



# 9 Prayers for Unshakable KIDS

**NINE GUIDED PRAYERS  
AND ACTION STEPS INCLUDED**

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# INTRODUCTION

## HOW TO USE THIS PRAYER GUIDE:

As a young girl, I dreamt of becoming a mother. I could not wait for the day! But I had no idea how many fears, questions, and struggles I'd experience on the journey. Motherhood is beautiful and complicated, lovely and challenging, heartwarming and heartbreaking.

Maybe your reality of parenting doesn't match your dreams of what motherhood would look like. Maybe you've faced emotional and mental challenges you never knew existed before motherhood. And now that your child is here, you find yourself worrying about the extremely dark world in which your child grows.

While I agree the world feels heavy at times, I firmly believe God put each one of us in this generation for such a time as this. We can't control everything as moms, but we can pray. We can boldly go to God's throne of grace and intercede for our children. Inspired Moms know the importance of warring for their children in prayer.

God's Word says in Romans 8:34 that our resurrected Jesus "is sitting in the place of honor at God's right hand, pleading for us" (NLT). Right now, Jesus sits at the right hand of God, advocating on your behalf. What if you entered His throne with prayer and petition? What if you put your fears, worries, struggles, and anxieties into His loving hands? You'd see more of God's power and purpose in your family's life.

This prayer guide is all about helping you enter God's throne room on behalf of your children. As I wrote my book [Unshakable Kids](#), God led me to three key areas to parent intentionally: your child's mind, heart, and identity. While reading the book is an excellent way to learn specific strategies to equip your kids in these areas, this supplementary prayer guide will help you intercede on their behalf. FYI: You do not have to read the book first to use these prayers effectively.

Under each key area, you'll find targeted scriptures, guided prayers, and action steps. Use the prayer as is, or pray as the Holy Spirit leads you.

Let's get to it!

# 1 KEY AREA

## PRAYING FOR YOUR CHILD'S MIND

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# THE MIND

## SCRIPTURE:

*For God has not given us a spirit of fear, but of power and of love and of a sound mind*

*- 2 Timothy 1:7 (NKJV)*

## GUIDED PRAYER:

Lord, I thank You for Your mercy, which is everlasting! How wonderful that each morning Your mercies are new. I need your mercy because in the past, I haven't always had control of my thoughts, but Your Word says You've given me a sound mind. I claim that sound mind right now in Jesus's name. I can parent with peace. I can make decisions for my family using wisdom from Heaven. And I also claim this soundness of mind for my children. Thousands of negative thoughts and influences are thrown at them daily, but they can rest in Your shadow and trust You for peace of mind. In Jesus's Name, amen.

## ACTION STEP:

Find a promise from God and write it on a notecard. Speak it throughout the day, and rest knowing He is in control. If your child is going through a particular battle (stress, anxiety, friendship troubles, etc.), help them find a scripture to cling to as well. Do this to fix your thoughts on God instead of your circumstances.

# THE MIND

## SCRIPTURE:

*Kind words are like honey—sweet to the soul and healthy for the body.*

*Proverbs 16:24 (NLT)*

## GUIDED PRAYER:

God, I thank you that I am fearfully and wonderfully made. You made me with intention, and part of that intention is giving me a tongue that holds power. The words I speak influence and impact the mind of my child. God, I know this because You spoke the world into existence; You created life with just Your words. Lord, train my tongue. May the words I speak bring life to my children's souls. Forgive me if I ever spoke negatively about my children or our situation. Today, I'm choosing life with my words. May the words of my mouth and the meditations of my heart be acceptable in Your sight. In Jesus's Name, amen.

## ACTION STEP:

Our thoughts hold so much power they can even shape the structure of our brains. We need to pay attention to the words we think and speak because they make a lasting difference in our lives and our children's lives. Today, pause and listen to the words you speak. Are they bringing life to your family and your child's emotional well-being? Challenge yourself and your family to speak life over themselves and each other.

# THE MIND

## SCRIPTURE:

*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*

*Isaiah 26:3 (NLT)*

## GUIDED PRAYER:

Lord, the world feels dark, and sometimes it feels like evil is winning. It's upsetting to see the world my children are growing up in, but God, I know You planned and purposed their lives for such a time as this. Give me wisdom on how to raise children in today's world. May my thoughts be fixed on You because I want peace in parenting. May my children's thoughts be fixed on You because I want them to walk boldly and confidently. Help my children to focus on the lovely, pure, and excellent things of this world. In Jesus's Name, amen.

## ACTION STEP:

Write down one to two specific actions you can take to nurture your child's mind this week. Here are a few ideas to get you started:

- Take time to turn off the screens and practice deep breathing together as a family. Explain to your children how deep breaths activate the relaxation response, lowering your body's stress hormone and calming your mind. Taking deep breaths increases the amount of oxygen in your blood, which improves your brain's ability to think and learn.
- Plan a night where you sit together at the dinner table and eat without screens. Take time to practice gratitude as a family by sharing at the dinner table three things everyone is thankful for that day.
- Choose a scripture together that you'll memorize as a family. Talk about how God's Word is sharp and active and explain how when we meditate on His Word, we fix our minds on Jesus.

# 2

KEY AREA

## PRAYING FOR YOUR CHILD'S HEART

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# THE HEART

## SCRIPTURE:

*Guard your heart above all else, for it determines the course of your life.*

*Proverbs 4:23 (NLT)*

## GUIDED PRAYER:

Heavenly Father, thank You for continually watching over my family. Thank You for never sleeping or slumbering. I am so thankful I can find safety in the shelter of Your wings. Lord, while You are the ultimate guard over my children's lives, they also must be diligent guardians over their hearts. God, as a family, may we guard our hearts and minds against perversion, evil, lust, jealousy, anger, and discord. Holy Spirit, convict my kids if they're engaging in something that does not honor You. As for me and my house, we will serve the Lord. Your name will be glorified in our home. May my family be open to Your leading. In Jesus's Name, amen.

## ACTION STEP:

Take a moment to consider how you protect your most valuable items. Do you have a warranty on your phone or your car? Maybe you bought it to preserve the item's value against wear and tear or accidents. What would it look like to intentionally guard one of the most valuable parts of your physical being, your heart? What are you doing to aid in your innermost being's protection? This may look like boundaries with media consumption or social interactions. Or intentionally meditating on lovely, pure, and excellent things. Write down one specific action step to protect your heart against bitterness, anger, frustration, and fear.

# THE HEART

## SCRIPTURE:

*I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.*

*John 14:27 (NLT)*

## GUIDED PRAYER:

Thank You, Jesus, for promising me peace that surpasses all understanding. While the earth may tremble, I can stand fixed, steadfast, immovable in You. Lord, I accept this gift of peace. And God, for my children, may their hearts and minds be fixed on You. May they not look to this world for comfort, peace, or entertainment. May they know Your perfect peace. I come against anxiety and depression in Jesus's Name. If the enemy throws fiery darts at my children, God, I put up my shield of faith. And I stand firm on your promise that peace of mind and heart belongs to me and my family. In Jesus's Name, amen.

## ACTION STEP:

Find a time to pray together as a family this week. Bring your worries and cares to God and teach your children how to lay their concerns at His feet, reinforcing that He is our ultimate protector.

# THE HEART

## SCRIPTURE:

*For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

*Hebrews 4:12 (NKJV)*

## GUIDED PRAYER:

Lord, I thank You for Your Word. Thank You that the Bible is a love letter written to me, and it's sharper than a double-edged sword. It exposes the very thoughts and intents of my heart. God, if any part of my heart needs healing from brokenness, sin, unforgiveness, or heartbreak, as I read Your Word, may You reveal the deep parts of my heart to me. God, I long for a whole heart because, with a whole heart, I can raise whole children. Thank You that in You, I can find healing and wholeness. God, I also pray for the hearts of my children. May they be soft and fertile ground so Your word can grow deep roots in their lives. Holy Spirit, do a work in me and in my children. I love You and praise You. In Jesus's Name, amen.

## ACTION STEP:

Spend a few moments today in silence. Take time to reflect on what you're allowing into your heart and mind. Journal about your feelings and thoughts, and write down any nudges from the Holy Spirit. Heart healing is a difficult, but worthy endeavor. If you find you need extra help in this area, I recommend reaching out to a pastor or licensed counselor.

# 3 KEY AREA

## PRAYING FOR YOUR CHILD'S IDENTITY

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# IDENTITY

## SCRIPTURE:

*For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

*Ephesians 2:10 (NLT)*

## GUIDED PRAYER:

What a gift it is to be called Your masterpiece. Lord, You are awesome, and I am thankful I'm renewed in You. I can trust Your plan for my life and my children's lives. Before the beginning of time, You created good works for my children to complete. God, I come against any attack of the enemy that may try to thwart these good works. God, You are not a man that You should lie, and Your Word does not return void, but it will accomplish what You purposed it for. Holy Spirit, guide me and my children so that we may know the plans You have for us. Show us the steps forward, and may we be obedient to follow. In Jesus's Name, amen.

## ACTION STEP:

Create a family identity wall or poster. Gather scripture and affirmations that speak to your family's identity in Christ. Design a wall or a board in your home where everyone can contribute, illustrating who you are as a family. Feel free to include pictures, drawings, and verses.

# IDENTITY

## SCRIPTURE:

*You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.*

*1 John 4:4 (NKJV)*

## GUIDED PRAYER:

Lord, I worship and praise You for Your good gifts. You are faithful even when I am faithless, and You fight for me even when I don't see it. God, give me a full revelation of Your wonder-working power. May I not accept the status quo for my family. May I only accept the truths of Your Word, which says, "Greater is He who lives inside me than he who is in the world" (1 John 4:3 KJV). Jesus, work through my children. Show Yourself strong to them. May they feel Your presence at a young age and know they can be filled with Your power through the Holy Spirit. Thank You for hearing my prayers and my cries for my children. You love them even more than I do. In Jesus's Name, amen.

## ACTION STEP:

Set a time today when everyone in your family shares a moment they saw God at work or something they are thankful for. Start recognizing and acknowledging God in everyday life, and you'll see even more of His divine nature.

# IDENTITY

## SCRIPTURE:

*Blessed [with spiritual security] is the man who believes and trusts in and relies on the Lord and whose hope and confident expectation is the Lord.*

*Jeremiah 17:7 (AMP)*

## GUIDED PRAYER:

Lord, thank You that I am secure in You. I don't have to worry or fear. Instead, I can rely on You because You are trustworthy and true, and You are a God who does not change. Lord, help me raise my children in Your Word. May they know their true identity is in You. May they always remember that in You, they are unshakable. As a family, may we put our trust in You, and may our house be a house of prayer. Flood our home with Your peace and give us wisdom as we navigate the difficulties of this world. God, give me strategies to impart truth into my children's hearts and minds. And then may I rest knowing You have good plans for my children's lives. In Jesus's Name, amen.

## ACTION STEP:

Create a prayer corner or designated prayer space for your family. Dedicate a small area in your home as a “prayer room” where family members can retreat for quiet time or prayer. Decorate it with meaningful scriptures and family photos.

# KEEP PRAYING!

Thank you for working through this prayer guide. We live in an uncertain world, and it seems our children are under attack. But we have the power to push back the darkness.

As parents, we can 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!

How amazing that you are joining parents worldwide to pray for the next generation. Do not lose hope. God is still on the throne.

With Love,

*Lauren Gaines*

## STAY IN TOUCH

I'd love to hear how you use these prayers.  
Share with me at [lauren@inspired-motherhood.com](mailto:lauren@inspired-motherhood.com).

For daily encouragement, follow me on Instagram  
[@inspired.motherhood](https://www.instagram.com/inspired.motherhood).

# STOP WONDERING

Am I Ruining My Kids?

# START PARENTING

With Peace, Purpose, & Confidence

With God's Word and these brain-based tools, you can raise strong kids who remain unshaken by the world.

START READING →



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