

21-DAY PARENT GUIDE: PARENTS

Praying daily for your kids is the most important thing you'll do as a parent. Our kids are in a spiritual battle, and Jesus wants their hearts! While lots of their physical and emotional demands are things we must do, it's easy to mistake all of that in place of their deep spiritual need.

Here's a simple prayer guide for you to incorporate into your 21 days of prayer and fasting as a parent. Just add it into your daily time with Jesus. There's something powerful about repetition, too, and after the first week, loop back and repeat the prayers for the next two weeks.

And don't stress if you miss a day or two! This isn't about perfection; it's about building a habit of consistent time to connect with God to pray for your kids. This guide will give you a practical, meaningful way to lift your kids up in prayer while you pray the Lord's Prayer.

Take it one day at a time and remember: God is with you in every step of your parenting journey.

DAYS 1, 8, and 15

Jesus, help [your child's name] know you as their loving Father. What distractions or influences are competing for their attention or identity? Open my eyes to recognize these things, and give me the wisdom to remind them how deeply you love them.

DAYS 2, 9, and 16

Jesus, thank you for your compassion and mercy, especially when I fall short as a parent. Help me reflect your love to my kids—a love that is compassionate, gracious, patient, and faithful.

DAYS 3, 10 and 17

Jesus, help me model what it looks like to seek your Kingdom above all else—in our home, time and finances. Help [your child's name] grow a love for the church and show me how their unique gifts can make a difference in the Kingdom. Give me an opportunity today to notice those gifts and speak life into them!

DAYS 4, 11 and 18

Jesus, thank you for providing for our family. Help [your child's name] develop a deep dependence on you. If anything gives them a false sense of security, please remove it from them so they can rely on you.

DAYS 5, 12 and 19

Jesus, I know I haven't always been the parent I want to be. Please forgive me for when I've fallen short. Help me show my kids that even though I'm not a perfect parent, I'm a forgiven one. If I need to apologize to them for something, please reveal that to me.

DAYS 6, 13 and 20

Jesus, protect [your child's name] from bitterness. If they're holding onto a grudge or hurt, help me teach them about forgiveness and how it brings freedom.

DAYS 7, 14 and 21

Jesus, when my kids face challenges or temptations, give them the courage to come to me. Make me a safe space for them. Please show me where they might be vulnerable, and guide me to parent in a way that points them back to you.