



FIVE

Prayers to Pray Over Your Child

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P rayer is a heart language expressed in sincere simplicity and builds

sacred trust and deeper relationship with our Heavenly Father. Through the power of His Holy Spirit, prayer connects us to the One who created us, and deeply loves and values us.

When we pray God's promises - over ourselves, our children, families - His very words of life begin to transform and shift things and we will see the effects and fruits of those prayers, in our lives.

John 6:63 says, "It is the Spirit who gives life; the flesh provides no benefit; the words that I have spoken to you are spirit, and are life."

Praying God's Word, aligns us to His Spirit who causes LIFE! When we rely on our 'flesh,' or human limitations and capabilities and natural strength, it profits nothing and provides no benefit. Which is why praying God's Word, revealed in Scripture, is powerful and will reap a mighty harvest in our lives, families, communities and nations!

With our world facing a mental health crisis and children being severely affected by anxiety and depression, instilling in them a strong Godly foundation based on the unshakable Word of God, is so pivotal to their mental and emotional well being. Their internal well being influences the external choices they make.

As a starting point, here are FIVE simple prayers to pray over your child. Of course, these prayers can be prayed for anyone, at any age and there are definitely far more prayers and promises in God's Word that can be applied and appropriated, but here are five to begin with.

In addition to these FIVE prayers, I encourage you to dive for more in God's Word and create a prayer journal, jotting down specific scriptures to pray over specific needs in your life, or your loved one's life. Don't forget to also create space to jot down the incredible ways God answers your prayers and fulfills His Word!

Expect to see God at work, beginning with you and me. Then choose to rest in His ability to move, intervene and do the work in those around us. Ready to change your world, on your knees? Or from your favorite prayer spot? :)

Let's begin!

1. PRAYER: Lord I speak Your promise and believe _____ , will hunger and thirst for righteousness. (He will have a desire to know Your heart of goodness and experience Your ways)

Matthew 5:6 "Blessed are those who hunger and thirst for righteousness, for they will be filled."

Psalms 107:9 "How he satisfies the souls of thirsty ones and fills the hungry with goodness!"

2. PRAYER: Lord I speak Your promise and believe _____ , will be covered under Your powerful protection

Psalms 91:4 "His massive arms are wrapped around you, protecting you. You can run under His covering of majesty and hide. His arms of faithfulness are a shield keeping you from harm."

Psalms 91:11 "God sends angels with special orders to protect you wherever you go, defending you from all harm."

3. PRAYER: Lord I speak Your promise and believe _____ , will find his/her confidence in You and will be courageous

Psalms 71:5 "For You are my hope; Lord God, You are my confidence from my youth."

Psalms 91:2 "He's the hope that holds me and the stronghold to shelter me, the only God for me, and my great confidence."

4. PRAYER: Lord I speak Your promise and believe _____ , will be led by Your peace and truth

Isaiah 54:13 "All your children will be taught by the Lord, and great will be their peace."

John 16:13 "But when He, the Spirit of truth, comes, He will guide you into all the truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come."

5. PRAYER: Lord I speak Your promise and believe _____ , identity is found in believing in You, receiving Your love and recognizing how valued he/she is as Your son/daughter. May _____ grow in wisdom and walk in favor with You and people.

1 Peter 2:9 "But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light."

Luke 2:52 "And Jesus grew in wisdom and stature, and in favor with God and man."

Proverbs 19:8 "The one who gets wisdom loves life; the one who cherishes understanding will soon prosper."

