

FAITH PATH RECIPE CARD

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

INTRODUCTION

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 below 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.

- **HEAD:** "Give my child wisdom, discernment, and an understanding of Your Word."
- **EYES:** "Help my child to see the truth and guard their eyes from impurity."
- **EARS:** "Let my child listen to the Lord and those in authority."
- **MOUTH:** "Help my child speak with truth and honesty and use their words to praise the Lord."
- **SHOULDERS:** "Let my child cast their burdens on the Lord and give them friends who will help them 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 their 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.

