

## **Saturday: Pray for Rest & Recreation**

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.” (James 4:7)

“That everyone may eat and drink, and find satisfaction in all his toil--this is the gift of God.” (Ecclesiastes 3:13)

“Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.” (Psalm 90:14)

**Dear God, I pray that...**

***You would help \_\_\_\_\_ to enjoy God-pleasing entertainment and times of rest....***

***You would give him ( her) wisdom to manage his (her) free time,***

***You would help him (her) to work hard in his (her) studies, and not fall into the temptation of Satan,***

***He (She) would enjoy your abundant grace through learning and working,***

***You would be his (her) Shepherd, and that he (she) would listen and hear your voice and follow you....***

**In Jesus' name I pray, Amen.**

**A Parent's Prayer:**

**Dear God, I pray that...**

***I would live a life of fearing God and following Christ's example ....***

***You would help me to know how to pray for \_\_\_\_\_ as you know him (her) best....***

***You would help me to guide and be of support to him (her)....***

***You would grant me patience with him (her) in his (her) times of weakness, and encourage him (her) to get up after failures....***

***You would help me to appreciate his (her) uniqueness, and be less critical of his (her) shortcomings....***

***You would help me to be understanding in his (her) challenges and sensitive to his (her) feelings....***

***Thank you, God, for blessing me with such a wonderful son/daughter. Help me to express my love to him (her).***

**O God, may Thy will be done in his (her) life.**

**In Jesus' name I pray, Amen.**

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## **Daily Prayers for Your Teens**

### **Sunday: Pray for Godly Wisdom & Integrity**

“How can a young man keep his way pure? By living according to your word.” (Psalms 119:9)

“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.” (Philippians 4:8)

“Do not conform any longer 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 12:2)

**Dear God, I pray that...**

***You would reveal your love to my teenager, so that he (she) would understand the power of your salvation....***

***He (She) would accept Jesus as his (her) personal Saviour, choose to follow you, and trust you with all aspects of his (her) life ....***

***You would help him (her) live an abundant life by your Spirit and according to your Word....***

***You would instill in him (her) Christ-centered confidence and values that would hold firm in midst of trials and temptations of the world....***

***You would help him (her) not to be conformed to this world, but to be transformed by the daily renewing of his (her) mind to fear God....***

***He (She) would experience the power of your presence and the filling of your Spirit.... In Jesus' name I pray, Amen.***

### **Monday: Pray for School & Future Vocation**

“The fear of the LORD is the beginning of knowledge.” (Proverbs 1:7)

“For the LORD gives wisdom, and from his mouth come knowledge and understanding.” (Proverbs 2:6)

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.” (Proverbs 3:5,6) “Your word is a lamp to my feet and a light for my path.” (Psalm 119:105)

**Dear God, I pray that...**

***You would grant focus and clarity of thought as \_\_\_\_\_ pursues his (her) studies and school assignments....***

***You would give him (her) the perseverance to overcome the challenges of studies and, if necessary, provide teachers and mentors to offer scholarly support....***

***You would give him (her) a sound mind, a teachable spirit, and the ability to expand his (her) understanding....***

***He (She) would submit to your guidance and trust you for his (her) future....***

***Your Word would be a lamp to his (her) feet and a light to his (her) path.... In Jesus' name I pray, Amen.***

## **Tuesday: Pray for Health & Fitness**

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you.” (Isaiah 41:10)

“All your sons will be taught by the LORD, and great will be your children's peace.” (Isaiah 54:13)

“Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.” (Prov.3:7,8)

**Dear God, I pray that...**

*You would protect my teen's emotions, soul, body and mind and keep the devil far from him (her) ....*

*You would give him (her) a healthy body, mind and spirit, and your peace from above....*

*You would protect him (her) from any accident, illnesses, injury or other physical, spiritual or emotional harm....*

*He (She) would maintain healthy sleep habits, balanced diet, exercise and adequate rest, that he (she) may enjoy strength and joy each day....*

**In Jesus' name I pray, Amen.**

## **Wednesday: Pray for Positive Friendships & God-pleasing Relationships**

“Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.” (2 Tim. 2:22)

“Delight yourself in the LORD and he will give you the desires of your heart. Commit your way to the LORD; trust in him ....” (Psalms 37:4-5)

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:32)

**Dear God, I pray that...**

*You would give \_\_\_\_\_ wisdom to choose godly friends....*

*You would help him (her) to be a good friend to those whom you put in his (her) life....*

*You would give him (her) friends to support and build him (her) up....*

*You would give him (her) the courage to uphold the truth, and to stand against the pressure to live outside of your will....*

*You would bless all his (her) interpersonal relationships, and keep them pure in their dating relationships ....*

*You would prepare a life partner for him (her) whom he (she) would share a God-pleasing life together ....*

**In Jesus' name I pray, Amen.**

## **Thursday: Pray for Spiritual Life & Walk**

“The LORD will watch over your coming and going....” (Psalm 121:8)

“For He will command his angels to guard you in all your ways...” (Psalm 91:11)

“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinner or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night.” (Psalm 1:1,2)

**Dear God, I pray that...**

*You would help \_\_\_\_\_ to walk according to your Word, and be steadfast in faith, diligent in studying your Word.*

*You would surround him (her) with godly leaders to nurture and help him (her) to develop spiritual gifts in building up God's kingdom ....*

*He (She) would have spiritual wisdom and discernment and not yield to ungodly peer pressure.*

*Protect him (her) from the lure of drugs, alcohol, sex....*

*You would keep his (her) mind and soul in perfect peace, that he (she) would be quick to obey the leading of the Spirit ....*

*You would help him (her) to overcome struggles and fear, and to place his (her) trust on You alone....*

**In Jesus' name I pray, Amen.**

## **Friday: Pray for Wisdom in Making Life Choices**

“Who, then, is the man that fears the LORD? He will instruct him in the way chosen for him.” (Psalm 25:12)

“The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.” (Prov.9:10)

“... praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding.... that you may live a life worthy of the Lord and may please him in every way....” (Col 1:9-10)

**Dear God, I pray that**

*You would help \_\_\_\_\_ to obey your commandments, and not to drift away from them....*

*He (She) would place you as center in his (her) life, goals and desires .... When he (she) seeks wisdom and insight, you would pour these out on him (her),*

*You would help him (her) to draw on your strength when feeling weak, and to get up after any failures,*

*You would give him (her) a pure heart, a noble goal, and a humble and gentle spirit....*

*You would help him (her) to identify his (her) God-given talents, and to develop these for your glory....*

*You would fill him (her) with the knowledge of your will through all spiritual wisdom and understanding....*

**In Jesus' name I pray, Amen.**