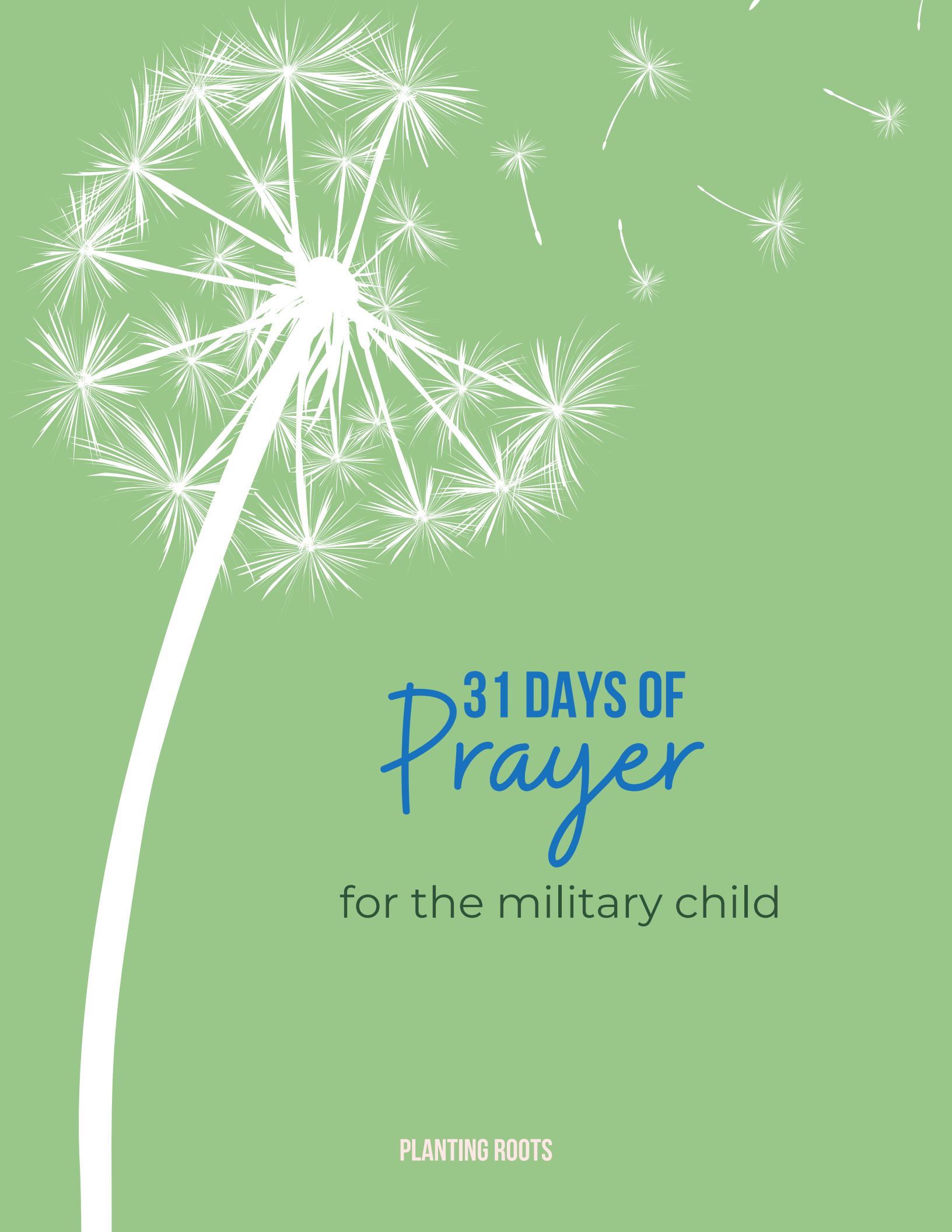




31 DAYS OF *Prayer*

for the military child

PLANTING ROOTS

31 DAYS OF PRAYER FOR THE MILITARY CHILD

*Likewise the Spirit helps us in our weakness. For we **do not know what to pray** for as we ought, but the Spirit himself **intercedes** for us with groanings too deep for words.*

Romans 8:26, ESV, emphasis added

Military life can be overwhelming and leave us speechless from our grief, worries and fears. We are told Jesus regularly went alone to pray and prayed in community with His followers. Prayer is a gift and a great mystery. At its most basic, prayer is simply a *conversation* with our Heavenly Father, but it is a conversation that contains great power. This is the power to heal, to restore, to bring freedom and life. It is a weapon against the schemes of a very real enemy. It is our hope that these prayers, written by Planting Roots women covering 31 different areas that have affected our children, will give you a starting place to begin or continue your own conversation with God **for His glory and our good**.

You can use this guide in (at least!) two beautiful ways:

Topically:

Use the index to find the struggle your child is facing. Find the topic that you need, place the name of your child or children in place of the generic pronouns used throughout and begin praying to our Abba Father knowing that he is sovereign. You have this guide in your hands for a reason. God knows the plans he has for your child, for their good and to glorify his kingdom.

Corporately:

Pray in community with a group of women each day through the entire 31 days of prayer for one another's children or for military children in your community. Simply change the pronouns to adjust to fit with your situation. Or, leave them as they are and pray as a member of this unique Christian women's military community we are all a part of.

We are so thankful you are here and reading this and we are praying for you, specifically that this booklet blesses you and your family. You are not alone my friend. We love each other well when we love each other through prayer.

If you ever need a friend to pray for you, or help getting started, just send us a note at <https://plantingroots.net/prayer/>

Your Planting Roots Sisters

PRAYER LIST

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Maintaining Friendships
Mental Health
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Self-worth
Identity in Christ
Grieving Friends and Losses Due to PCS
Loneliness
Young Adult Decisions Regarding Career/College
Maintaining Hope
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Finding Answers for Medical/Educational Needs
Continuity of Educational Needs
Continuity of Medical Needs
Faith in the Face of Hardships
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Thanksgiving for Being a Military Child



SALVATION

*The Lord is my light and my salvation— whom shall I fear?
The Lord is the stronghold of my life— of whom shall I be afraid?
Psalm 27:1 (NIV)*

Father,

You know I want so many things for my kids: good health, happiness, joy, wisdom, friends, success, direction, peace, protection...but all these things come back to them finding salvation in you. And for that, Lord, I pray most of all.

I thank you, Lord, for making salvation possible for all of us, including my children. We are hopeless sinners. You loved us enough to come looking for us. You knew we were incapable of staying faithful, so you made a way for forgiveness. Thank you for Jesus, your Son, a perfect sacrifice to take away our sins.

Lord, may my child understand that. May they look to you first for their hope of eternal life, for being righteous, for the peace of their souls, and for the direction and protection over their lives. You are their only salvation.

May they accept that and never stray from it. More than all the wonderful things you can give them, may their hearts follow you.

In Jesus' name,
Amen



MAKING FRIENDS

*A friend loves at all times, and a brother is born for a time of adversity.
Proverbs 17:17 (NIV)*

Father,

This military life is so lonely, Lord. We want your gift of others to make it through the hardships. Please help us all, especially my child, find friends. I pray for fast friends and long-lasting ones. I pray for ones who are easy matches, and for openness to ones who are harder to get along with, or to people who surprise us in being just what we need. I pray my child finds someone to sit with at lunch, someone who will pass the ball at practice, someone who will say an encouraging word at church.

I pray for the right crowd, Lord. May my child be an influence for good, and not be influenced by the bad. May they shine their lights for You and be strong in who You have made them.

And in asking for friends, may my child be a good friend too. Give them the courage to take the first step. May they have sensitive eyes to see the ones who need a friend. May they be willing to risk vulnerability, ready to sacrifice their desires, quick to forgive, open to being a blessing as they are blessed.

When we have to move, I pray for Your comfort and that we would look to You in our loneliness. I pray our family would be united, and that the siblings would be each other's best friends as we face new places.

Thank You Lord, for being our Friend.

In Jesus' name,
Amen



MAINTAINING FRIENDSHIPS

*Therefore encourage one another and build each other up,
just as in fact you are doing.
1 Thessalonians 5:11 (NIV)*

Dear Father,

You created us to be in relationship with one another. That's so hard when we are constantly moving. Father, it's difficult for me to maintain friendships from move to move, let alone a child with limited resources. But, it's not impossible, especially with you. Help my child to recognize the friendships that are worth investing in and help them to take the risks involved. Give them the faith and trust to be vulnerable to others across distance. Help me to also take the risk of trusting others with my child's heart. I know with friendship comes the opportunity for pain, but it also comes with the opportunity for great joy. May we always keep taking risks for joy rather than avoiding pain.

Father, please give my child creativity in reaching out over the miles and years to maintain friendships. Keep me mindful of the importance of my child's relationships and keep me from being the obstacle. Give my child wisdom and discernment to understand the times of silence as well as the times of active engagement. Help my child to be a good friend, even as I ask you to bring them good friends. May they be ready to listen and be listened to. May they give wisdom and receive it. May they sharpen even as they are sharpened. May they love and be loved.

Thank you Father for your good gift of friendship-the ones my child has now and the ones they will have. Help my child be the friend that they want to have.

In Jesus name,
Amen



MENTAL HEALTH

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the earth.
Blessed are those who hunger and thirst for righteousness, for they will be filled.
Blessed are the merciful, for they will be shown mercy.
Blessed are the pure in heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.
Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.
Matthew 5:3-10 (NIV)*

Dear Father,

You, the Son, and the Holy Spirit see our tears and feel our pain. You see my child's brokenness and call it your strength. You see my child's wounds and illness and do not drive them away but pull them close. You are their merciful healer. You see their demons and you drive them out with your love and light. But sometimes Lord, you do not let the cup pass and you leave the thorn in the side. You call us to lift our cross daily and follow you. You say your burden is easy and your yoke is light, but Father the world can be heavy and their minds can wander and question even what their hearts know, and if their minds know, their hearts and their bodies may fight. Lord, when my child's heart is heavy and their mind is fraying, hold them together. Holy Spirit, defend them in the invisible battles behind their eyes. When the world and the devil tell them lies, remind them of the truth you wrote down for us.

Lord, none of us can see the heart of another the way you can. Father, give me your wisdom to support my child in the midst of their struggles. Show me when to comfort, when to give mercy, how to make peace. Lord give us both the strength to forgive ourselves and each other when we mess it all up. You have made my child a beautiful and complex creature; with mind, body, soul, thought, nervous systems, and emotions. All a reflection of your handiwork and all wounded by sin. Lord, lend my child your healing that they might be soberminded, give them your desire for righteousness that they might make wise choices in your name, and your strength to persevere on the race you have set before them if it is in your will to show your riches in our poor spirits.

In Jesus' name,
Amen



PURPOSE

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.
Proverbs 19:21 (NIV)

Father,

Oh, this bundle of potential! What an amazing thing you have set into motion in making this precious child. Thank You for this gift to me and to the world.

Lord, I pray my child finds and holds to the path You have set before them, and the purpose for which You made them. Before they were a spark, You knew their days and their plans. That You would use us in Your work, invite us to create with You, is amazing! I pray that my child would find joy in doing Your will. Use them to make the world a place that reflects your goodness. May they not be overwhelmed. May they not give up when all the setbacks and hurdles of this world are thrown at them.

And Lord, may they find their worth in You and not in accomplishing tasks or achieving success. May they always fulfill their first purpose—to glorify and worship you.

In Jesus' name,
Amen



SELF-WORTH

*How great is the love the Father has lavished on us,
that we should be called children of God! And that is what we are!*
1 John 3:1 (NIV)

Father,

Forgive us. Forgive us for not believing you when you say we are your precious children. Forgive us for critiquing your handiwork, especially ourselves. As it hurts me to see my child dislike themselves, it hurts you when any of us do it.

Please, Lord, help my child look to you for their self-worth. Prevent the enemy's darts of lies, telling them they aren't good enough, not stick. May they rise above their peers' shallow standards. Help us to limit the influences that taint their perspective and shift their viewpoint away from yours. Please give them wisdom beyond their years in recognizing the enemy's tactics.

As Pastor Tim Keller wrote, may my child not think less of themselves, but think of themselves less. May they fill their time and energy helping others.

Lord, please help my child dwell on the great love you have for them, no matter what they look like or can do. Help them to learn this lesson early and hold to it during all the shifting events of life. And help me model it too.

In Jesus' name,
Amen



IDENTITY IN CHRIST

*For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—
Ephesians 1:4-5*

Father,

I want my child to be secure in knowing first and foremost that they are your child: that through the death and resurrection of Jesus they have received the right to be called your child; that they are loved by the creator of the universe. You have given my child gifts, talents, and abilities that we know and are still discovering. It's so easy to find our value in these facets of our life. All these things which make them wonderfully unique were gifts from you. Even those things we see as faults or weaknesses are really there to draw us to you, to keep us dependent on you.

How quickly we can turn and rely on our own selves! Father, I long to see my child walking with you, trusting you, and turning to you first and foremost in their life. Help me to remember that I am not you and that the same Holy Spirit that you gave me you gave my child when they confessed you as their Lord and Savior. Help me to trust you and your presence in their life. I want to protect them from every hard and difficult thing. But, that is not your way. Yours is to go through the hard and difficult with us. So, I ask you to be with my child, guide them through the hard and difficult times that they may comfort as they have been comforted. I trust you when you say you will use all things for the good of those that love you. May my child love you and trust you always.

In Jesus' name,
Amen



GRIEVING FRIENDS AND LOSSES DUE TO PCS

*The Lord is near the brokenhearted;
He saves those crushed in spirit.
Psalm 34:18 (ESV)*

Dear Father,

My child is hurting in this season of change. They miss their friends, their school, and the places that once helped them feel established. I see the sadness in their eyes and the questions in their heart. Please draw near to them and let Your presence be their comfort when their emotions feel heavy or confusing.

Watch over the friends they had to say goodbye to. Keep those relationships held gently in your hands. And when my child misses what they left behind, remind them that every emotion they carry matters to you. Thank you for creating their feelings with purpose and for understanding them fully. Hold their heart with your open hands and caring love.

Give my child courage in this new place. Help them step into new rooms, meet new people, and try new things with confidence. When fear or loneliness settles in, be the One who steadies them. Whisper your peace to them and surround them with kindness in every direction. Thank you for going with our family wherever we move. Thank you for loving my child in every home, every school, every city, and every country. Help them see the good you are planting here and trust that you have beautiful plans for their life in this new chapter.

In Jesus' name,
Amen



LONELINESS

*One who has unreliable friends soon comes to ruin,
but there is a friend who sticks closer than a brother.
Proverbs 18: 24 (NIV)*

Father,

Loneliness is one of the hardest things we can experience, and it is through isolation that we are our most vulnerable. Lord, that loneliness is sharpest in a room of people. God when my child is left outside they cannot help but question if something is wrong with them, if they are unacceptable to those around them, how can they be acceptable to you? But you have said you leave the ninety-nine to seek the one. You met the woman at the well even when she was rejected by everyone. Jesus you accept everyone, thank you. Thank you for your presence and your love that is all around my child even when their heart is numb and longs for something else. Your presence is in the green leaf that blooms outside the window, mercy of a teacher giving more time, the cozy warmth of their blanket when they wake, and the smile of a stranger as they hold the door.

Jesus, no one knows loneliness more fully than you. I have known loneliness and in that loneliness you have brought me closer to you. That said, it is so hard to see my child be lonely and long for connection, long for a group that loves them for all the qualities you created them with. Lord, meet them in their loneliness, show them that their cup is never empty if they turn to you first to fill it. Friends and family are priceless gifts, but occupy only chapters of their lives while you pen the whole book. Father surrounds them with your love and prepare them to be good friends to the people you will bring their way. Lord, may your blessing be on the ones you will bring to us, and bring them to us soon.

In Jesus Name,
Amen



YOUNG ADULT DECISIONS REGARDING COLLEGE/CAREER

*Trust in the Lord with all your heart and lean not on your own understanding;
in all your ways acknowledge him, and he will make your paths straight.
Proverbs 3:5-6 (NIV)*

Father,

The years have passed so quickly and now this precious child is making decisions for their future. Father, there are so many options and opportunities it can be overwhelming and confusing. Please help my child to turn to you with faith—not fear. Help them to rely on you to guide them in these decisions. You created this child, you knit them together and gave them all their gifts, quirks, faults and faith. Help them to lean into you and not their own understanding.

Father, I ask for wisdom and discernment for this dear child. Help them to sift through all the advice, both good and ill-advised. Help them to stand firm against perceived societal expectations—to stay away from “shoulds” and seek you and your path.

Fear of making the wrong decision can leave us paralyzed. Please Lord, set my child free from fear and give them your courage to step forward in life bringing you glory wherever this path of life takes them. I pray that they will be filled with the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

I also want to trust you Lord, even when I don't understand their decisions or would have made a different choice. Help me to release them, trusting that you will always be with them in the ways I can not.

In Jesus name,
Amen



MAINTAINING HOPE

*Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God, for I will yet praise him, my Savior and my God.
Psalm 42:5 (NIV)*

Father,

We have to have hope! But this world surrounds us with hopelessness. I pray for protection for my child, Lord. May they be children of hope, because that means they are Your children. You alone are the reason for true hope.

So when deployments come, may they be able to maintain hope through the long days. When we have to PCS, may they trust that You will get them through. When life keeps shifting the ground under them, may they keep looking up to You. And when their life comes to a close, may they look forward with hope to an eternity with You.

With all of life's ups and downs, may they look to You to be their steady keel. We can hope in You, for You are all powerful and all loving. You gave us forgiveness through Jesus. You control all, and You are bringing us through Your good and perfect plans. Even when nothing seems right, we can hope in You.

Thank You!

In Jesus' name,
Amen



FEAR/ANXIETY FOR THE FUTURE

*When the perishable has been clothed with the imperishable, and the mortal with immortality,
then the saying that is written will come true: "Death has been swallowed up in victory."*

"Where, O death, is your victory?

Where, O death, is your sting?"

The sting of death is sin, and the power of sin is the law. But thanks be to God!

He gives us the victory through our Lord Jesus Christ.

*Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the
work of the Lord, because you know that your labor in the Lord is not in vain.*

1 Corinthians 15:54-58 NIV

Father,

When my child looks to the future and is frozen with fear of what may happen. Do you see what they are seeing? Do you even care?

Every day the world looks a little more wild, a little more doomed. My child looks at their own path and is so uncertain with what they see. They feel overwhelmed by the threats their mind imagines, unemployment, broken relationships, illness, natural and manmade disasters, injustice, and death. They are exhausted trying to prepare for every possibility. Father, you do not ask this toil from their heart. You ask for them to love you with everything they have and to love others. You just ask them to do the next right thing and you will handle the rest. After all, you dress the flowers and feed the birds, and you love my child more than both of them. God, help my child pry their hands open and hand their fears to you.

Lord, at the end of today and at the end of all days remind my child that yours is the victory and you are all we need. At the end of this story you will bring victory, there will be no more fear and no more tears. Bring my child your peace and fill them with faith so that they can share your peace and confidence with those around them. Jesus, show them that everything they experience brings them closer to you if they let it, and you use it for your glory and our growth. Replace their fear and dread with your joy and peace. Help them remember that we know the end of the story. It is a blessing to experience the trials and celebrations in between the beginning and end. Lord, train my child to keep their eyes on you, knowing you see the forest while they only see the trees.

In Jesus' Name,
Amen



LACK OF CONTROL OVER THE FUTURE

*LORD, you are my portion and my cup of blessing; you hold my future.
The boundary lines have fallen for me in pleasant places; Indeed, I have a beautiful inheritance.
PSALM 16: 5-6 (CSB)*

Father,

We know that you are not afraid of our big emotions - even our emotions of disappointment or anger when things don't go the way we wanted them to! Its so hard when what we expect to happen or what we plan for doesn't work out. We admit that we often want to be in control but we want to trust that you are in control instead. Even when we don't understand why things are happening a certain way we know that you love us because you proved that to us when you died for us on the cross.

Will you help us (our children) be like David, who even when he was scared and didn't understand what God was up to, declared anyway that what YOU had planned was good and best! We know that our ultimate future is in heaven with you and everything you have us walk through on this earth - the good, the bad, the hard is helping us become more like Jesus. Would you remind them of that when they feel frustrated by mixed up plans or things not going their way. Would you help them trust that you love them and that you see the end from the beginning. Help them trust with their whole heart that "you hold their future"!

Father you are their portion - meaning you are all they need. Help them see and experience your goodness today!

In Jesus' Name,
Amen



GRIEVING THE LOSS OF A PET

*A righteous man cares for the needs of his animal.
Proverbs 12:10a (NIV)*

Father,

We thank you for the opportunity to care for your creation. You created all the animals and placed them in our care. I especially thank you for the gift of our beloved pet, who has brought us much joy. This beloved pet has provided comfort through all the pains and challenges of military life. This pet has been a constant through the changes and now they are gone and my child is grieving. Please bring my child comfort in his grief. Help us to understand their sadness and honor it as we honor the love and companionship of this beloved animal. Thank you Father, for providing us with this pet to be a companion and comfort to us. We celebrate their life and the joy they brought our family.

My instinct, Lord, is to push the discomfort of grief away as quickly as possible. To cover over the pain. Help me Father, instead, to guide my child through their grief in a healthy way. Teach my child so that, in the future, when they face loss again, they will be equipped to experience their sadness in a mature way that honors you. It's so easy to mask and deny hard emotions rather than learn how to process them. Please give my child courage to state their feelings, and give me wisdom in my response. Help me to recognize and not minimize my child's pain, but to comfort as you have comforted me in grief.

In Jesus' name,
Amen



SENSE OF BELONGING WITHIN THEIR COMMUNITY

*For through him we both have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you who are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord.
Ephesians 2:18-21 (ESV)*

Dear Heavenly Father,

I praise you for the salvation we have through Jesus. I am grateful that through faith, by your unfailing grace, we are made one with Christ and brought into fellowship with your people. You designed us to long for connection, to desire friendship, and to feel a sense of belonging. However, in this military life my child can feel isolated and alone. My child faces constant transition through moves, deployments, and goodbyes. As their mom, I feel the weight of these changes, and I see the challenges they bring to my child. It can be tempting to pull back, wondering if building relationships is worth it when another change is always around the corner.

Lord, strengthen my child's heart and remind them to lean into community rather than retreat from it. Teach them to grow in unity, to delight in you together, and to make the most of the time and people you place around them. Help my child learn to "bloom where they're planted," even when their roots can only settle for a little while.

Provide my child with safe, welcoming friendships. Surround them with peers and adults who will choose to invest in them, know them, and love them well. Build community around them that reflects the unity we have through the Holy Spirit.

No matter where my child goes, I thank you that their true belonging is secure in Christ. We are members of your household, adopted into your family, built on the firm foundation of your word. May my child know this truth: that they are never alone and always held together with your people through Jesus.

Let them experience the joy of belonging, the comfort of being welcomed, and the peace of knowing they have a place, all because they first belong to you.

In Jesus' name,
Amen



JUGGLING ALL THE THINGS

(SCHOOL, EXTRACURRICULAR ACTIVITIES, HOME RESPONSIBILITIES)

*Now may the God of peace equip you with everything good that you may do his will.
Hebrews 13:20-21 (ESV)*

Father,

I thank you for the countless opportunities you have placed before my child to grow, learn, and serve within our community. I know that these moments are shaping them for the future that you have prepared. While we often look forward to who you are making them into, sometimes they feel overwhelmed by the responsibilities you have entrusted to us right now.

Grant my child the wisdom to discern what is meant for them and what is meant for others. Give them the strength, focus, and perseverance they need to excel in their studies, even when distractions from social or relational pressures threaten to pull them away. Help them to use the talents that you have graciously given to thrive in their sports, school clubs, church activities, and all the other commitments they take on. When they feel weary from daily tasks, pour out your love through them so that they can continue to serve with faithfulness, even in the midst of exhaustion.

Father, their days are full of both challenges and blessings. Help them to approach each moment with the attention and energy it deserves, trusting that You will give them the strength to be fully present and fully committed to their families, schools, churches, and communities. Help them to build a life of integrity and hope through endurance. Help them to live as a reflection of you.

In Jesus' name,
Amen



FEAR FOR UNIFORMED PARENTS' SAFETY

*Have I not commanded you?
Be strong and courageous. Do not be afraid; do not be discouraged, for
the Lord your God will be with you wherever you go.
Joshua 1:9 (NIV)*

Father,

Lord, it's one thing for a warrior to be courageous, another for those left behind. It's especially a heavy load for a child. They need You.

So when the deployment comes, during training time, or even the drive to the office, please protect my child's heart. Hold them close, under Your wings. Lord, help them control their thoughts and not let them race to terrible scenarios. Preside over their dreams at night, so they can sleep in peace. Help their hearts to be strong and courageous, like their parents'. Show us the tactics we can take to fight this war against fear, whether it's writing a Psalm out or memorizing verses, or breathing deeply.

These tough times are opportunities to exercise our faith and trust in You. Lord, help my child strengthen these muscles now and continue to use them all their lives.

We can only conquer fear because You are with us. No matter what happens, no matter where we are stationed, no matter how far away from each other—You are as close as our breath. Thank You.

In Jesus' name,
Amen.



RELATIONSHIP WITH A DEPLOYED PARENT

*He will turn the hearts of the parents to their children, and the hearts of the children to their parents;
Malachi 4:6a (NIV)*

Father,

As the words of the ancient prophet make clear, You desire love in the family. It's difficult to keep that intimacy when one of us is gone so much, Lord. I pray You will help us.

Show us creative ways to stay in communication and grow together even while apart. Enable my child to be confident in their parent's love even when they are not present. Lord, please make their memory long for the good times and short for the hard times. May we never open the door to resentment. When we transition back together again, may we be quick to pick up where we left off.

Ultimately, when we are missing each other so much, Lord, please hold us close. You are both here and there. You can swaddle us and our fears and hurts in Your love. You can help a child who is too young to understand. You protect and You reunite. Thank You.

In Jesus' name,
Amen



GRATITUDE FOR THE OPPORTUNITY A NEW DUTY STATION PRESENTS

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.
1 Thessalonians 5:18 (NIV)

Father,

Thank you for my child and the brave heart you've placed within them. Each move brings new beginnings: new streets to explore, new schools to navigate, and new friends to meet. While change can be hard, I thank you for the way you use every duty station to shape their story with courage and grace.

Thank you for the opportunities each new place brings, the chance to learn, to grow, to try new things, and to discover more about who you made them to be. Even when they feel nervous or lonely, remind them that you are the same God in every city, every classroom, and every playground.

Help them find joy in small things. Open their hearts to gratitude even in the goodbyes, knowing that every "see you later" makes room for a new hello.

Lord, let this life of moving teach them not just resilience, but thankfulness. May they see your hand in every transition and trust that you are always building something beautiful in their journey.

In Jesus' name,
Amen



PCS FOR A SMALL CHILD

*You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you, Lord, know it completely.
You hem me in behind and before,
and you lay your hand upon me.
Psalms 139:1-5*

Dear Father,

You love my child far more than I could ever imagine—more than even I love them. This may be difficult to fathom, but when I look at their tiny, sweet face and think about all the changes that are coming, it becomes a promise we can stand on. I may not be able to fully explain to them that they will be parting ways with their friends and leaving behind the only place they've ever known as home, but we find comfort in knowing that you have already prepared new faces and places for them in our new community.

I am thankful that you know when my little one sits and when they rise, that you are familiar with all of their ways, and that you hem them in all around. It is my temptation to see their hearts as tiny, but you know that they are as vast as the world and feel things in such big ways. Help me to be a place of safety and strength, even as I endure my own emotional tides.

Father, give my child wisdom and endurance beyond their years as we navigate the fast-paced changes that come with a PCS. Help me not to see my small child as something to manage, but as a person who is also facing many of the same challenges and upheavals I am. Teach me to help them rely on you first. Let them see my life as an example of someone who finds peace in difficult transitions through your Word and at your feet.

In Jesus' name,
Amen.



PCS FOR AN OLDER CHILDREN

I will lead the blind in a way that they do not know, in paths that they have not known I will guide them.
I will turn darkness before them into light, the rough places into level ground.
These are the things I do, and I do not forsake them.
Isaiah 42:16 (NIV)

Dear Father,

Another PCS! This time with a teenager. Lord, if I thought moving with little ones was hard, prepare our hearts for this challenge ahead! Help me guide my child down this unknown path with love, clarity, and patience. When I see sadness, anger, and uncertainty creep into their eyes, give me the wisdom to deal with each emotion and frustration in a clear, understanding way. When the path looks dark, remind them that you have promised to light our way. When the ground is rough, steady them until they can get our footing.

As we arrive in our new community, help my child find “their people”; friends that will encourage them, love them, cheer for them, and challenge them to be the best version of themselves. Help them find that team and those teammates who will make their favorite sport even better. Help them find that hobby or activity that fills their cup and puts a smile on their face. Help them find the place where they fit in and can be themselves while also being stretched to become better. Help them to see the possibilities in this new place; to see that their world is expanding and becoming even more beautiful. Years from now when they look back at their last few years before adulthood, help them to see that you were preparing them to meet new challenges, to be resilient, to walk confidently into the unknown, and most of all to trust in their Heavenly Father’s loving hand and sovereignty!

Give me, as their parent, wisdom. Wisdom to know when to push them out of their comfort zone and when to shelter them. Wisdom to know when to give them a pep talk and when to just sit and be sad with them. Wisdom to know how to speak truth into their lives. Truth about how You want to use even this PCS to draw them closer to you.

In Jesus’ name,
Amen



WISDOM AND DISCERNMENT FOR CHILDREN TO VOICE THEIR THOUGHTS

If any of you lacks wisdom, you should ask God,
who gives generously to all without finding fault,
and it will be given to you.
James 1:5 (NIV)

Father,

You formed my child and gave them voices to speak, minds to think, and hearts to feel. I thank you for the words that pour out of them, the questions, the stories, the ideas, and, sometimes, even the frustrations. Their voices are gifts, and I long for them to use those gifts with wisdom and grace.

When they speak, let truth and kindness guide their tongues. Teach them to pause before they respond, to listen more than they talk, and to use their words to build up, not tear down. When they feel unsure or unheard, whisper courage into their spirits so they may speak with both confidence and humility.

Help me, Lord, to model what godly communication looks like, to show them that honesty and gentleness can dwell together. Give them discernment to know when to speak and when to stay silent, when to comfort and when to challenge, when to confess and when to pray.

May their voices reflect your wisdom and their hearts stay rooted in your truth. Let their words bring peace into our home and light into this dark world.

In Jesus' name,
Amen



HELP, MY CHILD IS BEING BULLIED

You have heard that it was said, "Love your neighbor and hate your enemy."

But, I tell you: Love your enemies and pray for those who persecute you,
that you may be children of your Father in heaven.

Matthew 5:43-45 (NIV)

Father,

Thank you Father, that my child has revealed someone is bullying them. Thank you for giving them strength and courage to reveal this pain. Your way turns our impulses upside down. Someone is hurting my child and I want to lash out, hurt them, get revenge. I want to make them feel as bad as they have made my child feel. Honestly, I want them to feel worse. But, that is not your way. Jesus says to love our enemies. I never understood what it meant to have an enemy until now. And Father I don't want to love them. But, you instruct us to do that. So I ask, please show me and my child how to love this person, how to forgive the wrong they've done, and to allow you to bring about justice.

Father, help my child be strong and courageous, to stand firm having put on the full armor of God: the belt of truth, the breastplate of righteousness, feet fitted with the readiness that comes from the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit when they face this bully again. Give them the words to speak and the strength to stand, allowing you to fight on their behalf.

Father, I pray for the bully. You know what is driving this child's behavior. I pray that you will reveal the cause of this child's behavior and help them to get help. I pray they will come to know the forgiveness you gave us through Jesus and that they will become a new creation in you.

Give us wisdom, discernment, grace and mercy.

In Jesus' name,
Amen



HELP, MY CHILD IS A BULLY

*So in everything, do to others what you would have them do to you,
for this sums up the Law and the Prophets.
Matthew 7:12 (NIV)*

Father,

I don't understand and I have no answers as I have learned that my child is bullying another child. My emotions are all over the place and I don't know how to proceed. So Lord, I need your wisdom, your grace, your mercy. Help me to separate myself and my reaction from my child and what they need.

Father, you know my child's heart and what is happening to drive this behavior. You know the truth and sin that is causing their foolishness. Father, I need you to reveal what is the source and to bring my child to repentance. Father replace their heart of stone that allows them to hurt another child—mentally, emotionally, or physically—and give them a heart of flesh that will repent and ask forgiveness for the wrong they've done. May they receive the forgiveness you offered through Jesus' shed blood on the cross.

Father, help my child receive the necessary consequences for their behavior without blame or excuses. I pray the discipline will return my child to a life submitted to you. I pray that treats others with love and compassion. May they learn to interact with others with the respect and dignity they themselves want to be treated. Help us Father. Show us the path forward.

In Jesus' name,
Amen



DEVELOPMENTAL DELAYS/DISORDERS

*In their hearts humans plan their course,
but the Lord establishes their steps.
Proverbs 16:9 (NLT)*

Father,

The goals, the milestones, the standards, the expectations for how a child should develop swirl around me, threatening to pull me under when my child doesn't match up. Pull me out of this miry pit. You made my baby perfectly, and you will grow him/her according to your plan.

Help me to be patient with that. Help me not to compare. Help me to trust the process. And please, Lord, help my child. Help them to be patient with where they are. Help them avoid comparing themselves to others. Help them to trust the process...to trust you. May their confidence and worth be found in you. May they excel at being your child. Use who they are for your perfect purpose, Lord.

Help me find them the resources they need. Give me the wisdom to know when to intercede and when to wait. May we focus on their strengths. For you know what you are doing in the way and the timing of creating us. Turn our faces to you.

In Jesus' name,
Amen



FINDING ANSWERS FOR MEDICAL/EDUCATIONAL NEEDS

*Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.
Do not be anxious about anything, but in everything, by prayer and petition,
with thanksgiving, present your requests to God.
And the peace of God which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.
Philippians 4:4-7 (NIV)*

Father,

I'm lacking in rejoicing and gentleness right now—but I have anxiety in spades. So, I come to you in prayer, asking for your help and guidance. Help me to rejoice in this hard season. I want to be gentle as we seek answers for my child. I don't want my child to take my fears on or hide their own from me.

This child I love is struggling and we don't have answers. I can't fix it for them. We need you Father. We need your Spirit to comfort, guide and protect us. Just as I try to hide my fears, so does my child. I ask you, Father, to take the fear and anxiety that I see in their eyes. I ask for you to replace it with your peace. Use this challenge to draw my child close to you and to teach them how to trust you in the seasons of hardship as well as the seasons of ease. I want you to heal my child and take this burden off their young shoulders. I also understand that may not be your plan. Please protect my child's heart and mind with your peace through this time.

Lead us to the correct individuals who can help us on this journey—people who can help us find answers, treatments, solutions, corrections, or teach us tools to adapt and overcome. You have led us through every challenge before this. Help us to trust and follow you in this season as well.

*In Jesus' name,
Amen*



CONTINUITY OF EDUCATIONAL NEEDS

*Train up a child in the way they should go and when they are old they will not depart from it.
Proverbs 22:6 (NIV)*

Father,

Thank you for the teachers, therapists, and all those you have placed in my child's life to help them learn. Father, it is time to move again. I know and trust you have a plan, but I struggle with fear of the unknown and of the frustration presented by educational bureaucracy.

Father, you created my child with their unique way of learning. You have provided individuals who have made a difference in their lives. You have given us the opportunity to help them learn as well and to bring awareness for my child's unique needs. Father, I ask for wisdom in navigating the new school system. I ask for patience and grace as I teach others what is new to them and so familiar to myself. If my child has any anxiety or unvoiced fears about this move, I pray you will give them words to express it. Please, help me to not react to their emotions but to support and help them turn to you and trust you to provide, just as you always have, and always will.

Father, I want my child to discover who you made them to be, not who I or others desire them to be. Help them to see that their unique way of being and operating in this world is a gift to be explored—not an obstacle to overcome. I pray others will see them this way as well.

In Jesus' name,
Amen



CONTINUITY OF MEDICAL CARE.

*The Lord is fighting for you, you need only to be still.
Exodus 14:14 (NIV)*

Father,

As the Israelites were fleeing the Egyptians you told them you were fighting for them. They only needed to be still. And you did! They didn't raise a sword; they only walked on the dry land you provided through the sea. Father, I'm asking you to help us be still and to allow you to fight for us as we navigate the medical system.

My child knows no other way of living in this world. Their medical needs are a part of their existence. But, it hasn't always been a part of mine. Please keep me from projecting my fears and anxiety onto my child. Strengthen their faith in you and sustain them through this transition as we move and begin appointments with new providers. Please sustain my child with your grace and patience to face new people who ask questions that have been asked before and repeat tests that have been done before. Encourage my child as they see how you have provided for them throughout their life, as we recount the stories of what you have done, reminding ourselves that you are always with us and will continue to fulfill our every need.

I pray for providers with creative wisdom, who will see my child as a whole person, not just the system or symptoms they are being seen for. Sustain them as they have devoted their working career to the care of others. May we be mindful that they, too, are made in your image, doing the best they can with the knowledge they have today.

In Jesus' name,
Amen



FAITH IN THE FACE OF HARDSHIPS

*Be joyful in hope, patient in affliction, faithful in prayer.
Romans 12:12 (NIV)*

Father,

From the lost toy to the lost job, this life is full of hardships. Help us, Lord.

I pray from an early age that my child will learn to deal with hardships in the way You want. May they not be surprised by all the speed bumps in life. Help them not be overwhelmed by them either, but may each day bring hope and wisdom for the next step to take. May they learn and grow from each challenge, gaining maturity and strength that can only come from You.

And Lord, may they never turn away from You because of any hardship. Instead, keep them holding on, knowing there is nowhere else to go. May they grow in You, so they will have the joy, patience, and steadiness it takes to get through.

Please turn our faces to You and our hearts to prayer as the first response to these hard times. Tie us tight to You. We wait to see how You will work where we cannot.

In Jesus' name,
Amen



RELATIONSHIPS WITHIN THE FAMILY

How wonderful, how beautiful, when brothers and sisters get along!
Psalms 133:1 (MSG)

Father,

There is no disunity between you, Jesus, and the Holy Spirit. Jesus prayed in the garden that we would be unified as you are. Your word is full of instructions for us, your children, to get along with each other and still we struggle so hard with it. Now that struggle is in our family.

It hurts so much more when the strife is in our own household. Father, my child is struggling in their relationship with a family member. Father, you know the source of the conflict and how to resolve it. Father, help my child to express their needs so that this relationship can be restored. Father, I pray for repentance and forgiveness among the injured parties. Help the truth to be revealed so that their relationship may be restored with one another and with you.

I ask for wisdom as we navigate this conflict so that everyone is heard and valued. I don't want peace for peace sake, I ask for resolution and reconciliation. I hope my children's relationships will be stronger after having gone through this, that they will learn to repent for wrongdoing and give and receive forgiveness. Draw my child closer to you. Soften hearts and remove any seeds of bitterness or anger that are taking root so that the fruits of your Spirit will flourish instead.

I trust you.

In Jesus' name,
Amen



THANKSGIVING FOR BEING A MILITARY CHILD

*I took you from the ends of the earth, from its farthest corners I called you.
I said, 'You are my servant'; I have chosen you and have not rejected you.
So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand.
Isaiah 41:9-10 (NIV)*

Father,

Wow. What an adventure!

Thank You, Lord, for this military child's life. Thank You for the experiences, the wisdom, and the perspective they are gaining from this unique upbringing. May they also appreciate it.

Thank You for surfing in Hawaii and skiing in Alaska. Thank You for pastries in Europe and bulgogi in Korea. Thank You for the friends made around the world, the courage gained from trying new things, the flexibility learned from the ever changing schedule.

Thank You for bringing them through. For teaching them to rely on You, since all else can fail. For blessing them repeatedly as they make sacrifices. For strengthening our family ties when we couldn't turn to others. For teaching them patriotism, obedience, sacrifice, and courage through their warrior-parents' examples.

Thank You for upholding them, Lord.

In Jesus' name,
Amen.



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