

# HOW TO PRAY FOR YOUR CHILDREN EFFECTIVELY

POWERFUL PRAYERS TO COVER  
THEIR FUTURE, FAITH, AND DESTINY



DBA MINISTRIES

# How to Pray for Your Children Effectively

Powerful Prayers to Cover Their Future, Faith, and Destiny

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# Introduction: Why Prayer Is a Parent's Most Powerful Tool

*"The effectual fervent prayer of a righteous man availeth much."* — James 5:16

Sarah stared at her sixteen-year-old son's bedroom door, her heart heavy with worry. The boy who once loved church now refused to go. The child who used to pray before meals now rolled his eyes at family devotions. Late-night arguments had replaced bedtime prayers, and she felt like she was losing him to a world that seemed determined to pull him away from everything she had taught him.

Standing in that hallway at 2 AM, Sarah whispered a desperate prayer: "God, I don't know what else to do. Please help me reach my son." She had no idea that this broken-hearted plea would become the beginning of the most powerful spiritual journey of her life—one that would not only transform her son but revolutionize how she understood her role as a praying parent.

If you've picked up this book, chances are you've stood in a similar place. Perhaps you're watching your child make choices that break your heart. Maybe you're battling fear about their future, their faith, or their safety in an increasingly dangerous world. Or possibly, you're simply longing to pray more effectively for your children but don't know where to start.

You are not alone. And more importantly, you are not powerless.

## The Crisis We Face

The statistics are sobering. Research shows that 70% of young adults who attended church regularly as children stop attending by age 23. Teen anxiety and depression rates have skyrocketed 52% in the past decade. Our children are facing unprecedented challenges—from social media pressures to academic stress, from identity confusion to spiritual warfare that many parents don't even recognize.

But here's what the statistics don't tell you: Behind every transformed life, every miraculous breakthrough, and every prodigal who comes home, there stands a parent who refused to give up praying.

Hannah prayed so fervently for a child that the priest thought she was drunk—and God gave her Samuel, a prophet who would anoint kings. Monica prayed for seventeen years for her rebellious son Augustine, who became one of the most influential theologians in church history. Susanna Wesley prayed systematically for each of her nineteen children, and two of them—John and Charles—ignited a revival that transformed nations.

These weren't superhuman parents. They were ordinary mothers and fathers who discovered an extraordinary truth: Prayer is not just something we do for our children—it's the most powerful tool we have to shape their destiny.

# God's Heart for Praying Parents

Scripture is filled with promises specifically for parents who intercede for their children. In Isaiah 49:25, God declares, "But this is what the Lord says: 'Yes, captives will be taken from warriors, and plunder retrieved from the fierce; I will contend with those who contend with you, and your children I will save.'"

Did you catch that? *Your children I will save.* Not might save. Not could save. *Will save.*

In Psalm 127:3, we're reminded that "Children are a heritage from the Lord, offspring a reward from him." If they are His heritage entrusted to our care, then He is deeply invested in their wellbeing. When we pray for our children, we're not trying to convince a reluctant God to care—we're partnering with a loving Father who cares even more than we do.

Joel 2:25 promises that God will "restore to you the years that the locust hath eaten." This isn't just about crops—it's about the seasons of rebellion, the years of distance, the time that feels wasted. God is in the restoration business, and He specializes in redeeming what seems lost.

## Moving from Fear to Faith

Too many parents pray from a place of fear rather than faith. We pray desperate, anxious prayers that sound more like worry sessions than powerful intercession. We focus on what's wrong instead of declaring what God says is right. We beg instead of believing.

But what if I told you that the same power that raised Jesus from the dead is available to you as you pray for your children? What if the God who parted the Red Sea, who made the sun stand still, who turned water into wine, is waiting to move in your child's life through your prayers?

This book will teach you how to pray with authority, not anxiety. You'll learn to speak life over your children, not just voice concerns about them. You'll discover how to stand in the gap with confidence, knowing that your prayers are heard, valued, and answered by a God who loves your children even more than you do.

## What You'll Discover

In the pages that follow, you'll walk alongside some of history's most powerful praying parents. You'll learn from Hannah's sacrificial dedication, Susanna Wesley's systematic approach, and Monica's persistent faith. You'll discover how modern parents like Rick and Kay Warren navigated their darkest season through prayer, and how Stormie Omartian transformed her family by praying God's Word.

Each story isn't just inspiring—it's instructional. You'll learn specific strategies, biblical principles, and practical steps that you can apply immediately. More than that, you'll discover that the same God who answered their prayers is ready to answer yours.

## Your 90-Day Journey

This book culminates in a comprehensive 90-Day Parental Prayer Program that will revolutionize how you pray for your children. This isn't just another devotional—it's a strategic spiritual battle plan that covers every area of your child's life:

- **Days 1-30** focus on identity and protection, helping you establish who your child is in God's eyes and covering them with divine safety.
- **Days 31-60** target purpose, calling, and relationships, praying for God's destiny to unfold in their lives.
- **Days 61-90** address mental health, spiritual growth, and future preparation, equipping your child for the challenges ahead.

Each day includes specific prayers, Scripture declarations, journaling prompts, and practical action steps. You'll also learn about the power of fasting, anointing, and prophetic declarations that can accelerate breakthrough in your child's life.

## A Word to the Weary

If you're tired, if you've been praying for years without seeing change, if you're tempted to give up—this book is especially for you. Some of the most powerful testimonies in these pages come from parents who prayed for years before seeing breakthrough. Monica waited seventeen years. Some parents wait even longer. But here's what every one of them will tell you: God is always working, even when we can't see it.

Your prayers are not bouncing off the ceiling. They're not falling on deaf ears. Every prayer you've ever prayed for your child has been heard, recorded, and is being answered according to God's perfect timing and wisdom.

## Your Children Are Worth Fighting For

The enemy wants you to believe that your children are beyond hope, that this generation is lost, that you're powerless to influence their choices. But the enemy is a liar. Your children are not statistics—they're God's beloved creation, designed for purpose, destined for greatness, and covered by the prayers of a parent who refuses to give up.

As you turn these pages, prepare for your faith to be strengthened, your hope to be renewed, and your prayers to be transformed. You're about to discover that you're not just a parent—you're a prayer warrior, standing in the gap for the next generation.

Your children's future is not determined by the culture around them, the friends they choose, or even the mistakes they make. Their destiny is shaped by the prayers you pray, the faith you demonstrate, and the God who responds to parents who refuse to let go.

Get ready to pray like never before. Your children are worth fighting for, and through prayer, you're about to discover just how powerful that fight can be.

*"And all thy children shall be taught of the Lord; and great shall be the peace of thy children."*  
— Isaiah 54:13

The journey begins now.

# Chapter 1: Hannah's Example – Praying with a Vow

*"And she vowed a vow, and said, O Lord of hosts, if thou wilt indeed look on the affliction of thine handmaid, and remember me, and not forget thine handmaid, but wilt give unto thine handmaid a man child, then I will give him unto the Lord all the days of his life." — 1 Samuel 1:11*

The temple was quiet except for the soft whisper of Hannah's desperate prayer. Her lips moved silently, her heart poured out in anguish so deep that the priest Eli thought she was drunk. But Hannah wasn't intoxicated by wine—she was intoxicated by grief, by longing, by a desperation that only a childless woman in ancient Israel could understand.

Year after year, she had watched other women cradle their babies, had endured the taunts of her husband's other wife, had felt the sting of incompleteness in a culture that measured a woman's worth by her ability to bear children. But on this particular day, something shifted in Hannah's heart. Her prayer moved from petition to promise, from asking to offering, from desperation to dedication.

She made a vow that would change not just her life, but the entire nation of Israel. And in that vow, she discovered a principle that every praying parent needs to understand: The prayers that birth the greatest destinies are the ones that cost us the most.

## The Pain That Produces Powerful Prayer

Hannah's story begins with barrenness, both physical and spiritual. For years, she had been unable to conceive, watching as her husband Elkanah's other wife, Peninnah, bore child after child. The text tells us that "her rival kept provoking her in order to irritate her, because the Lord had closed her womb" (1 Samuel 1:6).

But Hannah's barrenness wasn't just about her inability to have children—it was about Israel's spiritual barrenness. The nation was in decline, led by a corrupt priest whose sons were desecrating the very temple where Hannah now prayed. Israel needed a prophet, a leader who would hear from God and guide the nation back to righteousness. Hannah's personal pain was about to become the catalyst for national transformation.

As modern parents, we often find ourselves in similar places of barrenness—not physical, but spiritual. We may have given birth to our children, but we're watching them grow up in a spiritually barren culture. We see them struggling with identity, battling depression, walking away from faith, or making choices that break our hearts. Like Hannah, we find ourselves desperate for God to intervene, to give us the spiritual children we long for—young people who will serve Him wholeheartedly.

Sarah Martinez understood this kind of spiritual barrenness. Her daughter Elena had been raised in church, baptized at twelve, and seemed to have a genuine relationship with Jesus. But during her sophomore year of high school, everything changed. Elena began questioning everything she had been taught, stopped attending youth group, and started hanging out with friends who mocked her family's faith.

"I felt like I was losing my daughter," Sarah recalls. "Not just losing her physically, but losing her spiritually. The child I had raised to love Jesus was disappearing before my eyes, and I felt powerless to stop it."

Like Hannah, Sarah reached a breaking point. And like Hannah, that breaking point became the birthplace of the most powerful prayers of her life.

## **The Anatomy of a Vow**

Hannah's prayer in 1 Samuel 1:11 is remarkable not just for its passion, but for its structure. Let's examine the anatomy of her vow:

**"O Lord of hosts"** - She addressed God by His military title, acknowledging His power over all the armies of heaven and earth. This wasn't a casual prayer to a distant deity, but a strategic appeal to the Commander-in-Chief of the universe.

**"if thou wilt indeed look on the affliction of thine handmaid"** - She asked God to see her pain, to acknowledge her suffering. She wasn't trying to hide her hurt or present a false spirituality. She was brutally honest about her condition.

**"and remember me, and not forget thine handmaid"** - She appealed to God's covenant faithfulness, reminding Him of His promises to His people. She wasn't asking for a favor—she was asking Him to be faithful to His character.

**"but wilt give unto thine handmaid a man child"** - She was specific in her request. Not just any child, but a son who could serve in the temple, who could be dedicated to God's service.

**"then I will give him unto the Lord all the days of his life"** - Here's where petition becomes promise. Hannah wasn't just asking for a child—she was offering to give that child back to God for His purposes.

This is the pattern of vow-making prayer: Recognition of God's power, honesty about our condition, appeal to His faithfulness, specific requests, and costly commitment.