

7 Areas To Pray For Your Teen

When we pray for our teens, it is important to pray blessings over them and invite God to work inside them for His glory. As a parent, we don't want to pray to change who our child is as a person, but it is okay to pray for a change in heart and specific behaviors or attitudes. As you pray for your teenager in the areas included, remember you are praying that your teen develops Christlike qualities. You are asking God to mold your child into His likeness versus a worldly one.

Consider praying the suggested verse over your child as well. Commit to praying daily for your teen whether you pray about all 7 identified areas or just select one a day.

As you pray, don't forget to make sure you are taking time to praise God for those things you love about your teen and for any healthy or positive changes you witness.

Physical Health (1 Corinthians 6:19-20)

- Pray for the physical health of your teen.
- Pray that your teen develops ongoing healthy habits that nurture his/her body and development.
- Pray for your teen to see his/her body as a gift from God that he/she takes care of it and is careful about what he/she puts inside of it.

Education (Proverbs 4:13)

- Pray for mental clarity that your teenager needs to have in order to be successful academically.
- Pray that your teen is committed to working hard in school and puts forth his/her best effort.
- Pray for your teen to be humble and willing to ask for help with his/her school work.

Friendships (Proverbs 12:26)

- Pray that your teen chooses friendships that help build him/her up versus tears him/her down.
- Pray that he/she has the ability to stand up to friends in order to protect his/her own choices and faith.
- Pray specifically for friendships that point him/her to God.

Attitude (Philippians 2:14-15)

- Pray for a positive attitude in your teen each day.
- Pray that your teen will approach each new situation with an attitude of excitement and openness.
- Pray for your teen's attitude to be one of hope & possibility.

Faith (Hebrews 11:1)

- Pray for a growing faith in your teen that will anchor him/her in life.
- Pray that your teen has caring adults in his/her life that will be strong models of faith and living for God.
- Pray for your teen not to waiver in faith during moments of challenge.

Safety (Psalm 46:1)

- Pray for a hedge of protection to be placed around your teen.
- Pray that your teen will feel God's presence as he/she navigates daily life.
- Pray for your teen to always choose to turn to God and to know that God is his/her refuge.

Heart to Serve (John 3:30)

- Pray that God grows a heart to serve others in your teen and that he/she would feel closer to God while serving others.
- Pray that your teen has opportunities to serve and is able to grow empathy and compassion for others.
- Pray for your teen to be able to put other people and their needs before himself/herself.