

PRAYING TRUTH OVER YOUR CHILDREN

By Edith Pont, LMFT

If you have little ones, you may find yourself trying to meet all their needs, which leaves limited personal time. Two months after the arrival of our 1-year-old son, I'm still adjusting to his schedule! I find that once he's asleep, I'm spent – I've got nothing left; zero energy! So, I had to make adjustments to my prayer and devotional time.

How are you doing in praying for your children? If you don't already do so, I urge you to begin. I cannot emphasize the importance of taking time to pray daily and speak words of truth into your child's life. I know that parenting can consume much of your time, but there is no excuse not to pray.

Praying for our children does not have to be a separate act; we can pray for them as we engage in our daily routines. For example, I find the best time to intentionally pray for my son is when I'm rocking him to sleep. I love to lay hands on him, pray over his little mind and body. It's also a convenient time because I can still remember any issues that came up that day and present them to the Lord.

I know many of us have been taught we need to pray on our knees, but as I mature in my relationship with the Lord, I find that He is more interested in the position of my heart vs. my body. So, with this in mind, I intentionally practice praying throughout the day, while I do chores. I made a little handout to give you an idea of practical ways you can pray for your children as you live your busy lives.

8 Practical Ways to Mindfully Pray for Your Children

I've also made a calendar with 31 truths to pray over your child. Our calendar is on the refrigerator door (it's the most used item in our home) to remind me to pray one truth for our son each day. It's also a great reminder to contemplate on how I'm doing in these areas. As parents we need to model these truths to our children, as well as show them how to BE not just talk about it.

Why Pray Truth?

Well, simple... God's Word is truth and life. We need to pray the Word of God over our children. Not our words, but His Word. We do this by simply taking a verse and repeating it back to God. Isaiah 55:11 says, *"It is the same with my word. I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it."* When we speak His Word it begins a transformation beyond our imagination. So use it!

Turning Point Counseling

Visit us at TurningPointCounseling.org ♦ Or call us at (800) 998-6329



Two Very Important Things

1. Please pray in the present tense. That's right. Pray as if it's already done! Don't pray, "Lord, could you please.... It would be great if..." Stop! God is a wonderful giving God and is pleased when His children ask. So ask and you shall receive.
2. Take action and role model. This means you have to talk about these truths to your children, as well as helping them practice them.

I do hope you understand the importance of praying God's Truth over your children. Remember that prayer is simply talking and listening to God – it's a conversation with your Best Friend! I would love to hear your feedback once you implement this great spiritual discipline. Believe that your little one is already transformed!

Rest in His Word: Mark 11:24

"Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours." (ESV)

Heart Checkup:

- Which truths stand out for you the most? Why?
- Are you focusing too much on the negative behaviors your child exhibits vs. the gifts and talents the Lord has given him?

Today, Focus on One Good Truth Your Child Displays!

Turning Point Counseling

Visit us at TurningPointCounseling.org ♦ Or call us at (800) 998-6329

