

How Can I Pray Over My Kids?

A Biblical Framework for Praying for Your Kids

The LORD spoke to Moses: “Tell Aaron and his sons, “This is how you are to bless the Israelites. You should say to them, “May the LORD **bless you and protect you**; may the LORD **make his face shine on you and be gracious to you**; may the LORD **look with favor on you and give you peace.**”

—Numbers 6:22-26 (CSB)

Lord, Bless Them.

Lord, we live in a selfish world obsessed with consumption. I pray You will bless my children with the gifts, talents, and resources You desire for them to have so they may advance Your Kingdom. Bless them with spiritual wisdom to steward these things well “so that Your way may be known on earth, Your salvation among all nations.” (Psalm 67:2)

Lord, Protect Them.

Lord, we live in a busy and fallen world that wants nothing more than to snatch the joy from my children. I pray you would protect them from the Enemy who desires to “steal, kill, and destroy” (John 10:10). “Guard their heart” (Proverbs 4:23) from unrighteousness and give them the will to love and serve.

Lord, Make Your Face Shine on Them.

Lord, show my children Your glory. Reveal to their tender hearts there is no one like You. May Your glory be their heart’s desire as they pursue what You have for them on this side of eternity. Let them “taste and see that You are good.” (Psalm 34:8)

Lord, Be Gracious.

Lord, graciously deal with my children when they fall short. Guide them to see people the way You see them, to love people as You love them, and to give as You have given to us sacrificially. Help them see Your “kindness is intended to lead them to repentance.” (Romans 2:4)

Lord, Give Them Favor.

Lord, I pray my children will “love You with all their heart, with all their soul, and with all their mind” (Matthew 22:37). May they give You their full and undivided attention and affection. Allow this worship for You to influence the people around them.

Lord, Give Them Your Peace.

Lord, I pray you would calm my children’s nerves and quieten their anxieties. Give them the peace that “passes all understanding” (Philippians 4:7). The peace that only You can provide and reminds them You will “never leave them or abandon them.” (Hebrews 13:5)