

Title: When Life Doesn't Make Sense | When I am angered
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By the rivers of Babylon—
there we sat down and wept
when we remembered Zion.
There we hung up our lyres
on the poplar trees,
for our captors there asked us for songs,
and our tormentors, for rejoicing:
“Sing us one of the songs of Zion.”
(Psalm 137:1-3)

How can we sing the LORD's song
on foreign soil?
If I forget you, Jerusalem,
may my right hand forget its skill.
May my tongue stick to the roof of my mouth
if I do not remember you,
if I do not exalt Jerusalem as my greatest joy!
(Psalm 137:4-6)

Remember, LORD, what the Edomites said
that day at Jerusalem:
“Destroy it! Destroy it
down to its foundations!”
Daughter Babylon, doomed to destruction,
happy is the one who pays you back
what you have done to us.
Happy is he who takes your little ones
and dashes them against the rocks.
(Psalm 137:7-9)

Don't suppress or express your anger. Address your anger.

Scripture is the CSB unless noted.