

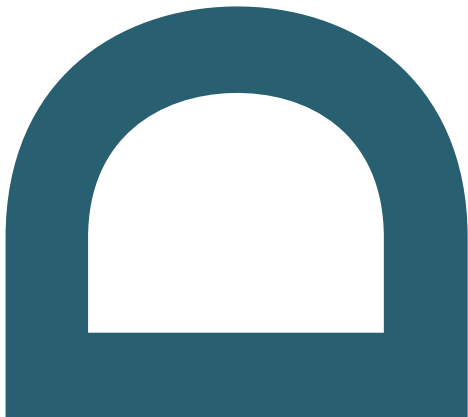


PRAYING FOR THE **HEALTH OF YOUR TEEN**

Navigating the teenage years can be incredibly complex, and prioritizing a teenager's mental health is one of the most loving things a parent can do. This 7-day guide is designed to help you anchor your prayers in Scripture while addressing the real, modern challenges your teen faces in their mind and heart. Set aside some time each day to use the Scripture and prompts to help you be in consistent prayer for your teen.



IDENTITY & SELF-WORTH



FOCUS

Shielding them from comparison, low self-esteem, and the pressures of social media.

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

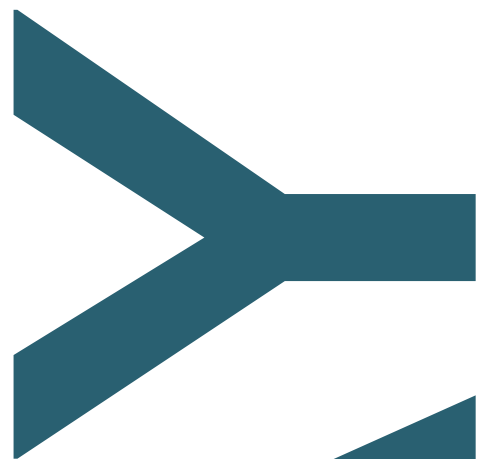
Lord, I lift up my teen's sense of self-worth to You today. In a world that constantly demands they look, act, or achieve a certain way, protect their mind from the trap of comparison. Help them to see themselves through Your eyes, as valuable, entirely unique, and deeply loved. When they look in the mirror or scroll through their phone, quiet the voices of insecurity and amplify the truth of their inherent worth. Let them feel secure in who they are.

CONVERSATION PROMPT

"I was just thinking today about how much I admire your [insert a specific character trait, e.g., sense of humor, kindness to animals, creativity]. What is something you feel really proud of yourself for lately?"



THOUGHTS & THE MIND



FOCUS

Combating intrusive thoughts, overwhelm, and mental exhaustion.

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 a perimeter of protection around my teen's mind today. Give them relief from racing, negative, or intrusive thoughts. When their brain feels loud and overwhelmed by expectations, schoolwork, or social dynamics, grant them a profound, unexplainable peace. Teach them how to untangle their thoughts and give them the clarity to recognize that not every negative thought they have is true.

CONVERSATION PROMPT

"Sometimes my brain feels really loud and overwhelmed with everything I have to do. When you feel that way, what is something that helps you feel calm again? Is there a way I can help make space for that?"



FRIENDSHIPS & COMMUNITY



FOCUS

Isolation, peer pressure, and the impact of relationships on mental well-being.

SCRIPTURE

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

— Ecclesiastes 4:9

PRAYER

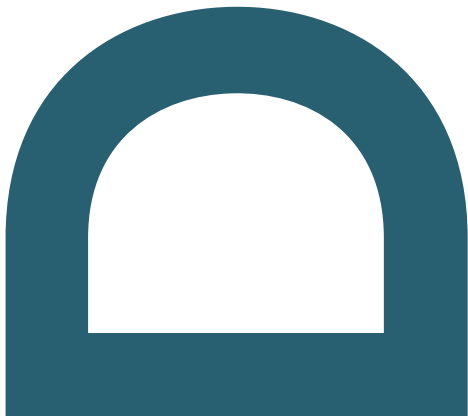
God, humans are wired for connection, and I know how deeply peer relationships affect my teen's mental health. I pray that You bring healthy, uplifting, and loyal friends into their lives. Protect them from toxic relationships that drain their spirit or make them feel less than. If they are feeling lonely or isolated right now, comfort them and give them the courage to build connections with people who truly love and care for them.

CONVERSATION PROMPT

"Who is someone in your life right now that always makes you feel good or energized after you hang out with them? What is it about them that makes them a good friend?"



FEARS & ANXIETIES



FOCUS

Overcoming worry, panic, and the dread of the unknown.

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 teen's fears and anxieties to You. Whether it is anxiety over grades, social situations, or just a general sense of dread they can't quite articulate, I ask that You ease their physical and emotional tension. Remind them that they do not have to carry the weight of the world on their shoulders. Give them the strength to face what scares them and the wisdom to know when to ask for help.

CONVERSATION PROMPT

"Is there anything coming up this week that's making you feel a little nervous or stressed out? You don't have to fix it right now, but I'd love to just listen and support you."

W

EMOTIONAL
RESILIENCE &
HEAVY FEELINGS

Y

A

D

FOCUS

Processing sadness, frustration, and the courage to ask for help.

SCRIPTURE

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

— Psalm 34:18

PRAYER

God, the emotional highs and lows of being a teenager can be exhausting. When my teen experiences sadness, heartbreak, or frustration, be close to them. Build up their emotional resilience so that a bad day doesn't feel like a bad life. Give them the vocabulary to express what they are feeling and tear down any pride or shame that would keep them from asking for professional or personal help when the burden becomes too heavy to bear alone.

CONVERSATION PROMPT

"It's completely okay to have days where you just feel down, sad, or frustrated. When you have those heavy days, do you usually prefer to talk it out, or do you need quiet time alone first?"

CO

THE FUTURE
& PURPOSE

Y

A

D

FOCUS

Replacing hopelessness or academic burnout with a sense of purpose.

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

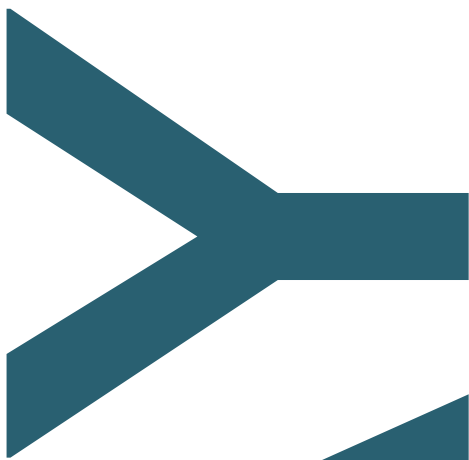
Father, the pressure on teens to figure out their whole lives right now is immense and damaging. I pray against any apathy, hopelessness, or burnout regarding their future. Release them from the paralyzing fear of failure. Help them to discover their passions and purpose naturally, without the crushing weight of perfectionism. Give them hope for tomorrow and the grace to just take things one day at a time.

CONVERSATION PROMPT

"There is so much pressure on your generation to figure everything out immediately. If there were no expectations or rules about what you 'should' do, what is something you'd just love to try, learn, or do in the future?"



REST & REPLENISHMENT



FOCUS

Physical exhaustion, sleep, and the need for true mental rest.

SCRIPTURE

"Come to me, all who labor and are heavy laden, and I will give you rest."

— Matthew 11:28

PRAYER

Lord, today I pray for deep, restorative rest for my teen. Their schedules are packed, their screens are always glowing, and their minds are always running. I pray for peaceful sleep free from anxiety. Help them to unplug and find activities that truly recharge them. Give me the wisdom as a parent to help protect their downtime, ensuring they have the space they need to just be, without having to achieve or perform.

CONVERSATION PROMPT

"I've noticed how hard you've been working lately between school and everything else. What is one thing we could do (or I could help you do) this weekend that would be completely relaxing and low-pressure for you?"