

8 Blessings to Pray over Your Kids

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If you have children, you know the deep responsibility of wanting them to turn out right. While we can follow parenting advice, books, and methods, there is one thing we can do that will stand above the rest. We can pray.

There are plenty of verses we could choose to pray over our children, but today I want to share a few of my favorites when I think about my children. The world tells them so many lies. While we try to prepare and protect our kids from the enemy of their souls, there is no better defense we can offer than to stand in the gap and pray.

Whether your children are yet to be born, fill your house with noise right now, or have gone on to become adults, you can adjust these prayers for your personal situation. Simply read the verse and then offer the prayer of your heart up to God. Feel free to use mine if you would like.

1. Prayer of Acceptance

“But Jesus said, ‘Let the little children come to Me, and do not forbid them; for of such is the kingdom of [heaven](#)’” ([Matthew 19:14](#)).

Lord, while the world tells my children they need to rise up, be seen, noticed, and succeed, help me teach them you receive them just as they are. May my children know you accept the least, and are always ready to forgive and love and be merciful.

2. Prayer of Lasting Love for God

“Train up a child in the way he should go, And when he is old he will not depart from it” ([Proverbs 22:6](#)).

Lord, help me teach my children to love you with all their heart. While the world gives them a false view of you and of love, let our home be a place where unconditional love is practiced and pursued. May my children always remember your great love for them and know they are never too far to return to you.

3. Prayer of Identity

“I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well” ([Psalm 139:14](#)).

Lord, while the world tells my children to be what they feel like, and do what feels good, help me to teach them the truth about how you created them. Give them clean hearts to honor you with identity that you might be glorified through them.

4. Prayer of Love

“Hear me, O Lord, for Your lovingkindness is good; Turn to me according to the multitude of Your tender mercies” ([Psalm 69:16](#)).

Lord, above all may my children know your love. May they recall your truth when they feel less than loved and may they know you love no matter what. Through their own acceptance of your love, may they love others well without judgement and without hate.



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5. Prayer of Protection

“The Lord bless you and keep you; The Lord make His face shine upon you, And be gracious to you; The Lord lift up His countenance upon you, And give you peace” ([Numbers 6:24-26](#)). Lord, you know I want to protect my children with everything in me. But help me remember you are the one who gives them breath each morning and sleep each night. Lord bless them, keep them, and shine your mighty light on them.

6. Prayer of Peace

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid” ([John 14:27](#)).

Lord, in a world where mental health struggles and anxiety are at all-time highs, please give my children your peace. Let them not seek peace through worldly pleasures or temporary gain. May they find lasting peace through Jesus.

7. Prayer of Genuine Love for God

“I will love You, O Lord, my strength. The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold” ([Psalm 18:1-2](#)).

Lord, let this verse be my children’s heart desire. While there will be so many things that take their attention, time, and money, remind them who you are. Help them remember what they have learned and know about you so when they are weak or in trouble, they turn to you.

8. Prayer of Continuing Hope

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the [Holy Spirit](#)” ([Romans 15:13](#)).

Lord, please let my children never lose hope. With so many giving up and giving in, believing there is nothing left for them here in this world, please pierce my children’s hearts with your hope. I know you are their only hope that will last.

If we don’t pray, who will? We have the great privilege to come boldly to the throne of God on behalf of the children in our lives. Today and everyday, offer up prayer for the children you love. God loves them too and He has the power to do more than we could ever do in them, through them, and for them.

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