



22

Days of Prayer
for your child

How to use this prayer guide

God sees, knows, and loves His children. He loves our children even more than we do.

When I first became a mother, I was overwhelmed with how to guide and direct my child, it was prayer that led me to confidence that God was with my children and he truly does love them. It was prayer that allowed me to trade worry for peace. These prayers are born from that time, and I hope they encourage you to pray for your child. Simple prayers to cover your child and establish a habit of praying. Pray one prayer each day for 22 days. If you miss a day, don't be discouraged - pick back up where you left off. And when you've completed the 22 days, feel free to return to Day One and do it all again. We can't pray too much for our children.

Day 1

Seek First the Kingdom of God

God's first Commandment to His people is to place no other God before Him. God asks the same of us today. That we keep Him first in our hearts. Lord, I pray (name of child) keep you first in their life. Though their feelings may ebb and flow. Their circumstances constantly shift as they grow. I ask that You stay first in their heart, mind, and soul. Do not allow any other gods to come before them. Make their paths straight as they seek you first in the name of Jesus, Amen.

Love the Lord your God with all your heart and with all your soul and with all your soul and with all your strength and with all your mind. Luke 10:27

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him. Proverbs 3:5-6

Day 2

Identity

With so many voices telling our children who they need to be, should be, or could be, they must have a firm foundation of who Christ says they already are. Lord God, I pray the truth of Your scriptures to take deep root in (name of child) heart. Through the storms of life, may these truths anchor them to their unshakeable identity in You. I pray that (name of child) always knows their value, incredible worth, and beauty. That You, Jesus, loved them so much you came to die for them. They are a conqueror, a royal priesthood, and so deeply loved through You. Let (name of child) be confident that they have been saved and are filled with a purpose for their good and Your glory, in the name of Jesus, Amen.

You are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of the darkness and into his wonderful light. 1 Peter 2:9

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14

For He chose us in Him before the foundation of the world to be holy and blameless in His sight. In Love. Ephesians 1:4

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Day 3

Friends

God did not design us to do life alone. He loves when we do life in the community! Lord Jesus, sometimes our hearts know we need community before our heads do. I pray for You to guide (name of child) to find a community that lifts them up, helps them through hard times, and laughs with them! I pray that (name of child) finds great Godly friends to walk with them through life. May they feel a sense of belonging in the community You provide. As you bring people in and out of their lives, may you give even one additional person outside of family who loves and accepts them? Someone they love and respect as well. I pray (name of child) exudes the love of Jesus to others and that they are not misled by those who may pull them away from the faith, family, and wise decisions. In the name of Jesus, amen.

Two are better than one, because they have a good return for their work: If one falls down his friend can help him up. But pity anyone who falls down and has no one to help them up. Ecclesiastes 4:9-10

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20

Do not be misled; "Bad company corrupts good character" 1 Corinthians 15:33

Day 4

Wisdom

If anyone lacks wisdom, they only have to ask God for it. Lord God, with a world that is so full of knowledge at the click of a button, lead (name of child) to be filled with Godly wisdom in addition to earthly knowledge. I pray the wisdom of the Lord fill their heart and mind as they move through life and makes decisions that lead to an abundant life of deep joy, fruitfulness and happiness.

Do not be wise in your own eyes; fear the Lord and turn from evil. This will bring health to your body and nourishment to your bones. Proverbs 3:7

Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness, like the stars for ever and ever. Daniel 12:3

Day 5

Rest

In a world that asks our children to have it all, to be it all, Jesus guide (name of child) to still waters for rest. Deep and proper rest, both physically and spiritually. Give (name of child) wisdom enough to know when their body and spirit are asking for rest and to obey. I pray that (name of child) take refuge and comfort in the Lord when they are weary. When they don't know which way to go or where to turn, they turn to the Lord. Amen.

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Psalm 91:1-2

Come to me all who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30

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Day 6

Fear & Anxiety

Culture today is crippled with high rates of anxiety. While we all struggle with anxiety on some level from time to time, and we should expect our children to encounter it in their life, I pray, Lord God, that when anxiety strikes (name of child) knows to turn to You, the God of the universe for comfort. When (name of child) reaches out to You, Lord meets her/him where he/she is. Through Your mercy and grace, God, you sustain (name of child) with peace, joy, and mental clarity. In the name of Jesus, amen.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Philippians 4:8

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart, I have overcome the world. John 16:33

Day 7

To Know the Faithfulness of God

Life has its ups and downs. There are seasons of abundance and seasons of complex challenges. Lord God, through each of those seasons, allow (name of child) to see your faithfulness. To know in both his/her head and heart that your promises are real and your word is living, active, and trustworthy. Give (name of child) confidence to walk in the light of Jesus Christ despite obstacles that come their way. May (name of child) take life head on, knowing You are right there, walking in front and beside them, guiding them to a purpose, a hope, and a future that glorifies You.

Let us hold unswervingly to the hope we profess, for He who promised is faithful. Hebrews 10:23

Day 8

Tender Heart

Lord, the circumstances of life can make for a bitter or hard heart. I pray against a hardening of the heart and against a critical spirit, and instead, I ask that you keep (child's name) heart tender and gentle. May they know your definition of strength is sometimes different from the world. You are strong in their weakness, and a gentle spirit and tender heart are strong. Protect them as they face difficult circumstances and keep their heart a place of tender humility and love for others and You. In the name of Jesus, amen.

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. 1 Peter 3:8

And be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Ephesians 4:32

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Day 10

Protection

It is not always possible to shield our children from everything that is not of you, Lord God. There are times they will be exposed to language, entertainment, or sights that, as parents, we would rather they did not encounter. Lord, guard their hearts and minds. First, these incidents would be limited, but when they occur, you are the one who protects and guards things that are not of you or your goodness from taking root in their heart and mind. May they counter things not of you with your integrity and light and let them be pure in the heart under your wings of protection over their mind and soul. Amen.

Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23

Finally, be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able and against the wiles of the devil. For our struggles is not against enemies of blood and flesh, but against the rulers against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in heavenly places. Ephesians 6:10-12

Day 11

Strong Health

It would be wonderful if our children never got sick or injured. What a miracle it would be if they never had high fevers, stomach flu, or a broken bone. However, we know that this is not the reality of the world we live in. Our children will get sick or get injured at some point in their lives. In those moments, remind us that You, God are the great physician and have designed our bodies in miraculous ways. You are healer of our souls and our bodies. I pray that (insert name of child) is strong in courage and their body does what you have designed it to do – heal. I pray (insert name of child) has a robust immune system with no complications. That both their mind and heart turn to you for complete and total healing. Fill me with wisdom and discernment as I navigate their health needs. Bless (insert name of child) with strong physical health. Amen.

Psalm 30:2 Lord my God, I called to you for help, and you healed me.

Psalm 103:1-5 Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

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Day 12

Safety

If there was a way to wrap our children in bubble wrap and harm or injury never befall them, we would gladly do that. However, life is meant to be lived and with that living comes risk to danger. The dangers of the world can feel overwhelming and all-consuming but Lord God we know we have power in prayer. I pray that you guard, protect and keep safe (insert name of child). Give (child) wisdom and discernment when it comes to unsafe situations and fill them with boldness to remove themselves if necessary. I pray you hide (child) safely against your wing so that unsafe situations, people, or circumstances do not find them. Shield them with your feathers of protection. Amen.

Isaiah 54:17: No weapon forged against you will prevail and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, declares the Lord.

2 Thessalonians 3:3 But the Lord is faithful, and He will strengthen you and protect you from the evil one.

Day 13

Steadfast Heart Through Disappointment

Because we live on this earth, there will come a time when our child is faced with disappointment. That could be a poor grade, a broken relationship, or not making the sports team they worked hard for and deeply desired. Lord God, disappointments can bring us to our knees. They remind us that life doesn't always work out the way we hoped, and it can be gut-wrenching and crushing to the spirit. I pray that when (insert child's name) comes face to face with disappointment, you reveal yourself to them and allow them to feel your presence and peace. Grant them a heart that remains steadfast, unwavering, and firm in trust that Your ways are higher and that you are for them. May they walk in Your confidence above their own, knowing full well that you are for them, fighting for them, for their good and Your glory. Amen.

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your Holy Spirit from me. Restore to me the joy of your salvation and sustain in me a willing spirit. Psalm 51:10-12

Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain. 1 Cor. 15:58

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Day 14

Be a Light

Jesus tells us that as His followers we are the "light of the world." The apostle Paul echoes this statement when he says we are to "shine our light in the darkness. The meaning of being a "light" is to radiate the goodness of God out into a world who desperately needs Him. Being a light takes obedience, trust, and boldness. Lord God, I pray that You instill in (insert name of child) courage to be a light to this world. That they don't fear others' opinions as live out and walk in your grace and mercy. May (insert name of child) reflect Christ all of their days and illuminate love for God and people. May they be a light. Amen.

Matthew 5:14 You are the light of the world. A town built on a hill cannot be hidden.

Day 15

Compassion

As our children venture out into the world they can be met with harsh realities. Criticisms, pressure, self, and societal expectations all weigh heavily on the heart and mind. Lord Jesus, bless (insert name of child) with compassion. Compassion for their own self and the process of maturity and growth. But also, give them compassion for others. May they see people for who they are, loved children of God. May the circumstances they encounter not harden their hearts, but rather may they filter all things through God's lens of compassion. Amen.

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

1 Peter 3:8 Be like-minded, be sympathetic, love one another, be compassionate and humble.

Day 16

Discernment for Thoughts & Feelings

Feelings are a gift from God. They are a part of being human and can help us to enjoy life more fully. Feelings can also warn us of danger and that too, is a gift from God. However, feelings can also lie. They can make us believe things that simply are not true. Lord God, I ask that you give (insert name of child) wisdom to discern their feelings and not be slave to them. God, help them to find balance and joy in emotional expression but not be enslaved to or by feelings. Put tools and people in their lives that help them do this and may the Holy Spirit guide and direct their head and heart so that they may have a positive, God giving thought life. Amen.

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. 1 John 4:1

Do not be conformed to the patterns of 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 12:2

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Day 17

A Thankful & Generous Heart

It is a privilege to live in a time and place of abundance. With the click of only a few buttons our desires are able to be met. This ability, though at times a welcome gift and convenience, poses the risk of creating an entitled heart. In its place God, I pray that you bless (insert name of child) with a thankful heart. One that is filled with gratitude even amongst abundance. May this gratitude spill over into generosity. Generosity that comes from knowing it is You, God who supplies all our needs and provide far more than any earthy possession ever could. Amen.

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thess. 5:18

And do not forget to do good and to share with others, for this such sacrifices God is pleased. Hebrews 13:6

Day 18

Love for God's Creation

Lord God, you are maker of the heavens and earth. All creation is from your hands and sing your praises. Lord God, I pray that (name of child) grows to honor, respect and love your creation. May they see the beauty of your craftsmanship in each flower, tree, and magnificent landscape they encounter. May they love the Creator above creation while seeking to protect and bring you glory through it. Lord God, I pray that the beauty of creation consistently turns (name of child) back to you in awe and wonder. Amen.

He is the Maker of heaven and earth, the sea, and everything in them – He remains faithful forever. Psalm 146:6

The earth is the Lord's and everything in it, the world, and all who live in it: for He founded it on the seas and established it on the waters. Psalm 24:1-2

Day 19

Helmet of Salvation from Negative Thoughts

Science tells us that our bodies hear the thoughts our minds think. It believes them and holds them as truth. This is so because God has designed our minds, bodies and souls to work this way, which is why being guarded from negative thoughts and thought patterns are crucial to a whole and holy life. Lord God, bless (name of child) with the helmet of salvation. May all negative thoughts be kept from their mind, rerouted and diminished as soon as they enter. Give (name of child) freedom if this is their struggle, I pray for a chains of negativity to be broken and breakthrough from negativity in the name of Jesus! Amen!

Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with our feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Ephesians 6:13-17

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Day 20

Humble Heart

C.S. Lewis reminds us that humility is not thinking less of yourself but thinking of yourself less. Often in Christian culture it can be tempting to be self-deprecating in the name of humility, but scripture does not tell us that this is the way towards a humble heart. A humble heart comes from knowing God is holy and true and we cannot mend our relationship to Him without the saving work of Jesus Christ. Lord, bless (insert name of child) with this truth, the truth that they are a sinner but even while they were, you sent your son to die for them. May (insert name of child) fear you and acknowledge your authority above their own. Let their humility open the door to an abundance of grace towards themselves and others. Amen.

The reward for humility and fear of the Lord is riches and honor and life. Proverbs 22:4

For those who exalt themselves will be humbled and those who humble themselves will be exalted. Luke 14:11

Day 21

Godly Confidence.

Just as humility is not self deprecation, confidence in who God created you to be is not sinful nor prideful. Lord Jesus, I pray that (insert name of child) is confident in who they are in you! Let the knowledge of their identity as a child of God, a royal priesthood, a person made in your image, give (insert name of child) the power by the Holy Spirit to stand firmly on this truth. Let it flourish into Godly confidence that glorifies the Lord and the Kingdom for Christ. May (insert name of child) be richly blessed in unwavering confidence in who God made (him/her) to be, not conditional on circumstances but firmly steady in you. Amen!

For the Lord takes pleasure in His people, He adorns the humble with victory! Psalm 149: 4

If my people, who are called by my name, humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. 2 Chronicles 7:14

Day 22

Parenting Prayer

Lord, we all have blind spots. Places we cannot see that need your touch. Remove the scales from my eyes to truly see myself and if I may be a stumbling block for my child. Give me the courage and strength to confront my shortcomings. Reveal and correct what is necessary so that I can be the best parent for (insert name of the child.) Show me how I can model your love, grace, and mercy to (insert child name.)