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Powerful Prayers
**FOR BACK
TO SCHOOL**



LAUREN GAINES

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WELCOME

A Word From the Author

For the last few years, I've created back-to-school prayer guides for parents. Prayer is powerful, and we can change our children's lives by praying for them! Last year, parents from over 15 countries used our guide and prayed for their children.

I created a new resource to encourage parents to go to God's throne of grace and intercede for their children.

This year, there are brand new prayers! Each day includes a short devotion, target scripture, guided prayer, and contemplation question.

Once you finish the guide, start again or find new scriptures to pray over your family.

Be sure to stay connected with me on Instagram:

[@Inspired.Motherhood](https://www.instagram.com/Inspired.Motherhood) and on Inspired-Motherhood.com.



- *Lauren Gaines*

DEVOTIONAL

Prayer for Protection

Cookouts, lazy pool days, and firefly frenzies fill summer with fun, but after weeks of it, I find myself looking forward to fall. A new school year brings a sense of excitement. It's a chance to create new routines and rhythms, which feels like a fresh start. Despite my excitement, I also find myself nervous over the unknown.

Will my kids make friends? Will their teacher be a good fit? How will my kids respond to peer pressure?

Before these questions swirl through my mind and cause a downward spiral of fear, I remind myself that I can't control everything as a parent. But I serve a trustworthy God.

Maybe you've been there too. You want the best for your child, and you know God is good, but you find yourself worrying about all the little details.

Whether you homeschool or send your child to school, you can't control every detail of a school year. But you can do something powerful: pray. And prayer changes things.

Praying God's Word is a beautiful way to intercede for your children. In this back-to-school reading plan, I share some of my favorite scriptures and guided prayers. You can pray them exactly as is or as the Spirit leads you. Either way, I want you to remember that God's Word is powerful, and when you speak it out loud, something shifts in the atmosphere.

Let's start by praying a prayer of protection over our kids using Psalm 5 as a guide. We can do our best to provide a safe and loving environment for our children to grow up in, but the reality is sometimes they will be apart from us. We can trust God to watch over our children.

SCRIPTURE AND PRAYER

Prayer for Protection

Scripture:

But let all who take refuge in you be glad;
let them ever sing for joy.
Spread your protection over them,
that those who love your name may rejoice in you. Psalm 5:11 NIV

Guided Prayer:

Heavenly Father, we thank You today for Your protection. We rejoice because Your Word says the angel of the Lord surrounds those who fear You (Psalm 34:7). Lord, spread your hand over our children. Protect their hearts, minds, and bodies. God, we ask You to watch over their coming and going this school year.

In Your Word, You said You'd rescue us from every trap and protect us from deadly disease (Psalm 91:3). We declare that promise over our house and over our children today. No evil will touch us. As we come and go this school year, bring us all home safely each day. Amen.

Contemplate:

What area do you want to specifically pray for your child this school year? Write it down and make an intentional plan to pray it throughout the year.

DEVOTIONAL

Prayer for Focus

While living a full life isn't wrong—we could argue Jesus led a productive, busy life—our overbooked schedules may hurt us more than we realize. When we spend our days checking items off our to-do list and rushing from one thing to the next, we live a distracted life.

Have you noticed that we even can't sit at a stop light without looking at our phones? We can't sit in silence without feeling uncomfortable. And conversations where we look each other in the eye are the exception instead of the norm.

The problem is that when we live as distracted people, we miss God's small, still voice.

As we plan new routines and rhythms for our families, we must slow down and ask God where He wants us to invest our time. What if instead of making our plans and squeezing God into the cracks, we asked Him, "Lord, what do you want us to focus on as a family? What activities should we say yes and no to?"

As parents, if our heart's desire is to see our children walk with the Lord, then we need to pray that God orders their steps.

The enemy wants to keep us distracted. Why? Because busyness draws us away from our God-given dreams. Let's pray for focus and intentionality in our children using Psalm 37 as a guide.

We don't want our kids to become distracted by the busyness of life.

SCRIPTURE AND PRAYER

Prayer for Focus

Scripture:

The Lord directs the steps of the godly. He delights in every detail of their lives. Psalm 37:23 NLT

Guided Prayer:

Heavenly Father, show our children the right path this school year. May they not be influenced by the unwise but seek Your higher purposes in all things. Guide their choices. Order our children's steps and make their paths straight. Show us the right path as a family.

Lord, we pray for wisdom from above. Show us where to spend our time and energy this year. Guide us in everything we do, and may we have open ears to hear Your voice. In Jesus' mighty name, we pray. Amen.

Contemplate:

How can you put schedule before God and ask Him, "Where do You want me to spend my time?" for the upcoming school year?

DEVOTIONAL

Prayer for Insight

Our kids face incredible pressure in today's world. And we know our children feel it because anxiety and depression rates continue to rise. While there is value in teaching our children to take every thought captive and express their feelings, we can maximize this effort by also praying for their minds.

God did not give us a spirit of fear but soundness of mind. With the help of the Holy Spirit, we can leave behind our overwhelmed minds and instead take hold of a sound mind without worrying, questioning, and complaining. We don't have to live with an anxious heart.

Of course, life can bring us disappointment. We aren't guaranteed a bump-free life. But we control how we react to it.

What if our children understood that they hold the power to choose what they meditate on? What if they knew how to stand firm on God's promises even when life feels bumpy?

Sound minds are born when we stop allowing the holy mess around us to be in control.

Let's pray for common sense, insight, and sound minds for our children using Psalm 119 as a guide.

SCRIPTURE AND PRAYER

Prayer for Insight

Scripture:

Give me understanding, so that I may keep your law
and obey it with all my heart. Psalm 119:34 NIV

Guided Prayer:

Lord, we thank You for Your faithfulness. You are a good God, and You have good plans for our children. In this new school year, help our children hide Your Word in their hearts. As we teach them Your Word, may they live according to it. May our family rejoice in following Your statutes.

May we come to You for insight, hope, and encouragement. Lord, give our children insight beyond their years throughout the day. May they have understanding so they can use sound judgment in any situation they face. We thank You for giving our children sound minds! In Jesus' Name, we pray. Amen.

Contemplate:

Do you or your children struggle with anxious thoughts? What can you do today to hold your thoughts captive and embrace a sound mind?

DEVOTIONAL

Prayer for Divine Purpose

We're living in scary times. The world is filled with hurt, pain, and darkness. Turn on the news or scroll through social media, and you can see the enemy prowling around, stealing peace, killing joy, and destroying families.

As a mom, I know how draining it is to raise children. Mentally, physically, emotionally. It often feels easier to numb myself by mindlessly scrolling Instagram or binge-watching Netflix instead of pushing back the darkness. But it's time to break from that cycle.

The world may tell us, it's too dark. It's too hopeless to raise kids these days. But this is what God says about us:

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10 NIV

What if God put you and me in this generation for a specific reason? What if we were born to raise kids in such a time as this?

God gave you, your kids for a reason. You were made to mother in this moment and God intentionally created your children to be raised by a mother like you.

Will you make mistakes? Of course. There's no such thing as a perfect parent. But we can be purposeful. It's not about never making mistakes as parents, it's about trusting the God of the universe and believing He gave us our kids to raise in this exact moment in time.

And believing that if He's called us to it, He will equip us for it. Let's pray for divine purpose for our children using Psalm 33 as a guide.

SCRIPTURE AND PRAYER

Prayer for Divine Purpose

Scripture:

But the plans of the Lord stand firm forever, the purposes of his heart through all generations. Psalms 33:11 NIV

Guided Prayer:

Thank You, Jesus, that your plans stand firm forever! God, we pray You would reveal Your excellent purposes to our children. Show our children and their teachers the gifts and talents you have placed inside them. Fill us with joy as we search for these gifts.

Reveal to our children the great things You have planned for their lives. Point our kids toward the road You ordained for them. We thank You for Your greater purposes. In Jesus' Name, we pray. Amen.

Contemplate:

What unique talents, gifts, and abilities has God given your children? If you're unsure, ask Him to reveal it to you today.

DEVOTIONAL

Prayer for Understanding

Unfortunately, with the rise of social media, we see hundreds of highlight reels each day. Even if we go on our phones or computers, knowing that people tend to share the best parts, the automatic thoughts still come. I wish I had... It must be nice... I'd be happy if...

Adults struggle with the comparison trap but so do kids. The pressure to keep up with the Joneses is often unavoidable, with hundreds of people to whom kids can compare their lives.

The enemy wants jealousy, negativity, envy, and resentment to creep into our minds, but we should never sacrifice our joy or God's peace by comparing our lives away. When we feel tempted to go down that rabbit hole, we must remind ourselves of who God says we are. We are sons and daughters of the Most High. We are fearfully and wonderfully made, divinely created for a specific plan and purpose.

Let's be intentional about praying identity, purpose, and love over our children this year. What would their confidence levels look like if they truly believed they were the apple of God's eye?

I recently read Psalm 17, and I loved verse 8:

Keep me as the apple of Your eye;
Hide me under the shadow of Your wings (NKJV)

The Google English Dictionary defines "the apple of one's eye" as "a person of whom one is extremely fond and proud." Do our children know how great God's love is toward them? Do they know how proud He is to call them His children?

As our kids try new activities this school year, they'll face different failures and successes. Let's pray they know they are loved because God made them, not because they made the basketball team or got a part in the school musical.

Let's pray for an understanding of God's love using Psalm 17 as a guide.

SCRIPTURE AND PRAYER

Prayer for Understanding

Scripture:

Keep me as the apple of Your eye;
Hide me under the shadow of Your wings Psalm 17:8 NKJV

Guided Prayer:

Lord, we thank You for Your unending love. You couldn't love our children more than You do right now, and for that, we praise You! God may our children grasp the vastness of your love toward them. May they feel You dancing over them and may they understand how precious Your thoughts are toward them.

God, when our children encounter comparison, struggle, or hardship this year, may they run to You first. May they know how much You care for them and trust You for protection and peace. In Jesus' Name, we pray. Amen.

Contemplate:

What's one thing you can do today to share God's love with your child?

CREATING A HEDGE

An End Note from the Author

Thank you for working through this prayer guide. We live in an uncertain world and at times it seems as though our children are under attack. But we have the power to push back the darkness. The same spirit that raised Jesus from the dead lives in you.

As parents, we have the power to pray a hedge of protection over our children. We can cover them with prayer before they head out the door each day. God promises to watch over our every step, but before we receive, we must ask. Keep praying, asking, and declaring!

For more daily encouragement be sure to follow [Inspired Motherhood on Instagram @inspired.motherhood](#) and if you'd like to connect with the author, Lauren Gaines, you can reach her at Lauren@inspired-motherhood.com

How cool that you are joining parents all around the world to pray for the next generation. Do not lose hope. God is still on the throne.



*With love,
- Lauren Gaines*

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