



PRAYING FOR THE HEALTH OF YOUR CHILD

Raising kids in today's world comes with both incredible joy and real challenges. Even at a young age, children are forming beliefs about themselves, learning how to process emotions, and navigating relationships. Prioritizing your child's mental and emotional health is one of the most loving and foundational things you can do as a parent. This 7-day guide is designed to help you anchor your prayers in Scripture while speaking into the everyday realities your child is experiencing in their heart and mind. Set aside some time each day to use the Scripture and prompts to guide consistent, intentional prayer for your child.



IDENTITY &
SELF-WORTH

FOCUS

Helping them feel secure, valued, and loved, being free from comparison or the need to perform.

SCRIPTURE

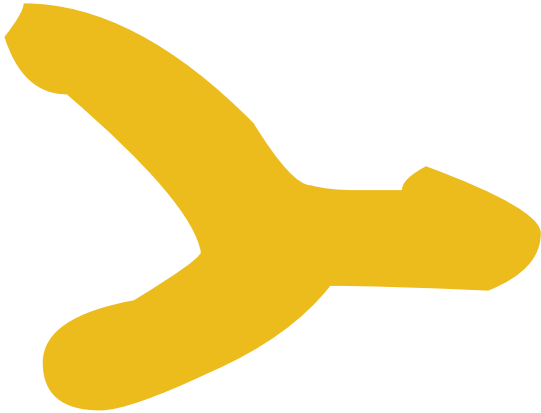
"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."
— Psalm 139:14

PRAYER

Lord, I lift up my child's sense of identity to You today. As they grow and learn about who they are, help them to see themselves through Your eyes. Protect their heart from comparison and the pressure to be "the best" or "like someone else." Remind them that they are wonderfully made, deeply loved, and uniquely created on purpose. Let their confidence be rooted in Your truth, not in what they can do or achieve.

CONVERSATION PROMPT

"I love how God made you so uniquely you. One thing I really admire about you is your [insert a specific character trait, e.g., sense of humor, kindness to animals, creativity]. What's something about yourself that you really like?"





THOUGHTS
& THE MIND

FOCUS

Helping them navigate big feelings, worries, and learning how to calm their thoughts.

SCRIPTURE

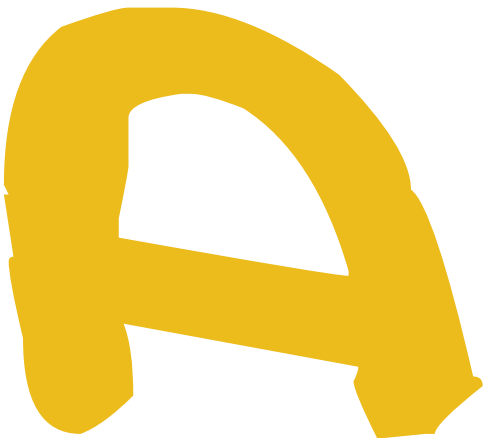
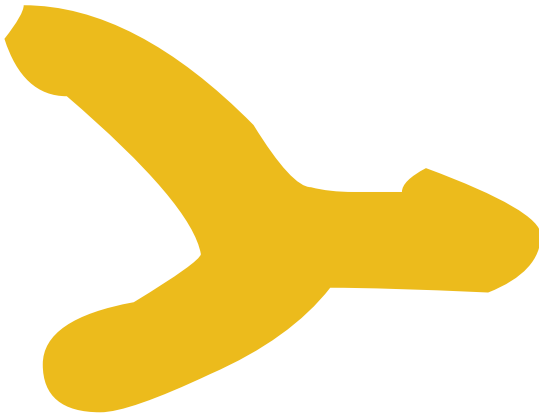
"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
— Philippians 4:7

PRAYER

Heavenly Father, I pray over my child's mind today. When their thoughts feel overwhelming or confusing, bring them Your peace. Help them learn how to slow down, breathe, and trust You. Guard their mind from fear and negativity and give them clarity and calm when emotions feel big. Teach them, even now, that they can come to You with every thought and feeling.

CONVERSATION PROMPT

"Sometimes our brains can feel really busy or full. When your mind feels like that, what helps you calm down? Would you like me to help you with that next time?"



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**FRIENDSHIPS &
RELATIONSHIPS**

FOCUS

Building healthy friendships, kindness, and navigating social dynamics.

SCRIPTURE

"Two are better than one, because they have a good reward for their toil."

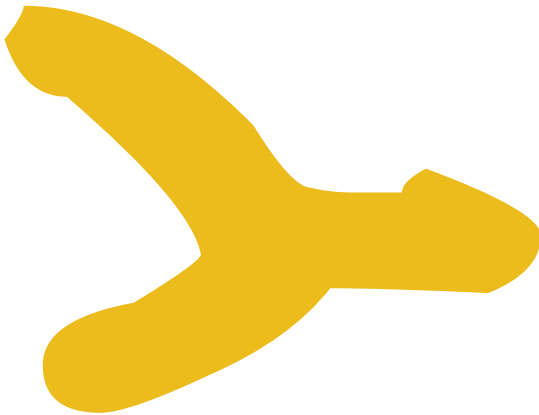

— Ecclesiastes 4:9


PRAYER

God, thank You for the relationships in my child's life. I pray that You surround them with kind, encouraging friends. Help them learn how to be a good friend, someone who includes others, shows compassion, and stands up for what is right. Protect them from hurtful relationships, and when they feel left out or lonely, remind them they are never alone. Give them courage and wisdom in every interaction.

CONVERSATION PROMPT

"Who is someone you really enjoy playing or spending time with? What makes them a good friend?"

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A large, bold, yellow letter 'F' with a slightly irregular, hand-drawn style.

FEARS & ANXIETIES

FOCUS

Addressing fears (darkness, separation, school, new situations) and building trust in God.

SCRIPTURE

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

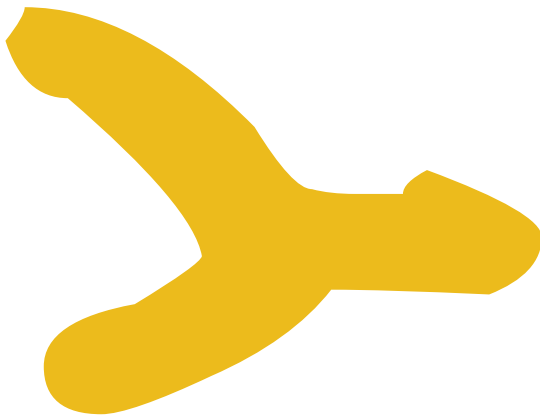
— Isaiah 41:10

PRAYER

Lord, I bring my child's fears to You today. Whether it's fear of the dark, being away from home, trying something new, or something they can't fully explain, You see it all. Remind them that You are always with them. Replace fear with courage and peace. Help them feel safe and secure, knowing they don't have to face anything alone.

CONVERSATION PROMPT

"Is there anything that's been making you feel a little scared or worried lately? You can tell me anything—I'm here to help."

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EMOTIONAL
RESILIENCE &
BIG FEELINGS

FOCUS

Learning to process emotions like frustration, sadness, and anger in healthy ways.

SCRIPTURE

"The Lord is near to the brokenhearted and saves the crushed in spirit."

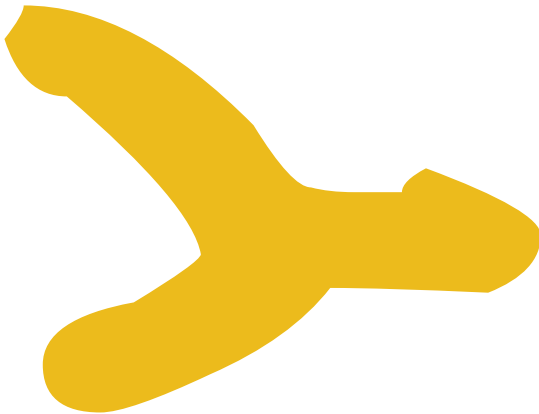

— Psalm 34:18

PRAYER

God, You created my child with emotions, and sometimes those feelings can feel overwhelming. When they feel sad, frustrated, or upset, be near to them. Help them learn how to express what they're feeling in healthy ways. Build resilience in their heart so that hard moments don't define them. Give me wisdom to guide them with patience and grace as they learn.

CONVERSATION PROMPT

"Everyone has big feelings sometimes. When you feel really upset or frustrated, what helps you feel better? Do you like to talk, take a break, or something else?"

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**GROWTH &
PURPOSE**

FOCUS

Encouraging curiosity, confidence, and a love of learning without pressure.

SCRIPTURE

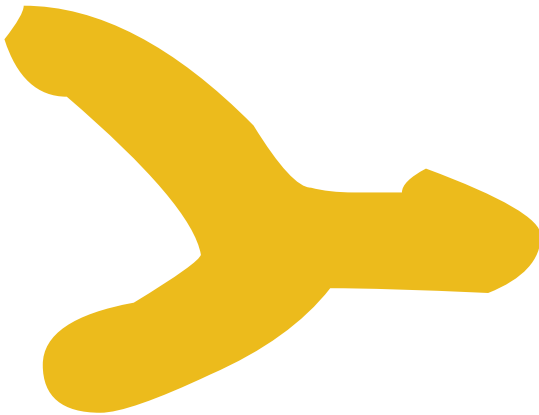

*"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."
— Jeremiah 29:11*

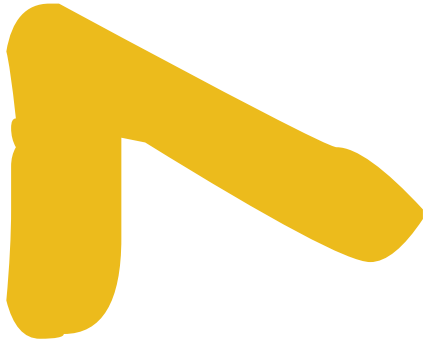
PRAYER

Father, thank You for the plans You have for my child. Even now, You are shaping their gifts, interests, and personality. Help them enjoy learning and growing without feeling pressure to be perfect. Give them confidence to try new things and the freedom to fail and try again. Let their life be filled with curiosity, joy, and hope for what's ahead.

CONVERSATION PROMPT

"If you could learn or try anything just for fun, what would it be? What makes that exciting to you?"

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REST & REPLENISHMENT

FOCUS

Healthy rhythms, rest, play, and emotional recharge.

SCRIPTURE

"Come to me, all who labor and are heavy laden, and I will give you rest."
— Matthew 11:28

PRAYER

Lord, I pray for rest over my child. In a world that can feel busy and loud, help them find true rest in You. Give them peaceful sleep and moments of joy and play that refresh their heart. Help me, as their parent, to create space for rest, not just productivity, so they can grow in a healthy, balanced way.

CONVERSATION PROMPT

"You've had a full week! What is something fun or relaxing you'd love to do this weekend just to enjoy and rest?"

