5 Prayers Every Parent Can Pray Over Their Kids

Because you can't always be there, but God can.

Parenting is a mix of joy and worry. We celebrate our kids' milestones, but we also lie awake at night wondering if they will make good choices, if they are safe, and if they will follow Jesus. The truth is, no matter how hard we try, there is so much we cannot control.

But prayer changes that. Prayer is where we release our children into the hands of the God who loves them even more than we do. Scripture reminds us, *"The prayer of a righteous person is powerful and effective"* (James 5:16). When you pray for your kids, you are not just wishing them well, you are inviting God to move powerfully in their lives.

Here are five prayers you can begin praying over your kids today:

1. Pray for Their Salvation

Every parent's deepest hope is that their child will know Jesus personally. We can guide, teach, and model faith, but only God can open a child's heart to believe.

Scripture: "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved." (Romans 10:9)

Prayer Example:

"Lord, draw my child to You. Open their heart to understand the gospel and give them a desire to follow Jesus. Let their faith be real, lasting, and life-changing."

2. Pray for Their Protection

We cannot be everywhere with our children, and that can leave us feeling helpless. But God's presence goes where we cannot.

Scripture: "He will command his angels concerning you to guard you in all your ways." (Psalm 91:11)

Prayer Example:

"Father, place Your protection over my child. Guard their mind and heart from the enemy's lies, and keep them safe physically, emotionally, and spiritually."

3. Pray for Their Friendships

Friends can build up or tear down. Many parents fear the influence of the wrong crowd, and with good reason.

Scripture: "Walk with the wise and become wise, for a companion of fools suffers harm." (Proverbs 13:20)

Prayer Example:

"God, surround my child with wise and godly friends. Remove unhealthy influences from their life and help them to also be a faithful, kind, and encouraging friend to others.

4. Pray for Their Purpose

We long for our kids to live lives of meaning, not just success. They were created for something bigger than themselves.

Scripture: "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)

Prayer Example:

"Lord, guide my child into Your calling for their life. Shape their gifts, passions, and choices so they live with courage and purpose that honors You."

5. Pray for Their Character

We can provide opportunities and success, but only God can shape a child's heart to look like Jesus.

Scripture: "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." (Galatians 5:22–23)

Prayer Example:

"Father, grow Christlike character in my child. Help them to love well, live with integrity, and reflect Jesus in the way they speak, act, and treat others."

You cannot control every choice your child makes, but you can cover them in prayer. Prayer invites God's power, protection, and promises into their lives.