't have to let someone else's sin become the excuse for our own sin. When conversations escalate, anger builds or we feel ourselves freezing someone out, we can pause and ask God for help before we speak or act.

TODAY: Practice the pause. When you feel anger rising—whether in traffic, during a conversation or while scrolling online—stop before responding. Take a deep breath, turn away from the situation and simply pray: "God, help me respond in a way that honors you." If anger continues to control your reactions and relationships, reach out to us at care@adabible.org for support and resources.

Day 3 [Ephesians 4:26-27](#) | Resolve Today

Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26b-27

Paul's instruction to the Ephesians carries urgency: resolve anger quickly. He's not commanding them to argue until midnight, but to do everything possible to settle today's conflicts today. When the believers nurse their anger and let it fester, small disagreements grow into massive resentments. What should have been a minor conflict becomes an argument about everything. Prior unresolved tensions get dragged into present disputes. Paul warns that lingering anger opens a door, giving the devil a foothold in the Ephesians' relationships and church community. Satan camps out in places of unresolved conflict, planting seeds of bitterness that spread through families and churches like weeds choking a garden.

Healthy relationships don't have zero conflict. The difference between thriving marriages, friendships and family relationships and struggling ones isn't the absence of arguments, but how fast they move toward reconciliation. When we let anger simmer, we're not protecting ourselves or teaching someone a lesson; we're allowing wounds to become infected. Passive-aggressive silence can do as much damage as explosive rage. Movement toward peace matters more than winning the argument. Sometimes this means asking a simple question: "Do we have unresolved conflict?" Even years later, this question can unlock healing. When reactions feel disproportionate to the offense, unresolved anger from the past is likely fueling the present fire.

TODAY: Is there someone you need to ask, "Do we have unresolved conflict?" Move toward that person today. Send a text, make a call or schedule a conversation. For more on resolving conflict, listen to this week's *Beyond the Weekend Podcast* wherever you listen to podcasts or on YouTube [HERE](#).

Day 4 [Ephesians 4:32](#) | Forgive Others

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

Paul anchors his instructions about anger in the power of the gospel. The Ephesian believers don't forgive because others deserve it or because forgiving feels natural. They forgive because they've been forgiven. Through Jesus's death on the cross, God has paid for all their sin—past, present and future ([Ephesians 1:7](#)). This isn't something they've earned or deserved. It's pure grace. Now, grounded in their identity as forgiven, beloved, treasured and adopted children of God, they can extend that same forgiveness to others who wrong them.

Gospel-rooted forgiveness transforms how we handle anger. When we're anchored in what Christ has done for us on the cross, we can release those who've sinned against us without harboring resentment. This doesn't mean pretending the offense doesn't hurt or that full restoration is always possible. Sometimes trust must be

rebuilt slowly. Sometimes relationships can't return to what they were. But forgiveness begins in our hearts, whether or not the other person apologizes. We don't gut it out through self-effort or white-knuckle willpower. We forgive through the power of the cross. The same grace that rescued us from sin empowers us to let go of bitterness and choose forgiveness over revenge.

TODAY: Join Ada Bible Worship as they sing "[All in Praise of Jesus](#)." Let the lyrics remind you of Christ's sacrifice and the forgiveness you've received. Ask God to give you the power to forgive others as Christ forgave you. If you've never placed your faith in Jesus and received his forgiveness, this is a great day to begin that relationship. Email us at btw@adabible.org with questions.



Day 5 [Isaiah 59:20-21](#) | The Spirit Empowers Prayer

This year in Beyond the Weekend, journey through different biblical models of prayer—one each month. February's focus is The Spirit's Help in Prayer.

"As for me, this is my covenant with them," says the LORD. "My Spirit, who is on you, will not depart from you, and my words that I have put in your mouth will always be on your lips, on the lips of your children and on the lips of their descendants—from this time on and forever," says the LORD. Isaiah 59:21

Isaiah prophesies to Israel as they long for rescue. They face the consequences of sin and cry for God's intervention. God promises a Redeemer will come. He makes a covenant promise that changes everything—the Spirit will remain with his people permanently. Unlike the Old Testament pattern where the Spirit came upon certain people for specific tasks and then departed, this new covenant promises the Spirit will never leave. God's words will be on their lips continually. He promises transformation from the inside out. God's people will have direct access to his presence and his words.

We live in the fulfillment of God's promise. Through faith in Jesus, the Redeemer who came to rescue us from sin and death, the Holy Spirit now dwells in believers permanently. The Spirit helps us pray by giving us words aligned with God's heart. He empowers our prayers with God's own words and desires. When we don't know what to pray, the Spirit prompts us. When we open God's Word, the Spirit illuminates truth and shows us how to pray. His constant presence means we can pray with confidence, knowing he's actively helping us communicate with the Father.

TODAY: As you pray, thank God that his Spirit lives in you permanently and will never leave. Ask the Spirit to give you his words as you pray and to align your heart with God's desires.