

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PARENTS WHO PRAY

A COURSE FOR PARENTS GROWING IN PRAYER

Class One Reflection Exercises: The Importance of Praying for Your Children

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This exercise is designed to help you personally apply the foundational truths from Class One: "The Importance of Praying for Your Kids" of the "Parents Who Pray" course.

1. Connect with the Father

Take a few deep breaths and sit in silence before the Lord. Picture yourself as His beloved child, speaking with your Heavenly Father.

Prayer Prompt:

"Father, remind me of the privilege and power I have in prayer. Teach me to talk to You about my kids with faith and trust."

2. Personal Reflection Questions

- What stood out to me most from this teaching on prayer?
- What fears or challenges do I currently face as a parent?
- Where do I need to grow in trusting God with my children?
- Which Scripture from the lesson spoke most directly to my heart? Why?

3. Write a Personalized Prayer for Your Children

Write a short, specific prayer for your child(ren) or grandchild(ren). This can become a daily prayer you return to and revise as needed. Begin by asking yourself the following questions to help inform your prayers:

- What specific concerns are on your heart for your child right now?
- Where do you see God already at work?
- Where are you struggling to trust?

Example Starter:

"Father, I thank You for the gift of _____. I pray that You would guard them today, draw them close to You, and grow them into the person You created them to be. Give me wisdom and strength as I parent them. Help me to trust You fully, even when I can't see the full picture."

4. Scripture-Focused Prayer

Choose one Scripture (e.g., Psalm 139:14, Jeremiah 29:11, James 5:16) to pray this over your child daily for a week.

Reflection Exercise: Jot down anything you observe in your child or yourself as you pray in this way.

5. Get to Know Your Prayer Rhythms

Track your prayers for 3 days. Reflect on the rhythms and concerns for which you pray. Ask the Holy Spirit to show you how to pray even more effectively.

- When did you pray?
- What did you pray for?
- Was it reactive, routine, or proactive?