

# 28 DAYS

SCRIPTURES  
PRAYERS

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FOR PARENTS OF TEENS

*By Derry Prekert*



***You'll never be a perfect parent,  
but you need to be a praying parent.***

***-Mark Batterson***

There is no tougher job, and no greater calling than that of a parent. The powerful role a parent plays in their child's life cannot be overestimated. Your kids are drawing their cues on what it looks like to follow Christ from you more than they are any other person. This can be an incredibly motivating, convicting, and overwhelming thought. You won't always get it right or perfect. But you can always pray.

The exercise of praying scripture is a powerful tool to guide our prayer lives. This can mean either praying the prayers of the Bible word-for-word as your own prayers, personalizing portions of the Scriptures in prayer, or praying through various topics of the Bible. This prayer journal is designed for you to pray scriptures specifically for your teenage child. Each day contains a scripture, a devotional thought on that scripture, and a specific way to pray that scripture. Some days contain opportunities to journal thoughts and I've added assignments to put your prayer into practice.

Here are a few thoughts on how to maximize this devotional/prayer journal:

1. All prayers are designed in a way to pray for one child/teen. You may likely have more than one child. Feel free to adapt the wording to reflect your multiple kids. You can either pray for them all at once, or walk through the prayer for each child, one at a time (ex: You have three kids - pray Day 1's prayer three times over, one for each kid).
2. Although the wording often points toward teen kids, this journal can easily be utilized for kids of any age (even adult kids). Again, adapt and make it work for you!
3. The 28 days outlined are not structured in a specific order nor do they need to be completed in 28 consecutive days. If you want to jump around on days, go for it! If you would like to stretch this journal out over 28 weeks or walk through it in 28 hours, go for it!

Most importantly, my prayer is that you become the #1 prayer warrior and intercessor for your children.

Praying for you as you pray,  
Derry Prenkert

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But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of His resurrection and participation in His sufferings, becoming like Him in His death, and so, somehow, attaining to the resurrection from the dead.

Philippians 3:7-11

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We could make a lot of goals for our kids. We, no doubt, have great dreams and aspirations for them. We want what is best, and it is important to remember there is no greater aspiration or goal we should have for them than that they know and experience the fullness of Jesus Christ.

**Pray you would keep this priority and your student would not just “know about” but truly KNOW Jesus.**

*Father,*

*I want a lot of great things for \_\_\_\_\_, but whatever were gains I now consider loss for the sake of Christ in \_\_\_\_\_'s life. What is more, I pray he/she would consider everything a loss because of the surpassing worth of knowing Christ Jesus as Lord. May \_\_\_\_\_ consider them garbage, that he/she may gain Christ and be found in Him, not having a righteousness of his/her own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.*

*Lord, I want \_\_\_\_\_ to know Christ—yes, to know the power of His resurrection and participation in His sufferings, becoming like Him in His death, and so, somehow, attaining to the resurrection from the dead.*

*Amen.*

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You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:14-16

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It can get overwhelming when we think about the darkness present in this world. It can get downright scary when we think about our kids walking into that darkness. Yet, here's the thing about darkness... it is simply the absence of light. To put it another way, when light and darkness face off, light wins... **every time**.

Today, pray the light out of your student and into this world.

Lord,

*I believe \_\_\_\_\_ is a light of the world. As he/she steps out in this world, may that light not be hidden, especially in these areas:*

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*Instead, may the light shine and spread to those around. God, allow the light to shine in \_\_\_\_\_'s attitudes and actions in a way that others will see and know that it comes from you, Father in heaven.*

*Amen.*

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God is love...We love because He first loved us.

1 John 4:8b, 19

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

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No earthly person loves your child more than you do. Sometimes the display of that love can get a little messy in the home. Let's face it, sometimes it can get downright ugly in the teen years. 1 John reminds us that God is the definition and source of love. 1 Corinthians 13 gives us the attributes that display love to this world.

**Today, first pray this love over you toward your student, and then over your student toward the world.**

God,

*I know you are the source of love and love \_\_\_\_\_ because you first loved me. Lord, grant me patience, grant me kindness. I rebuke envy, boasting and pride toward my child. May I show him/her honor, be selfless, resist anger, and keep no record of wrongs toward \_\_\_\_\_. May I not delight in any evil toward or in \_\_\_\_\_, but only rejoice in the truth. May I always protect, always trust, always hope, and always persevere.*

*Now Lord, I lift up \_\_\_\_\_. Grant him/her patience and kindness. Protect and convict my child of any envy, boasting or pride. Make \_\_\_\_\_ a person of honor, one who is not self-seeking, or easily angered; someone who is quick to forgive and does not hold grudges. God, please raise \_\_\_\_\_ to be a person who will not delight in evil but rejoice in the truth. May he/she be known as one who always protects, always trusts, always hopes, and always perseveres.*

*Amen.*

**Get Practical:** What specific ways do you need step up in practicing love toward your child?

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**Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.**

Joshua 1:9  
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Where or how are you afraid or discouraged for your child? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where or how do you see your child afraid or discouraged? \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_

This scripture is a promise preceded by a command. The promise is that God is with us. Wherever and whenever, He is with us. This is why we can take confidence in the command to be strong and courageous. The source of that strength and courage must be found in the confidence that the Almighty is right there with us.

**Today, pray courageously for you and your teen.**

*God,*

*I give you my fears and discouragement for \_\_\_\_\_ that are listed above. I choose to follow your command to be strong and courageous because I know you are with me wherever I go.*

*And Lord, I lift up \_\_\_\_\_'s fear and discouragement listed above. May he/she be strong and courageous and know that you are with us wherever we go.*

*Amen.*

**Other scriptures on courage to reflect/pray over:**

Deuteronomy 31:6-8

Psalm 31:24

Romans 8:15

1 Corinthians 16:13

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**But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be glory both now and forever! Amen.**

**2 Peter 3:18**

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Remember the tiny baby you held in your arms for the first time? Remember the tiny little fingers and toes? The height and weight? The yawns and all the other little adorable things? Now, think about that same child today... so much has changed, right? As the days go by, he/she grows up. No matter how much we want to fight it, we know that is the way it's supposed to be. The same is true of her/his spiritual growth. In this verse we read of two key ways for them to grow in Christ: grace and knowledge.

**Today, let's focus our prayer on those two areas.**

*Jesus,*  
*I ask that \_\_\_\_\_ would continue to grow in you. I pray for grace in these specific areas:*

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*and truth in these specific areas:*

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*And as \_\_\_\_\_ grows in these areas, to you be glory both now and forever! Amen.*



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**Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.**

**Ephesians 6:13-17**

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We send kids to their first day of school with all the supplies they need in order to be fully equipped and prepared to make the most of the year that is ahead of them. Why would we not do the same to spiritually equip and prepare them as they walk into the world?

**Pray the armor of God over your student today.**

*Father God,*

*I pray that \_\_\_\_\_ will be strong in you and your mighty power. I put on the full armor of God on \_\_\_\_\_, so that he/she can take his/her stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore I put on the full armor of God on \_\_\_\_\_, so that when the day of evil comes, he/she may be able to stand his/her ground, and after he/she has done everything, to stand.*

*God, may \_\_\_\_\_ stand firm then, with the belt of truth buckled around his/her waist, with the breastplate of righteousness in place, and with \_\_\_\_\_’s feet fitted with the readiness that comes from the gospel of peace. In addition to all this, may \_\_\_\_\_ take up the shield of faith, with which he/she can extinguish all the flaming arrows of the evil one. And, God may \_\_\_\_\_ take up the helmet of salvation and the sword of the Spirit, which is the word of God. I pray this all in the powerful name of Jesus.*

*Amen.*

**DAY 7: FIRE & WIND**

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**For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. So do not be ashamed of the testimony about our Lord or of me His prisoner. Rather, join with me in suffering for the gospel, by the power of God.**

**2 Timothy 1:6-8**

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Wind greatly affects fire. What is interesting is wind has the potential to put out a flame and to spread it. When it comes to the spiritual fire in your student's life, you have the power and potential to do the same with the wind of your words.

**Today, allow your prayer to serve as spiritual bellows to the flame in your child.**

*Lord,*

*I ask that you would fan into flame the gift of God in \_\_\_\_\_ . May it be evident in him/her through my example and life. I pray against the spirit of fear and timidity that is showing itself in the following areas of my child: \_\_\_\_\_*

\_\_\_\_\_

*Today, I pray for a spirit of power to overcome \_\_\_\_\_*

\_\_\_\_\_

*I pray for a spirit of love from you that is directed toward \_\_\_\_\_*

\_\_\_\_\_

*I pray for a spirit of self-discipline in these areas: \_\_\_\_\_*

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*God, I ask that \_\_\_\_\_ will not be ashamed of you or of my faith in you, but would join with me in suffering for the Gospel.*

*I pray this by the power of God, Amen.*

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**How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.**

**Psalm 119:9-11**

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God's Word has transformational power in our lives. Hopefully, you are experiencing that very power as you walk through this prayer journal. There is no doubt that a full on cultural assault being made on the hearts and minds of our children. Psalm 119 reminds us of the valuable role scripture can play in defense to that assault.

**Today, pray the transformational work of scripture over your teen.**

*God,*

*Keep \_\_\_\_\_ on the path of purity as he/she lives according to your word. May \_\_\_\_\_ seek you with all his/her heart and not stray from your commands. Hide your word in his/her heart so \_\_\_\_\_ might not sin against you.*

*Amen.*

**Added Exercise:**

In what level are you exposing and instilling your family to scripture? Here are 3 ideas.

1. **Scripture of the Week:** Pick out a spot in your house where you can post a verse or passage of scripture that will serve as the "theme" for a week. At a meal or a family gathering point, talk about the scripture and what it means. Work together to commit the weekly scripture to memory. Not sure where to start? Start with Psalm 119:9-11!
2. **Text a verse:** Every once in a while, send your kid a "random" text of a verse that you believe is applicable to his/her life. A great way to start is a text with tomorrow's verse saying, "Hey kid, I'm praying this verse over you today. I love you!"
3. **Read God's Word together:** What if you made it a priority to sit together and read the Bible? Find that one time during the week where you know the whole family can come together to pray and read scripture. Read a Psalm and talk about it. Dive into Proverbs and discuss how it applies to what's going on. Take a book like Philippians or Colossians and read a section to discuss.

**A Bonus Prayer:**

*God,*

*Show me ways I can be an agent in hiding Your Word in the heart of \_\_\_\_\_, so he/she might not sin against you.*

*Amen.*

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**Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.**

**Proverbs 3:5-6**

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Where are you struggling to trust God with your student? \_\_\_\_\_

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What is happening that is hard to understand? \_\_\_\_\_

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In what situations might you be trying to control more than you should? \_\_\_\_\_

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No doubt you are in your child's life to lead him/her. Yet, that leadership role must remain in submission to the ultimate leadership and guidance of the Almighty.

**Today, let this scripture be a prayer over you as you seek to entrust your parenting to God.**

*Almighty God,*

*I trust you. I trust you will lead \_\_\_\_\_ with (list the items in question #1).*

*I don't get it. I'm struggling to understand (list the items in question #2).*

*I submit to you. You have control when it comes to (list the items in question #3).*

*In everything I have mentioned, God, I ask that you make the paths straight.*

*Amen.*

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**Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.**

**James 1:2-4**

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We often view spiritual growth as happening in the good times or on the mountaintops. But is that really the case? If you have ever been to a mountain range, you will notice something about the vegetation. The higher you go in elevation, the less green you see. In nature, the most fertile land for growth is found in the valleys. James reminds us the same is true when it comes to our spiritual journey. Our trials and the trials of our children are fertile ground where they can experience a deepening in faith.

What are the “valleys” I see present in our family right now? \_\_\_\_\_

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**Allow your prayer today to serve as a tiller in the soil of the valleys to help produce growth:**  
*Pray this prayer over each person and situation listed above.*

*Lord,  
This is not easy to say, God, but I consider it pure joy that these trials are present because I believe you are growing us. Give \_\_\_\_\_ perseverance through the valley of \_\_\_\_\_ so that he/she may grow to be mature and complete, not lacking anything.  
Amen.*

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**Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.**

**Isaiah 1:17**

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There was a study where the older generation was asked to describe the younger generation in one word. The researchers then went to members of the younger generation to discuss the results. The younger generation was told that the top answer used by the older generation to describe them started with the letter “e” and were invited to guess the word. The answers were varied but had a theme: *Excellent. Exemplary. Exceptional.*

The actual word: *Entitled.*

Let’s face it, our kids are being raised in a culture where “I need” and “I deserve” don’t really match up with the thought. I need an iPhone? I deserve a starting spot on the team?

In the process, a lot of drama can come up where a phrase like, “That’s not fair!” will be thrown out. The call of God on our lives includes a call to truly see the areas of wrong in this world and do something to be a part of making things right.

Pray boldly and prophetically that your teen will move past entitlement and into a heart of compassion and justice.

*God,*

*I rebuke a sense of entitlement in the heart and mind of \_\_\_\_\_. Instead, I pray he/she would learn to do right and seek justice. Open \_\_\_\_\_’s heart and eyes to the oppressed, the fatherless and the widow all around him/her. As you do, may \_\_\_\_\_ be one who defends those being oppressed, who takes up the cause of the fatherless, and who pleads the case of the widow. May he/she be moved by compassion into action.*

*Amen.*

What are some ways you can specifically see this passage become a reality in your family?

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He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:29-31

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If it hasn't happened yet, there is coming a time where you will hear from the mouth of your teen child, "I just want to quit!"

How do you respond? We know we need to push them forward, but there can be one of two ways to push. One way is to encourage, push, or challenge to just do what is necessary to get through it... or in other words, to "survive." The other option is to push to not only get through it, but to capitalize on the opportunity no matter how dreaded or great it is... in other words, "thrive." Isaiah reminds us that, even in the weariest states and in the seasons where all seems to be going wrong, we can find hope in the Lord.

**Today, pray for a teen that will thrive as he/she SOARS above current circumstances.**

*God,*

*Your Word promises that you give strength to the weary and increase the power of the weak.*

*So, I pray for \_\_\_\_\_ who is weary and weak in these areas: \_\_\_\_\_*

*Even though \_\_\_\_\_ has grown tired and weary, even though he/she has stumbled and fallen, I pray he/she puts his/her hope in the Lord. I pray for renewed strength. May my son/daughter, \_\_\_\_\_ soar on wings like eagles; may \_\_\_\_\_ run and not grow weary, may \_\_\_\_\_ walk and not grow faint in all of the areas I have mentioned.*

*I pray this in the powerful name of Jesus.*

*Amen.*

## DAY 13: INFILTRATION & TRANSFORMATION

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Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

Romans 12:1-2

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In his book "Engaging the Soul of Youth Culture," Walt Mueller presents three ways we can choose to engage with the world around us.

1. **Accommodation** (or the church on a leash): We simply join in with what we see happening around us. When looking at us and examining our lives, it is hard to see a difference between us and those who do not claim Christianity.
2. **Alienation** (or the church in a bunker): We circle the wagons up and avoid any chance of getting "the world" on us. Non-Christians are the enemy and we find ourselves more offended by the sin around us than we are provoked to be a part of the restorative and redemptive work of Jesus.
3. **Infiltration & Transformation** (or the church in the world but not of the world): We recognize we have been redeemed by God but also called by Him to be agents of redemption in this world. This is clearly the attitude Paul is taking up in this Romans passage. What if we were to take up the same attitude toward our kids?

**Pray for your student that he/she may live as an agent of infiltration & transformation.**

*Jesus,*

*In light of your mercy and as an act of worship, I offer up \_\_\_\_\_ to you as a living sacrifice. I pray that as he/she steps into this culture, you would keep \_\_\_\_\_ from being conformed to its patterns, but instead he/she would be transformed by the renewing of his/her mind. God, I believe your promise for \_\_\_\_\_, that in these steps he/she will be able to test and approve what your good, pleasing and perfect will is.*

*Amen.*



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Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31-32

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There is a saying we share with our graduating Seniors as they prepare for life after youth group. "Good spiritual community covers a multitude of issues. Little or no spiritual community significantly amplifies issues." Friendships play a vital role in the spiritual journey through adolescence into the teenage years.

**Today, focus your prayer on the spiritual community among your student's friend group.**

*Lord,*  
*I lift up these friends of my son/daughter:* \_\_\_\_\_

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*As they spend time together and interact, I pray they would be free of all forms of bitterness, rage, anger, harsh words, slander and any types of evil behavior. Instead, I ask that \_\_\_\_\_'s friendships be marked by kindness. Allow them to display a tenderhearted nature toward each. Allow them to learn to forgive each other in the same way you have forgiven through your son.*  
*Amen.*

**Added Exercise.** As you think through your son/daughter's friends, what are specific ways you can be praying for them? \_\_\_\_\_

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## DAY 15: ACTIVITIES

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**Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,**

**Colossians 3:23**

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What is your ultimate hope for your child in his/her extracurricular activities? It could be wins or personal records or maybe even a college scholarship. Ultimately, perhaps the ultimate hope should be that our kids will learn what it looks like to fully glorify God in all they do.

What are the activities, commitments and talents your child has the opportunity to glorify God in? \_\_\_\_\_

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**Pray today for your teen's activities, commitments and talents.**

*God,  
I thank you for the opportunities \_\_\_\_\_ has. I pray that in (list the activities, commitment and talents mentioned above) and whatever else he/she would do, that it would be done with all his/her heart, as though working for you, Lord. I pray for a deep desire to please you over pleasing man.  
Amen.*

### **Added Assignment:**

1. Pray for teammates, teachers & coaches tied to these activities in the same manner.
2. Pray for your own attitudes and actions as you support your teen in these activities.

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Therefore if you have any encouragement from being united with Christ, if any comfort from His love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

In your relationships with one another, have the same mindset as Christ Jesus.

Philippians 2:1-5

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The home is meant to be a place of peace and joy where spiritual investment and nurturing is in full effect. In reality, the home is often a place of chaos and tension where spiritual strife and busy schedules are in full effect. You are meant to be the primary spiritual influence in your child's life, and the tone you are setting in your home plays a vital role in accomplishing this mission.

**As you pray Philippians 2 today, consider physically walking through and literally praying over your home.**

*Almighty God,*

*I pray for a home that...*

*... is filled with encouragement from being united in Christ.*

*... walks in comfort from His love.*

*... has a common sharing in the Spirit.*

*...oozes a clear sense of tenderness and compassion.*

*God, may we be filled with complete joy through being like-minded, having the same love, being one in spirit and of one mind. Help each of us, (name every family member), to do nothing out of selfish ambition or vain conceit. Rather may we, in humility, value each other above ourselves, not looking to our own interests but the interests of one another. In our relationships with each other, may our attitudes be the same as that of Christ Jesus, in whose name I pray.*

*Amen.*

## DAY 17: PURE HEART/ WILLING SPIRIT

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**Create in me a pure heart, O God, and renew a steadfast spirit within me.  
Do not cast me from your presence or take your Holy Spirit from me. Restore to  
me the joy of your salvation and grant me a willing spirit, to sustain me.**

**Psalm 51:10-11**

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This Psalm is a prayer of David after he has been confronted by the prophet Nathan for his sin in committing adultery with Bathsheba. This heartfelt prayer is a cry to God for mercy, but it is also a call to God for His great direction. You ultimately cannot be the one who seeks forgiveness for the sins of your child, but you can beg God for His continued presence and move in his/her heart and spirit.

**Don't just pray this scripture today. Beg God on your child's behalf.**

*Create in \_\_\_\_\_ a pure heart, O God, and renew a steadfast spirit within him/her.  
Do not cast \_\_\_\_\_ from your presence or take your Holy Spirit from him/her.  
Restore to \_\_\_\_\_ the joy of your salvation and a grant a willing spirit to sustain  
him/her.  
Amen.*

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**Children, obey your parents in the Lord, for this is right. “Honor your father and mother”—which is the first commandment with a promise— “so that it may go well with you and that you may enjoy long life on the earth.” Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.**

**Ephesians 6:1-4**

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It is not easy being a parent. In fact, I would argue that there is no tougher job in the world than that of being a parent. Yet, there is also no greater calling than that of carrying the title of “mom” or “dad.” The role of the father is significant. Consider this... your child is shaping his/her view of “Father God” from his/her dad more than any other person.

**If you are a dad, pray this scripture over yourself and your child today.**

**If you are a mom, pray this scripture over your child and his/her father today.**

**If there is no father present, pray this scripture in hopes a father figure will rise up for your child.**

*Lord,*

*I ask that \_\_\_\_\_ would obey us as parents. I pray that he/she could know how to honor us as parents so that it may go well with him/her and that he/she may enjoy long life on the earth.*

*And Father God, I pray for me/my husband as a Father that I/he will not exasperate \_\_\_\_\_, but instead, that I/he would bring \_\_\_\_\_ up in the training and instruction of the Lord.*

*Amen.*

What especially hits home for you in this prayer and why? \_\_\_\_\_

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**She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all." Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Honor her for all that her hands have done, and let her works bring her praise at the city gate.**

**Proverbs 31:25-28**

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Moms, you probably know this, but you're kind of a big deal to your family. You are likely the glue that holds the family together. It can come in a lot of roles like that of chauffeur, nurse, master chef, family secretary, family treasurer, and housekeeper. Consider what may be the most important role a mom could play to your family... prayer warrior. Countless testimonies of people are marked by the effects of a praying mom.

**If you are a mom, pray this scripture over yourself and your child today.**

**If you are a dad, pray this scripture over your child and his/her mother today.**

**If there is no mother present, pray this scripture in hopes a mother figure will rise up for your child.**

*Lord,*

*Lord, clothe me/my wife with strength and dignity; allow me/her to laugh at the days to come. May I/she speak with wisdom, and may faithful instruction be on my/her tongue. As I/she watch over the affairs of the household, may I/she not eat the bread of idleness. May (your kid) and my husband/I be able to rise and call me/my wife blessed.*

*Amen.*

What especially hits home for you in this prayer and why? \_\_\_\_\_

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## DAY 20: CONTENTMENT

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**I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Him who gives me strength.**

**Philippians 4:12-13**

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We all know Philippians 4:13 from the many athletes and artists who quote it after the big win or award. In these uses it brings across a message that may not be the true intent of Paul. This verse isn't about winning and being the best nearly as much as it is about being content. In a culture that is obsessed with "more," it can be hard to instill in our children an understanding of the difference between wants and needs. It can be an uphill battle to teach and practice contentment and simplicity.

**Pray for a heart in your teen that accepts His strength in every situation.**

*Lord,*

*These are the areas where I see \_\_\_\_\_ in need: \_\_\_\_\_*

\_\_\_\_\_

*These are the areas where I see \_\_\_\_\_ has plenty: \_\_\_\_\_*

\_\_\_\_\_

*I pray that he/she would learn the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. Jesus, I know that \_\_\_\_\_ can do all things through You who gives him/her strength. Help him/her to see that clearly. Amen.*

## DAY 21: COMMISSION

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Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Matthew 28:18-20

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Your teen is called to be a missionary. Now, before you start packing his/her bags for Africa, catch what the word missionary really means. It is simply one who has been sent on a mission. Every teen who has accepted Christ as Savior (and every person in the world) is subject to the mission that Jesus lays out in Matthew. This commissioning prayer of Jesus is not a suggestion but a command to “go and make disciples.” Are you equipping and empowering your child to fulfill the greatest calling he/she will ever receive? The word *nations* in Greek is *ethnos*, which could just as easily be translated *people groups* or *people*. This commission can be lived out in the very place he/she is stepping foot right now.

**Pray this commissioning prayer over your teen today.**

*Jesus,*

*I know all authority on heaven and earth has been given to you. Therefore, I pray that as*

\_\_\_\_\_ goes out to \_\_\_\_\_

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*that he/she will make it a mission to make disciples of all people, baptizing them in the name of the Father and of the son and of the Holy Spirit, and teaching them to obey everything you have commanded us. And Lord, may \_\_\_\_\_ know with certainty that you are with him/her always, to the very end of the age.*

*Amen.*



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**The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.**

**John 10:10**

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There could not be two more polar opposite missions than those outlined by Jesus. First is Satan, the thief. His mission is not only to ruin, but to completely destroy. Then Jesus states His mission. He is not only came to bring life, He wants to bring life to the full. Who is the focus of this mission? It's you. It's me. It's our sons and daughters.

**Today, take up the side of the One you want to see win the battle in your teen's life.**

*God,*

*I know that Satan is out to steal, kill and destroy the life of my teen. I specifically see the battle playing out in these areas of his/her life: \_\_\_\_\_*

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*Lord, Satan is a defeated foe. I proclaim life through Christ in \_\_\_\_\_. And Jesus, may this not just be "getting by" type of life. I boldly ask that you bring life to the full in every area mentioned above.*

*I pray this in the name and authority of Jesus Christ.*

*Amen.*

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**“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”**

**Jeremiah 29:11**

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You have plans and aspirations for your teen. What are they (be gut-level honest)?

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There are things you are concerned may harm your teen. What are they (again, gut-level honest)? \_\_\_\_\_

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You have plans and concerns for your child, but in the end they pale in comparison to the plans and concerns Almighty God has for him/her.

**Submit these plans and concerns to God as you pray this scripture.**

*Creator of the Universe,  
I know you have plans for \_\_\_\_\_. I trust your promise that those plans are to prosper and not to harm him/her. Therefore, I submit my plans and concerns to you. I believe in return, you have plans to give \_\_\_\_\_ a hope and a future.  
Amen.*

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Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:12-14

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Every morning, your child wakes up and gets ready for the day. A big part of this preparation is picking out an outfit to wear. For some kids, that includes a lot of drama and 5-25 outfit changes. For others, it involves a quick “smell test” (sniff the arm pits) and out the door. Paul paints a picture in Colossians of the Christian spiritually clothing him/herself.

**As you pray this scripture, picture yourself clothing your teen with these virtues.**

*God,  
As your chosen person, holy and dearly loved, this morning I clothe \_\_\_\_\_ with compassion, kindness, humility, gentleness and patience. I pray that as he/she interacts with others, \_\_\_\_\_ would bear with others and forgive anyone he/she has a grievance against. May he/she forgive as you have forgiven. And God, over this entire spiritual wardrobe, I pray love, which binds everything together in perfect unity.  
Amen.*

Which virtues especially strike you for your teen today and why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DAY 25: CONQUERORS

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**What, then, shall we say in response to these things? If God is for us, who can be against us?**

**No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.**

**Romans 8:31, 37-39**

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Remember in Junior High when you had to pick teams for kickball? Ugh. There are two major fears. The first is being picked last (what a great mode of confidence building, right?). The second is getting stuck on the losing team. When it comes to our faith, we are not being selected last and we have the invitation to be a part of the winning team. The reason we are selected to this team is God's LOVE, and this is not some kind of conditional love. It's an unbreakable, unshakable love from the Almighty Creator of the universe!

**Pray for confidence and awareness of God's unbreakable love for your child today.**

*Lord,*

*As I pray today, I think about the following things my child is facing: \_\_\_\_\_*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*And, here is what I say in response to these things: If you God are for \_\_\_\_\_, who can be against him/her?*

*In all these things I proclaim \_\_\_\_\_ is more than a conqueror for you who loved him/her. And Lord, I am convinced and proclaim that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate \_\_\_\_\_ from your love that is in Christ Jesus our Lord.*

*Amen.*

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**My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.**

**James 1:19**

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There is a lot of noise in this world. Actually, our culture seems to suffer from an aversion toward silence. There is also a rising sense that everyone needs to share their thoughts on everything. A quick perusal through your social media feed will confirm this. Silence and listening is becoming a lost art. Don't let it be lost on your kids.

**Pray this truth over your teen today.**

*Lord,  
Today, may \_\_\_\_\_ be quick to listen, slow to speak and slow to become angry.  
Amen.*

**Now, pray this truth over you in correlation to your teen.**

*Lord,  
May I be quick to listen, slow to speak and slow to become angry with \_\_\_\_\_.  
Amen.*

**Finally, pray this truth over your entire family.**

*Lord,  
May we be quick to listen, slow to speak and slow to become angry with each other.  
Amen.*

As you have prayed this truth over your teen, yourself and your entire family, now take some time to evaluate how you can better display this truth. What needs to happen in your home to make James 1:19 more evident? \_\_\_\_\_

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## DAY 27: IMMEASURABLY MORE

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**Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.**

**Ephesians 3:20**

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As you read this verse, don't the words *immeasurably more* jump out at you? Allow those two combined words to really settle in. There's more... which is an increased amount. Then there's *immeasurably more*... which is pretty much where God operates. Pastor, theologian, and author A.B. Simpson once said, "Our God has boundless resources. The only limit is in us. Our asking, our thinking, our praying are too small. Our expectations are too limited."

*The spiritual awakening you want to see in your kid? God can do it plus immeasurably more.*

*That desire you have to see a miracle? God can do that miracle and immeasurably more.*

*The provision and protection you are hoping for? God can provide and immeasurably more.*

*The healed relationship you are hoping to see? God can heal and immeasurably more.*

As we consider this potential we must remember that although He is able to do immeasurably more, He is the One who will determine how and when to do it. However, we are welcome to ask.

**Pray today asking for immeasurably more and submitting to Him to provide.**

*Lord,*

*I believe you are able to do IMMEASURABLY MORE than anything I can ask or imagine.*

*Therefore, I ask for immeasurably more in the following areas: \_\_\_\_\_*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*I ask these things to be done according to your power that is at work within me. And no matter the outcome, to you be glory in the church, in Christ Jesus and in \_\_\_\_\_, for ever and ever!*

*Amen.*

## DAY 28 - BENEDICTION & BLESSING

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**The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace.**

**Numbers 6:24-26**

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This priestly prayer was given to Aaron (and his sons) by God for the people of Israel. It was to serve as a benediction, or a closing blessing. In it we are reminded that we can be...

- ...recipients of divine blessing.
- ... protected by the Almighty God.
- ... exposed to His radiant presence.
- ... encounter His amazing grace.
- ... capture His attention.
- ... walk in His full peace.

As you finish up this devotional, this does not need to be the end of praying scripture over your teen. In fact, in the pages to follow there are references to an additional 32 verses or passages of scripture to pray... allowing 60 days of praying scripture.

**For today, allow this priestly benediction to serve as a prayer for your child. Pray his/her name specifically in place of every time the word "you" appears.**

*Lord,*

*Bless you and keep \_\_\_\_\_. Lord, make your face shine on \_\_\_\_\_ and be gracious to \_\_\_\_\_.*

*Lord, turn your face toward \_\_\_\_\_ and give \_\_\_\_\_ peace.*

*Amen.*

What have been your biggest takeaways on this devotional/prayer journey?

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## **32 More Scriptures to Pray over your Teen:**

1. Numbers 14:18
2. Psalm 23
3. Psalm 51:10
4. Psalm 63:8
5. Psalm 111:10
6. Psalm 139
7. Isaiah 41:10
8. Micah 6:8
9. Lamentations 3:22-23
10. Matthew 6:33-36
11. Matthew 11:28-30
12. Luke 9:23-26
13. John 3:30
14. John 3:16-17
15. John 15:5
16. Romans 12:12
17. 2 Corinthians 4:8-12
18. 2 Corinthians 5:17
19. 2 Corinthians 5:20
20. Colossians 2:7
21. Colossians 4:2-6
22. Ephesians 2:8-9
23. Ephesians 5:15-17
24. Philippians 4:6-8
25. Galatians 2:20
26. 1 Thessalonians 5:15-17
27. 2 Timothy 4:6-7
28. James 4:7-10
29. 1 John 3:16-18
30. 1 Peter 5:7
31. Hebrews 12:1-2
32. Revelation 3:20