



Day 1 | Parenting Through Prayer

There is no one-size-fits-all approach to parenting but there is ONE THING; one tool that is essential and effective for parenting ALL kids . . .

PRAYER.

But when we get busy (and life with kids is *always* busy!) our prayer life often suffers. We rush out the door in the morning or collapse into bed at night without pausing to pray. It's so easy to forget to connect our hearts to God through prayer.

Philippians 4:6-7 (NLT) says, *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. THEN you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

We pray and **THEN** we experience God's peace which protects our hearts and minds from worry and fatigue. *But where do we start? And how does this prayer promise apply to parenting?*

The next several days we will cover our kids with prayers from their head to their toes. Because when worries plague our mind, questions loom, and managing all the things seems like too much to handle, we can present our thoughts and fears to God with confidence that He hears us. And we can trust that we've done one very good thing for our kids every day when we've talked with their loving, heavenly Father about them.

DAY 2 | Head-to-Toe Prayers for Kids: MIND



Before you pray, (do your best to) let go of every worry about your child's mind—their negative thoughts, fear and anxiety, learning struggles, or loneliness.

Pray for them to have a clear mind to focus, learn, and rise to each challenge.

Pray for their mind to retain things that are good and worthy of their thoughts.

Pray Philippians 4:8 . . . that they would fix their thoughts on what is true and pure and good.

PRAYER

Dear Jesus,

Today I pray for my child's mind. Please protect _____ from negative thoughts, fear, and anxiety.

I pray _____'s mind would be filled with goodness and truth that comes from You. May _____ have a clear mind to focus, learn, and grow. In Jesus' name, Amen.

DAY 3 | Head-to-Toe Prayers for Kids: EYES



Before you pray, (do your best to) let go of every worry about your child's eyes—things they may see, their ability to take notice, or their perspective of the world around them.

Pray for protection over their eyes that they would only be exposed to beauty and goodness.

Pray for eyes to see others and invite them in.

Pray Matthew 6:22 . . . that their eyes would be a healthy lamp that fills their bodies with light.

PRAYER

Dear Jesus,

Today I pray for my child's eyes. Please protect _____'s eyes from seeing scary or impure things. May _____ see beauty and goodness all around. I pray _____'s eyes would be open to see the needs of others in our world. May _____'s eyes be full of light so others can see You. In Jesus' name, Amen.

DAY 4 | Head-to-Toe Prayers for Kids: EARS



Before you pray, (do your best to) let go of every worry about your child's ears—things they may hear or their willingness to listen to God's Word and wise instruction.

Pray that they would hear God's Word and put it into practice.

Pray for ears that listen to and trust wisdom and guidance.

Pray James 1:19 . . . that they would be slow to speak and quick to listen.

PRAYER

Dear Jesus,

Today I pray for my child's ears. May _____ understand the importance of listening to wisdom and knowledge that comes from You. Please protect _____'s ears from hearing untrue or impure things. May _____ always be slow to speak and quick to listen in order to understand others but more importantly, to understand Your truth. In Jesus' name, Amen.

DAY 5 | Head-to-Toe Prayers for Kids: MOUTH



Before you pray, (do your best to) let go of every worry about your child's mouth—things they may say, their interaction with others, words that may reflect a bad attitude.

Pray that their mouths would be filled with words of life and love that encourage others.

Pray for boldness to speak the truth in love.

Pray Psalm 19:14 . . . that the words of their mouth would be pleasing to the Lord.

PRAYER

Dear Jesus,

Today I pray for my child's mouth. May _____'s mouth be filled with life-giving words that speak Your truth and encourage others. Please protect _____'s mouth from speaking untrue or unkind things. May the words of _____'s mouth be always pleasing to You. In Jesus' name, Amen.

DAY 6 | Head-to-Toe Prayers for Kids: HEART



Before you pray, (do your best to) let go of every worry about your child's heart—their emotions, their friendships, and most importantly, their relationship with Jesus.

Pray for a heart that grows to understand every emotion they feel.

Pray for a heart that notices needs; loves and serves others.

Pray Jeremiah 29:13 . . . that they would seek God and come to know Jesus with their whole heart.

PRAYER

Dear Jesus,

Today I pray for my child's heart. May _____'s heart be open to receiving Your love and seeking relationship with You. Please help _____ grow to understand the feelings You designed and placed in our hearts. May _____'s heart always be open to notice and respond to the needs of others. In Jesus' name, Amen.

DAY 7 | Head-to-Toe Prayers for Kids: HANDS



Before you pray, (do your best to) let go of every worry about your child's hands—their work and play, and their willingness to help and serve others.

Pray for diligence and faithfulness in school work and friendships.
Pray that they would be the hands of Jesus to those around them.
Pray Psalm 90:17 . . . that the Lord would bless the work of their hands.

PRAYER

Dear Jesus,

Today I pray for my child's hands. May _____'s hands be faithful and diligent in schoolwork and chores. Please help _____ to know how to be Your hands to those around us. No matter if _____ is doing work or play or service, may _____'s hands always be an instrument of Your faithfulness and love. In Jesus' name, Amen.

DAY 8 | Head-to-Toe Prayers for Kids: FEET



Before you pray, (do your best to) let go of every worry about your child's feet—where they may walk and with whom they will stand.

Pray for courage to stand strong in faith and convictions.

Pray for strength to lead and not follow the crowd.

Pray Proverbs 4:26 . . . that God would mark a straight path for their feet, according to His will.

PRAYER

Dear Jesus,

Today I pray for my child's feet. May _____'s feet stand strong on the truth of Your Word. Please help _____ to be a leader and not blindly follow the crowd. May _____ be led on the path You have set in order to walk with confidence into all You have planned. In Jesus' name, Amen.