

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PARENTS WHO PRAY

A COURSE FOR PARENTS GROWING IN PRAYER

Class Four Reflection Exercises:

Real Life Prayers

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This reflection is designed to help you apply what you've learned about praying for your children through their real life struggles—mentally, emotionally, relationally, and behaviorally. The reflection is from Class Four: “Real Life Prayers” of the “Parents Who Pray” course.

1. Quiet Reflection (2–3 minutes)

Close your eyes and picture your child or children.

What real-life challenge are they facing today—mentally, emotionally, relationally, or behaviorally?

Whisper this prayer:

"Jesus, show me what my child is carrying that I can't see. Show me how to pray."

2. Guided Questions for Reflection

- What recent situation with my child has made me feel helpless or overwhelmed?
- Which of the four areas (thoughts, emotions, relationships, behavior) does this touch most?
- What lie might my child be believing in this area?
- What truth from Scripture can I declare in prayer over them?

3. Personal Prayer for Your Child

Write a specific prayer related to the struggle you identified above. Use your child's name. Ask Jesus to move where you cannot.

Example Starter:

"Jesus, I lift up ____ to You. You see what they're going through even more clearly than I do. I ask You to

meet them in this area of _____. Silence the lies. Speak Your truth. Heal what is broken. Guard their heart and mind in Christ Jesus."

Write your prayer:

4. Practice One of the "Real Life" Prayer Habits

Choose one to practice this week:

- Visual Prayer: Picture your child and pray over their mind, heart, and choices.
- Scripture Declarations: Speak 2-3 truths aloud daily (e.g., "My child has the mind of Christ.")
- Bedtime Prayer: Whisper a short prayer over them as they sleep (or outside their door).

Which one will you practice?

Final Truth:

You may not be able to fix every situation your child faces. But you are never powerless. You can bring them to the One who holds all power. Keep showing up in prayer.