

more to be Praying

FOR YOUR CHILDREN

{on purpose with a plan}

Would you like to begin praying for your children on purpose? Isn't it worth your time to bring your child's needs before the Lord, and pray for them as you would want someone to pray for you?

This grace-filled, customizable guide offers you a framework to get started.

Lamentations
2:19

Arise, cry out in the night, as the watches of the night begin; pour out your heart like water in the presence of the Lord. Lift up your hands to him for the lives of your children . . .

The first step is to make a plan, using the questions below. Next, you'll find 15 questions to help you think about the specific needs for your children along with Prayer Prompts that you can cut out and stick in your Bible or journal. At the end of the guide, you'll find 21 days of Scriptures focusing on hope and motherhood, with prayer-filled thoughts related to each verse.

We hope and pray you'll discover that being on your knees for your children is one of the greatest gifts you can give them and an amazing investment of your time.

Make a Plan

Take some time to pray about and answer these questions, so that you can put into writing a plan for praying on purpose for your children.

1. Which of these suggestions for making time to pray for your children would work best for you?

- praying for one child each day of the week
 - praying for each child on their birthday date each month
 - writing down my prayers in my regular prayer journal
 - having a separate journal just for praying for my children
 - having a prayer journal for each child, which I give to them when they turn 18
 - other
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2. How long do you think you should strive for putting that routine into place before deciding it simply isn't working and you need to try something else?

- 21 days
 - a full month
 - 3 months
 - 6 months
 - other
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3. Who can hold you accountable to following through on praying for your children?

4. What would be a good incentive or celebration to help you strive to your goal?

Consider their Uniqueness

As you look at your child's unique personality, gifts, talents, and circumstances, use these questions to prompt you to pray specifically for their needs.

1. What type of relationship does your child have with the Lord? Do they know Jesus personally as their Savior?
2. What strengths do you see in your child that you can pray for, asking God to grow and develop them for His glory?

3. What weaknesses do you see in your child that you can bring before God? How can you pray specifically to ask the Lord to turn these weaknesses into growth points?
4. What gifts and talents do you recognize in your child that you can seek the Lord about?
5. What ways does God want to use your child within the body of Christ?
6. What are the dynamics of family relationships and how can those be prayed for specifically?
7. What types of friendships is your child surrounded by and how can you pray for those to glorify God?
8. What challenging circumstances is your child facing that need your prayer covering?
9. What has your child experienced in their life that needs God's healing touch?
10. How can you pray for your child's relationship skills as well their future spouse and children (Lord willing)?
11. What generational sin or family dysfunction has marked their lives? How can you pray for God to redeem and restore His plan for them?
12. In what ways do you feel led to pray specifically for you child to be filled with wisdom and discernment?
13. Do you see your child living in a way that quenches the Spirit instead of being led by the Spirit? Which fruit of the Spirit can you ask the Lord to grow in your child?
14. Will you pray for your child to know the Lord and make Him known?
15. Can you pray for your "running" children to return to their Father in Heaven, knowing His arms are opened wide with grace and truth?

Cut out the "Prayer Prompts" guide and stick in your Bible or journal.

Prayer Prompts

for Praying for Your Children

- pray for their strengths to develop
- pray for their "growth points"
- pray for their gifts and talents to be cultivated
- pray for their place in the body of Christ
- pray for their connection in the family
- pray for their friendships
- pray for their relationships with teachers, instructors, and coaches
- pray for their current challenges
- pray for what they have already overcome to be seen through the lens of God's Truth
- pray for their lives to be guided by the Word and led by the Spirit
- pray for the hurt stored up in their hearts
- pray for the ability to forgive and heal
- pray for the legacy of sin and dysfunction that has marked their lives to be redeemed and restored
- pray for their future spouse
- pray for their future children
- pray for their health
- pray for them to seek God's wisdom in every decision
- pray for them to be filled with the Spirit and overflowing with God's hope and peace
- pray for them to know the Lord and make Him known

Pray the Word . . . for You and Your Children

1. **Romans 15:13** “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

May You, O Lord, the God of hope, fill me and my child with all joy and peace as I put my trust in You, so that we may overflow with hope by the power of the Holy Spirit.

2. **Lamentations 3:24** “He is my portion,” says my soul, “therefore I will hope in him.”

Lord, You are my portion, and yet look my at my life. I’m not sure if the way I live truly reveals that all my hope is in You. Father, if you need to shake things up in my priorities so that what I say I believe and what I live is consistent, then please do so -- not for my sake, but for Your glory and the sake of my children.

3. **Psalms 71:5** “For you, O Lord, are my hope, my trust, O Lord, from my youth.”

I praise you, O God, that you are my hope and my trust. I pray, Lord, for you to be my children’s hope and trust from their earliest days. Show me, Lord, how to nurture their faith and trust in You so that You alone are their hope!

4. **Psalms 33:18**, “Behold, the eye of the Lord is on those who fear him, on those who hope in his steadfast love...”

God, I thank you that I can put my hope in Your steadfast love. May You help me, O Lord, be a vessel of Your love for my children as I teach them to fear You alone and not circumstances or people.

5. **Proverbs 19:18** “Discipline your son, for there is hope; do not set your heart on putting him to death.”

O God, how do discipline and hope go together? It is such a strange thought for us. But according to your word, they go hand in hand. Help me to not forsake the opportunities to discipline my child...for their life hangs in the balance!

6. **Lamentations 3:21-23** “But this I call to mind, and therefore I have hope: the Steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.”

Oh Father God, Your steadfast love is never ending! Your faithfulness and mercy are our hope as we face the future. Lord, I ask You to show me the ways I can impress these truths upon my children, so that they may cling to your love, faithfulness, and mercy all of their days.

7. **Jeremiah 29:11** “For I know the plan I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.”

Lord, I know this promise of a future and hope is specifically for the people of Israel, but yet I also know it reflects Your character. You are a God of hope. You are the one who provides for Your people. So I lay my family before You and ask for us to see Your provisions.

8. **Psalms 62:5** “For God alone, O my soul, wait in silence, for my hope is from him.”

God, I cling to Your promise that when I am alone and waiting in silence, I can still put my hope in You. I ask You, Lord, to teach my precious children that they, too, can find hope in You as they move through the times of waiting in silence that they will face in life.

9. **Psalms 119:147** “I rise before dawn and cry for help; I hope in your words.”

Lord, because of Your mercy, I can rise before the dawn and cry out for help, finding my hope in Your Word. Father, I know it requires determination to begin my day with You and in Your Word. Please, Lord, pour out Your grace upon me, that I may find the Your Word, there is hope when we find ourselves disciplining our children. Remind us, God, to not forsake the opportunities to discipline our children...for their life hangs in the balance!

10. **Psalms 119:114** “You are my hiding place and my shield; I hope in your word.”

Lord God, You are my only hiding place. Let me not ever choose another. You are my shield, my protector, and source of Truth. God I pray that my children would come to place their hope in You as their only hiding place, as their protector, and as Your Word as the only source of truth.

11. **Romans 5:2** “Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.”

Because of You, Jesus, we can enter by faith into God’s grace and experience His glorious hope. I humbly ask for

my children to experience this journey of faith marked by your grace and hope.

12. Psalm 78:7 “...so that they should set their hope in God and not forget the works of God, but keep his commandments...”

O God, that I may set my hope in You and not forget Your works. Lord, by Your grace may I keep all Your commands, and model this for my children, so that they may also set their hope in You and keep Your commandments all of their days.

13. Romans 5:3-5 “Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been into our hearts through the Holy Spirit who has been given us.”

Suffering. Endurance. Character. Hope. We can’t get to hope without going through the tough stuff. So, Lord, I pray I would not be afraid of the trials my children must face in their lives, and rather seek You for the ways I can co-labor with You in developing their character, as we put our hope in You.

14. Psalm 130:5 “I wait for the Lord, my soul waits, and in his word I hope...”

God, I am waiting on You in the depths of my soul. And as I wait, I put my hope in Your Word. May my children, too, find hope in Your Word as they wait on You for answers, direction, and even a healing touch.

15. Ephesians 1:16-18 “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...”

Jesus, I pray my children may know the hope to which You have called them, by faith, as they put their trust in You as Savior, Redeemer, and Friend. May this hope be evidenced in my own life as I set this example before them. Show me, Lord, where I need a mindset adjustment in order to have a life transformation that testifies to Your work in me!

16. Psalm 147:11 ESV “...but the Lord takes pleasure in those who fear him, in those who hope is in his steadfast love.”

Lord, I want to learn what it means to fear You, and not my circumstances or others, because I want to teach this to my children. Please bend my heart and understanding to this truth, as I continue to hope in You and Your steadfast love.

17. 1 Peter 1:13 “Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ”

God, I pray that my hope would be in You alone and nothing else, but I can see the idols and strongholds pulling me away from You. Forgive me God and set my focus anew. May my mind be prepared for action as I battle temptation and teach my children to do the same.

18. Psalm 71:14 “But I will hope continually and will praise you yet more and more.”

Lord, I desire for my hope to be continually in You as I will praise You more and more. May my praise flow from my tongue, as I model for my children what it looks to never stopping growing a heart of praise for You.

19. Hebrews 6:19 “We have this hope as an anchor for the soul, firm and secure.”

God, what an amazing picture You give us of hope. Like an anchor that steadies a boat in turbulent seas, You steady our lives with Your unwavering hope. Thank you, O Lord. May we never anchor ourselves to anything but You.

20. Psalm 119:166 “I hope for your salvation, O Lord, and I do your commandments.”

Lord God, I put my hope in the promise of salvation that you offer me and my children. Equip us Lord to obey Your commandments, without grumbling or complaining, because we know Your rules are for our best.

21. Romans 12:12 “Rejoice in hope, be patient in tribulation, be constant in prayer.”

Thank You, God, that we can rejoice in hope even as we find ourselves waiting on You in midst of trials. Help us to turn our longings into prayers, as we choose to praise You for who you are and not only what You do for us!