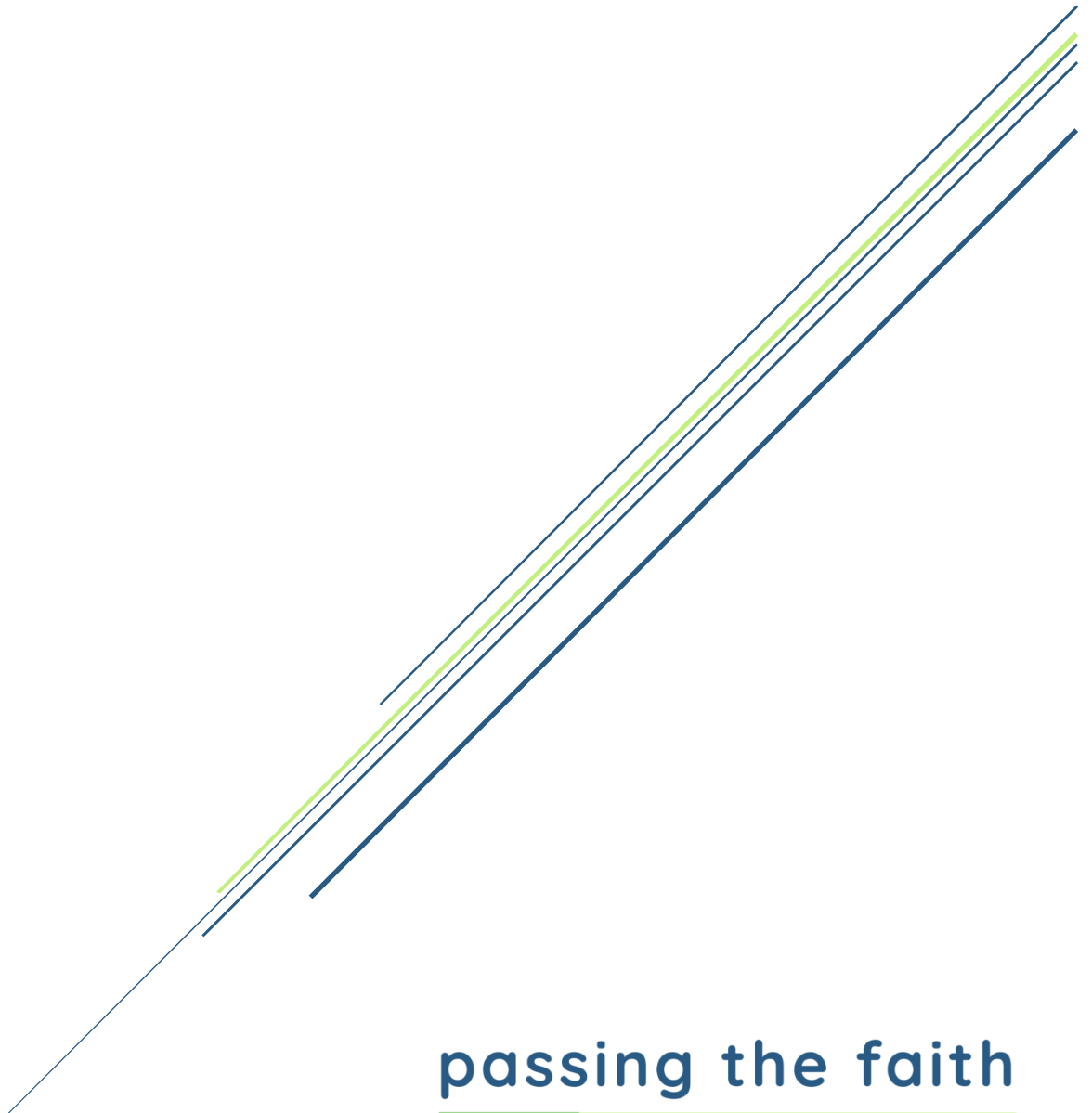


Just for Parents

Resources for Prayer



passing the faith

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Just for Parents

Resources for Prayer

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Praying for My Children

Prayer:

- is a biblical command. (Lamentations 2:19)
- can stop Satan's schemes and powers toward my children. (Ephesians 6:12)
- has an eternal impact on the lives of our children. (2 Timothy 1:5)
- is my response to God's invitation. (Revelation 3:20)
- permits me to release to God what I cannot control myself. (1 Peter 5:6-7)
- helps equip my children to stand fast in the faith.
- allows God to accomplish His purpose in and through them.
- helps me to be more involved in the lives of my children.
- enables me to play a major part in stabilizing and influencing the lives of my children.
- closes the generational gap.
- strengthens my relationship with my children.
- is the single, greatest thing I can do to express my love for my children.
- is one of the greatest investments I will ever make into their lives.
- draws me closer to God and nourishes my spirit.
- displays the faithfulness, sovereignty, and goodness of God.



*“God shapes the world
by prayer.”*

E.M. Bounds

Practical Ways to Maneuver Around Roadblocks in the Path to Prayer

ROADBLOCK #1: TIME

Examine your schedule, your daily routines, and your obligations.

Look for ways to pray as you live life. Driving, shopping, walking the dog, and even brushing your teeth are all opportunities for prayer.

Go on a quest.

Discover a way to pray that is a natural connection to your unique, God-given wiring. If you love the outdoors, go outside to pray. If things of beauty draw you in, try combining art and prayer. If you come alive when your senses are aroused, light some candles or hold an object while you pray.

Schedule it! Yes, I said SCHEDULE prayer.

At first, it may seem a little strange, but it works! Write "Pray" on your calendar or set an alarm on your phone. Do whatever it takes!

ROADBLOCK #2: CONTENT

Ask. If your child is old enough to talk, ask how you can pray for them.

Pray scripture. Praying scripture provides specific content. AND... when praying scripture, we never have to wonder if it's "okay" to pray what we are praying.

Use resource sheets. There are many wonderful resource sheets available in books and on the internet. Do a google search for resources. You might try "Ways to Pray for My Child."

BEING INTENTIONAL in Our Prayers

1. Be **DELIBERATE** about your prayers.
 - Schedule prayers by writing them on your calendar or setting a phone alarm.
 - Use physical objects as reminders to pray – a bookmark, a strategically placed post-it note, or a piece of jewelry, perhaps.
2. Make the **COMMITMENT** to prayer.
 - Write out your commitment – as a note in your Bible or on a beautiful sheet of paper. Then sign it. (Go beyond merely “thinking it” in your head.)
 - Place your written commitment where you will see it – often!
 - Share your commitment with someone. This simple act of accountability ups the likelihood of follow-through dramatically!
3. Persevere.
 - Do not give up. New habits take a while to develop.
 - It might help to schedule your prayers for the same time of day or to connect them with something you are already in the daily habit of doing such as having coffee, eating lunch, or folding the laundry.



9 Creative Ways to Pray for Your Children

1. PICTURE PRAYER JOURNAL

Keep a prayer journal for your children. Use a blank journal, composition book, or 3-ring binder and set up your Picture Prayer Journal by child. For each child, create an "info" page by writing their name and birthday in an upper corner. Attach a small photo in the opposite corner. On the remainder of that page and all subsequent pages, record prayer requests, praises, answers to prayer, and any other notes you like.

2. LEGACY PRAYER JOURNAL

Another take on prayer journals, the Legacy Prayer Journal is kept by the parents and children of a family working together. This type of journal is sectioned off by categories such as prayer requests, answers to prayer, prayers, etc. The Legacy Prayer Journal promotes communication, builds connection, and encourages modeling/discussion of prayer. (For those who prefer, the [Legacy Prayer Journal](#) may be purchased through Amazon.)

3. PRAYER BOX

For this creative prayer technique, you need a box, any box. Decorate your box or leave it as is. (On the other hand, if you prefer, simply purchase a box. A quick Google search will turn up many options.) Additionally, you will need a bag of small stones or marbles to represent your prayer requests. Once your materials are collected, simply place your object in the box as you pray. For added impact, you might choose a different small object to represent "answers to your prayers." Over time, your box will become a "picture" of your prayers for your children.

4. TRIGGERS

Does your child have a favorite song? If so, each time you hear the song take a moment to pray for them. How about a favorite food or activity? Use it as a prayer trigger. If your child is crazy about strawberries, pray when you eat strawberries. Is one of your children obsessed with baseball? Then pray when you drive past a baseball game. Photos are another great trigger. Use them as reminders (triggers) to pray.

5. PRAY THE ALPHABET

Use the alphabet as a framework for your prayer. Working from A through Z, pray one specific thing for each letter. Pray for your child's struggles, age-appropriate needs, relationships, or for Godly character traits you would like to see develop in your child.

6. PRAY IN COLOR FOR YOUR CHILDREN

A prayer technique combining Sybil MacBeth's [Praying in Color](#) with the use of Prayer Resource Sheets. Praying in Color for Your Children is a unique and engaging method of prayer that invites parents to more specific and consistent times of prayer. (The process is explained in detail on our [Praying in Color for Your Grandchildren page](#).)

7. WRITE

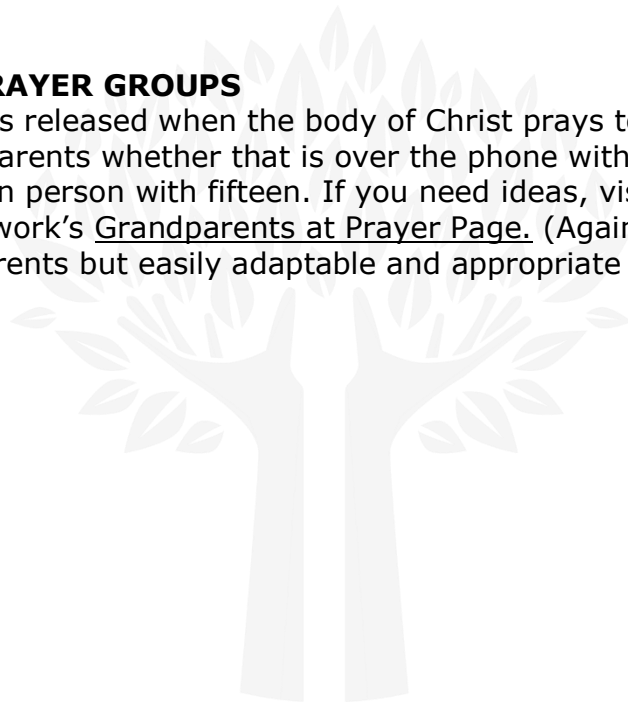
Write out your prayer as a poem, Psalm (a sacred song or poem used in worship), or letter. Address it to your Heavenly Father or to the child for whom you are praying.

8. 30-DAY PRAYER CHALLENGE

Commit to 30 consecutive days of prayer for your child. Download a [free Challenge booklet](#) filled with prayer prompts based on Scripture. (The booklet is called *30-Day Prayer Challenge for Grandparents*. However, the prompts and Scriptures are equally appropriate to prayers for children.)

9. PARENTS AT PRAYER GROUPS

Tremendous power is released when the body of Christ prays together. Consider praying with other parents whether that is over the phone with one other, via Zoom with five others, or in person with fifteen. If you need ideas, visit Christian Grandparenting Network's [Grandparents at Prayer Page](#). (Again, an idea originally targeted to grandparents but easily adaptable and appropriate for parents.)



11 Tools for Praying for Your Children

TOOLS FOR CONSISTENCY

1. **Alarm/Calendar.** The first step in overcoming busyness and the resulting inconsistency of prayer is to schedule prayer. Examine your daily schedule and determine the best time of day for your prayers. Then set an alarm as a reminder until the habit is established.
2. **Accountability.** This is another tool for helping with consistency.

Three ways to set up an accountability system:

- (1) TELL your children that you are praying for them.
- (2) SHARE your commitment to praying for your children with another adult and give them permission to hold you accountable.
- (3) GATHER a group of friends together and form a “parent” prayer group.

TOOLS FOR PRAYING SPECIFICALLY

3. **Ask.** One of the best ways to know what to pray for our children is to ASK them. A quick question, “How may I pray for you today?” provides much insight into individual prayer needs.
4. **Pad and Pencil.** When you talk to your children, learn to be present. Listen intently. Afterward, grab your pad and pencil and make note of things you heard; things you can pray for.
5. **Prayer Resource Sheets.** This is one of my all-time favorite tools for praying specifically. Often when I enter my prayer time, I find that my mind is either totally, completely, utterly blank or so jammed, packed full that I just am not able to think. Resource sheets are a handy guide to SPECIFICS – and most are available complete with Scripture references. A few are included in this resource.

6. **Scripture.** You simply cannot go wrong or wonder what to pray if you pray Scripture. If you have never prayed Scripture for your children, here are a few suggestions for getting started:

- Number 6:22-27
- Ephesians 1:15-23
- Ephesians 3:14-21
- Philippians 1:9-11
- Colossians 1:9-12
- Psalm 91
- Psalm 139
- The Book of Proverbs

7. **Prayer Journal.** Keep an ongoing record of your children’s prayer requests in a journal. Many types of prayer journal are available. Choose one that fits you best.

The benefits of keeping a prayer journal are many: heightened focus and retention, deepened relationships with our children, recorded specifics for which to pray, increased intimacy with God, and more.

8. **Praying in Color.** Another of my favorite tools for praying for my children. See more about [Praying in Color for Your Children](#) on page 4 of this booklet.

TOOLS FOR PRAYER DIALOGUE AND MODELING

9. **Snail Mail Notes.** Light up your child’s face (no matter their age) by mailing little notes to them that tell of your prayers. They will be encouraged. So will you!

10. **Legacy Journal.** A prayer journal contributed to by all members of the family – no matter their age. A Legacy Journal is a mighty tool for modeling prayer and encouraging “prayer” dialogue.

11. **Praying with Purpose 30 – Day Prayer Challenge for Parents.** A 30- day focus on praying for our children. The FREE booklet contains several ideas and suggestions for engaging in a period of intentional and specific prayer. (This booklet for grandparents works just as well for parents.)

MORE TOOLS: (Add Your Favorite Tools)

_____	_____
_____	_____
_____	_____
_____	_____

Scripture to Pray for Your Children

Pray that your children will...

Know Christ as Savior - ...because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9)

Recognize Jesus as the Name Above All Names - Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:9-11)

Trust in God and Lean Not on Their Own Understanding - Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. (Proverbs 3:5-6)

Desire a Close Relationship with Christ - Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. (Psalm 1:1-3)

Mature in Christ - until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ... (Ephesians 4:13)

Be Surrounded by Godly Adults and Friends Who Will Pour into Them - Iron sharpens iron, and one man sharpens another. (Proverbs 27:17)

Hate Sin - O you who love the LORD, hate evil! He preserves the lives of his saints; he delivers them from the hand of the wicked. (Psalm 97:10)

Be Caught When Guilty - It is good for me that I was afflicted, that I might learn your statutes. (Psalm 119:71)

Be Protected from the Enemy in Every Area of Life - I do not ask that you take them out of the world, but that you keep them from the evil one. (John 17:15)

Know God Intimately - ... that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death... (Philippians 3:10)

Receive the Love of God - See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. (1 John 3:1)

Live Unashamed - For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. (Romans 1:16)

Know Their Identity in Christ - For this reason I bow my knees before the Father...that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge. (Ephesians 3:14, 17-19)

Love God's Word - Therefore I love your commandments above gold, above fine gold. Therefore I consider all your precepts to be right; I hate every false way. Your testimonies are wonderful; therefore my soul keeps them. The unfolding of your words gives light; it imparts understanding to the simple. (Psalm 119:127-130)

Develop the Discipline of Prayer - ...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

Praise God - ...and they said to him, "Do you hear what these are saying?" And Jesus said to them, "Yes; have you never read, "'Out of the mouth of infants and nursing babies you have prepared praise'?" (Matthew 21:16)

Be Filled with the Knowledge of God's Will - And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding... (Colossians 1:9)

Walk with the Lord, please Him, bear fruit, and grow in knowledge of God - ...so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God... (Colossians 1:10)

Be Strengthened with All Power and Endure - ...being strengthened with all power, according to his glorious might, for all endurance and patience with joy... (Colossians 1:11)

Give Thanks to God (*with Joy – see Colossians 1:11*) - ...giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. (Colossians 1:12)

Discern Good from Evil - For your obedience is known to all, so that I rejoice over you, but I want you to be wise as to what is good and innocent as to what is evil. (Romans 16:19)

Be Protected from Stranger Danger - Wisdom will save you from the ways of wicked men, from men whose words are perverse. (Proverbs 2:12)

Pursue righteousness, faith, love, and peace - So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart. (2 Timothy 2:22)

Guard Their Life with God's Word - How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you. (Psalm 119:9-11)

Not Be Conformed to Culture but Sold Out to God - I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:1-2)

Grow in Faith and Develop Christlike Values - I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

Exhibit the Fruit of the Spirit - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Galatians 5:22-23)

Be Favored by God and Man - And Jesus increased in wisdom and in stature and in favor with God and man. (Luke 2:52)

Submit Completely to God and Resist Satan - Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7)

Have a Responsible Attitude in All Their Relationships - Then this Daniel became distinguished above all the other high officials and satraps, because an excellent spirit was in him. And the king planned to set him over the whole kingdom. (Daniel 6:3)

Honor Their Parents - Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you. (Exodus 20:12)

Respect Those in Authority over Them - Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. (Romans 13:1)

Have a Strong, Healthy Relationship with Their Siblings - Concerning brotherly love you have no need for anyone to write to you, for you yourselves have been taught by God to love one another. (1 Thessalonians 4:9)

Choose Their Friends Wisely - My son, if sinners entice you, do not consent. If they say, "Come with us, let us lie in wait for blood; let us ambush the innocent without reason... (Proverbs 1:10-11)

Be Guided by the Holy Spirit in Choosing Their Spouse - Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? (2 Corinthians 6:14)

Remain Pure Before Marriage - Flee from sexual immorality. Every other sin^[a] a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own... (1 Corinthians 6:18-19)

Develop Discernment and Wisdom - And God said to him, "Because you have asked this, and have not asked for yourself long life or riches or the life of your enemies, but have asked for yourself understanding to discern what is right, behold, I now do according to your word. Behold, I give you a wise and discerning mind, so that none like you has been before you and none like you shall arise after you. (1 Kings 3:11-12)

Grow in Humility - So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. (Philippians 2:1-4)

Love Others with the Love of God - Love one another with brotherly affection. Outdo one another in showing honor. (Romans 12:10)

Develop an Eternal Perspective - For to me to live is Christ, and to die is gain. (Philippians 1:21)

Sense God's Calling and Purpose for Their Life - ... who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began... (2 Timothy 1:9)

Be Alert and Attentive in School - The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly. (Proverbs 15:14)

Resist Negative Peer Pressure - Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. (Proverbs 13:20)

Be an Example Even in Their Youth - Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity. (1 Timothy 4:12)

Be Thoughtful in Their Screen Time Selections - I will not set before my eyes anything that is worthless. (Psalm 101:3a)

Use Discretion in Their Choice of Music - It is better for a man to hear the rebuke of the wise than to hear the song of fools. (Ecclesiastes 7:5)

Learn to Watch and Pray against Life's Temptations - Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak. (Matthew 26:41)

And pray...

Thanks for The Child Who Has Received the Gift of Salvation - For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (John 3:16)



Scripture to Pray for Godly Character

Character Quality	Supporting Scripture
Contentedness	Philippians 4:11 – Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.
Control of the tongue	Proverbs 11:13 – Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered.
Courage	Psalms 27:14 – Wait for the Lord; be strong, and let your heart take courage.
Dependability	Proverbs 16:3 – Commit your work to the LORD, and your plans will be established.
Diligence	Proverbs 21:5 – The plans of the diligent lead surely to abundance.
Discernment	Ecclesiastes 8:5 – A wise man’s heart discerns both time and judgment.
Fearlessness	2 Corinthians 12:9 – But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.
Forgiveness	Ephesians 4:32 – Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.
Friendship	1 Peter 3:8 – Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.
Generosity	Luke 6:38 – Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.
Gentleness	Galatians 6:1 – If anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.
Gratitude	Colossians 3:16 – Let the word of Christ dwell in you richly...singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.
Hatred for Sin	Psalms 97:10 – O you who love the LORD, hate evil! He preserves the lives of his saints; he delivers them from the hand of the wicked.

Humility	Micah 6:8 – What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?
Joy	John 16:24 – Ask, and you will receive, that your joy may be full.
Kindness	Ephesians 4:32 – Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.
Love	1 John 4:19 – We love because he first loved us.
Mercy	James 2:13 – There will be no mercy for you if you have not been merciful to others. But if you have been merciful, then God’s mercy toward you will win out over his judgment against you.
Obedience	Colossians 3:20 – Children, obey your parents in everything, for this pleases the Lord.
Passion for God	Psalms 63:8 – My soul clings to you; your right hand upholds me.
Patience	2 Timothy 2:24 – The Lord’s servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil.
Peace	1 Peter 3:11 – Seek peace and pursue it.
Purity	1 Corinthians 6:18-20 – Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.
Respect for Authority	Romans 13:1 – There is no authority except from God, and those that exist have been instituted by God.
Responsibility	Galatians 6:5 – For each will have to bear his own load.
Self-control	Proverbs 25:28 – A man without self-control is like a city broken into and left without walls.
Self-discipline	Proverbs 20:13 – Love not sleep, lest you come to poverty; open your eyes, and you will have plenty of bread.
Selflessness	Galatians 5:13 – Do not use your freedom as an opportunity for the flesh, but through love serve one another.
Sharing	Hebrews 13:16 – Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Submission to God	James 4:7 – Submit yourselves therefore to God. Resist the devil, and he will flee from you.
Unselfishness	Colossians 3:12 – Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.
Wisdom	Luke 2:40 – The child grew and became strong, filled with wisdom. And the favor of God was upon him.
Worship	Matthew 21:16 – They said to him, "Do you hear what these are saying?" And Jesus said to them, "Yes; have you never read, 'Out of the mouths of infants and nursing babies you have prepared praise?'"

Character Quality

Supporting Scripture



Praying for Your Children's Future

1. Walk with God
2. Care of soul
3. Strength to stand
4. Protection from the enemy
5. Exhibit fruit of the Spirit
6. Live with an eternal perspective
7. Spiritual gifts
8. Talents
9. Purity of heart and mind
10. Find their identity in Christ
11. A passion for the things of God
12. Short-term and long-term goals
13. Godly spouse
14. Marriage based on biblical principles
15. Steady employment
16. Wise stewards of their resources
17. Parent their children with grace and wisdom
18. Children that love the Lord and follow His ways
19. Relationships within their family
20. Commitment to and follow-through of responsibilities
21. Wholesome forms of recreation
22. A heart of service to others
23. Qualities of leadership
24. Encouragement to others
25. Biblical time management
26. Kingdom building ministry
27. Care for aging parents



Praying Numbers 6:22-27

for Our Children

The LORD spoke to Moses, saying, "Speak to Aaron and his sons, saying, Thus you shall bless the people of Israel: you shall say to them, The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace. "So shall they put my name upon the people of Israel, and I will bless them."
Numbers 6:22-27

This passage is often called the Priestly Blessing. It is also sometimes referred to as the Aaronic Benediction.

NOTICE:

That the word LORD (Yahweh) occurs three times in this prayer. The repetition emphasizes the person and work of God.

NOTICE:

The seven requests made in this prayer – requests that can be made on behalf of our children.

1. "The LORD bless you . . ."

The word "bless" means to "show special favor or extend mercy."

Example Prayer: *Father, I pray that you will bless ___(name of child)__. Please pour out your favor and mercy upon them. Help them to see that all good things come from you out of your boundless love and generosity.*

Your Prayer: _____

2. "... and keep you ..."

Shamar, the Hebrew word for "keep," means to "guard, observe, and give heed." These words are a prayer for protection.

Example Prayer: *Father, not one of my children is perfect. Each is going to make mistakes, but please watch over them and guard them against the harmful and life-altering mistakes of youth. Be their guard and strong defense against temptation. Protect them from Satan who desires to devour them.*

Your Prayer: _____

3. "... the LORD make his face to shine upon you ..."

This portion of the prayer is a request for God's presence.

Example Prayer: *Father, as a parent I know that I cannot possibly be with ___(name of child)___ all the time, but you, can. Just as they experience the warmth of the sun shining on their face, please allow them to experience the power of your presence. Thank you for being with them wherever they go.*

Your Prayer: _____

4. "... and be gracious to you ..."

Grace is God's undeserved favor shown to us.

Example Prayer: *Father, thank you for the precious and wonderful gift of grace. I pray that this gift would be poured out on my children. Following the received gift of salvation, please show them your kindness and love throughout all seasons of their lives. Always let my children be mindful of your grace.*

Your Prayer: _____

5. "... the LORD lift up his countenance upon you ..."

This phrase is a request for fellowship with God.

Example Prayer: *Father, thank you for the fellowship of the Holy Spirit in my life and in the lives of my children. Please walk with each one in a powerful way. Help them to constantly be aware of the Holy Spirit's presence. Enable them to submit to His control day-by-day and moment-by-moment. Refresh them with your fellowship and friendship.*

Your Prayer: _____

6. "... and give you peace."

The Hebrew word for "peace" used here is *shalom* which means "completeness, tranquility, and contentment."

Example Prayer: *Father, please bring calm to ___(name of child)__. Alleviate their fears and soothe their anxieties. Keep them complete and whole in their thinking, emotions, desires, and actions. Help them to experience the peace and contentment that can only be found in You.*

Your Prayer: _____

7. "So shall they put my name upon . . ."

This is a request for identity.

Example Prayer: *Father, please help my children find their identity in You Alone. Set them apart for your use and help them to represent you well. I pray that with a sense of wonder they will stand in awe of You, the One who loves them with an everlasting love.*

Your Prayer: _____



Praying Ephesians 1:15-23

*For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to **give thanks** for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the **Spirit of wisdom** and of **revelation in the knowledge of him**, having the **eyes of your hearts enlightened**, that you may know what is **the hope to which he has called you**, what are **the riches of his glorious inheritance** in the saints, and what is **the immeasurable greatness of his power toward us** who believe, according to the working of **his great might** that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And he put all things under his feet and gave him as head over all things to the church, **which is his body, the fullness of him who fills all in all.***

Ephesians 1:15-23 (emphasis added)

Below are a few ideas of things to pray from this passage. Pray them for your children. Pray them for yourself.

Give thanks: Thank God for His many and gracious blessings poured out on your children. Thank Him for your children. Thank Him for the privilege of being a parent.

Your Prayer: _____

Spirit of wisdom: Ask God to give your children the spirit of wisdom. Pray that He will help them make godly decisions.

Your Prayer: _____

Knowledge of Him: Ask God to help your children know Him. Plead that He would put within their hearts a hunger and a thirst that can only be satisfied by Him. Ask Him to grow your children in knowledge of and love for Christ.

Your Prayer: _____

Enlightened eyes: Pray that each of your children will have the *eyes of their hearts enlightened*. Ask God to help them comprehend the good news of the Gospel of Jesus Christ and what this good news means for their eternal salvation.

Your Prayer: _____

The hope to which they have been called: Pray that your children will live today and every day with eternity in mind.

Your Prayer: _____

The riches of his glorious inheritance: Thank God for the eternal inheritance He has in store for each of your children. Pray that you will spend eternity together.

Your Prayer: _____

The immeasurable greatness of his power: Pray that your children who know Christ as their Savior will grow in understanding of the Holy Spirit's death-to-life power. Pray that they will be empowered to live a life of devotion and obedience.

Your Prayer: _____

His great might: Pray that your believing children would know that they have access to the same mighty power that worked in Christ when He was raised from death to life. Ask God to help them draw on that power in resistance to Satan's temptations.

Your Prayer: _____

The fullness of him who fills all in all: Pray that your children will grasp the incomprehensible love of Christ. Ask God to help them know and live in the freedom of this great love.

Your Prayer: _____



Scriptures to Pray for Yourself

Knowledge of God - And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. (John 17:3)

A Sense of Awe - But will God indeed dwell on the earth? Behold, heaven and the highest heaven cannot contain you; how much less this house that I have built! (1 Kings 8:27)

Love for God - And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' (Mark 12:30)

True Worship - The hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth. (John 4:23)

Love for God's Word - How sweet are your words to my taste, sweeter than honey to my mouth! (Psalm 119:103)

Study of God's Word - I have stored up your word in my heart, that I might not sin against you. (Psalm 119:11)

A Praying Life - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Phil 4:6)

A Cross-Centered Life - Now I would remind you, brothers, of the gospel I preached to you, which you received, in which you stand, ² and by which you are being saved, if you hold fast to the word I preached to you—unless you believed in vain. ³ For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, ⁴ that he was buried, that he was raised on the third day in accordance with the Scriptures,

Trust in the One True God - Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul. (Psalm 143:8)

Wisdom - She opens her mouth with wisdom, and the teaching of kindness is on her tongue. (Prov. 31:26)

Pure Heart - Blessed are the pure in heart, for they shall see God. (Matthew 5:8)

Thoughts - Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Phil. 4:8)

Words - Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. (Ephesians 4:29)

Marriage - Has not the LORD made them one? In flesh and spirit they are his. (Malachi 2:15 NIV)

Relationship with Children - Like arrows in the hand of a warrior are the children of one's youth. (Psalm 127:4)

Time with Children - I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. (2 Tim. 1:5).

Family - For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being. (Eph. 3:14-16)

Friends - Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel. (Prov. 27:9)

Ministry - The whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. (Eph. 4:16)

Rest - He makes me lie down in green pastures. He leads me beside still waters. (Psalm 23:2)

Health - Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2)

The Future - I know the plans I have for you, declares the LORD, plans for wholeness and not for evil, to give you a future and a hope. (Jer. 29:11)

Work - Whatever your hand finds to do, do it with your might. (Eccl. 9:10)

Body - Your body is a temple of the Holy Spirit within you. (1 Cor. 6:19)

Ageing - Even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save. (Isaiah 46:4)

Resources

BOOKS

Exploring the Bible Together: A 52-Week Family Worship Plan by David Murray

Family Worship by Donald Whitney

Gospel-Powered Parenting by William P. Farley

Instructing a Child's Heart by Tedd & Margy Tripp

Parenting: 14 Gospel Principles That Can Radically Change Your Family by Paul David Tripp

Shepherding a Child's Heart by Tedd Tripp

The Faithful Parent: A Biblical Guide to Raising a Family by Martha Peace & Stuart Scott

Visionary Parenting: Capture a God-Sized Vision for Your Family by Rob & Amy Rienow

WEBSITES

Desiring God - Parenting

Family Life - Parenting

Focus on the Family - Parenting

Gospel Shaped Family

