



Praying for My Child

Best Use

As a guide to pray over your baby

Nutritional Value

Begin the routine of prayer for and with your child

Advance Preparation

One of the most impactful investments we can make in our children's faith formation is the habit of praying for them. Rather than repeating the same simple prayers asking for health, happiness and safety, consider the ideas on the following page to expand your prayer life and establish a meaningful routine of praying for your child.

Prayers from their head to their toes: You can begin praying for your baby during feedings or while he or she falls asleep in your arms. One simple method is to pray “from head to toes” by touching the child gently on the head as you pray and gradually moving your hand all the way down to his or her toes as you pray.

- **Head:** “Give my child wisdom, discernment and an understanding of Your Word.”
- **Eyes:** “Help my child see the truth and guard his/her eyes from impurity.”
- **Ears:** “Let him/her listen to the Lord and those in authority.”
- **Mouth:** “Help my child speak with truth and honesty and use his/her words to praise the Lord.”
- **Shoulders:** “Let my child cast his/her burdens on the Lord and give him/her friends who will help him/her stand strong.”
- **Hands:** “Help my child learn to work as unto the Lord with a servant’s heart.”
- **Heart:** “Open my child’s heart to salvation, a love of scripture and concern for other people.”
- **Feet:** “Inspire my child to follow the Lord all of his/her days.”

Praying Scripture: Another method is to begin praying scripture over your child inserting his or her name. For example, pray Psalm 23 by saying “Lord, be NAME’S shepherd so HE/SHE shall not want.” Jesus modeled the incredible power of combating Satan by speaking scripture aloud in order to align our desires with God’s purposes.