

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PARENTS WHO PRAY

A COURSE FOR PARENTS GROWING IN PRAYER

Class Five Reflection Exercises: The Spiritual Power of Surrendering Your Kids in Prayer Pastor Brian Burke

This exercise is designed to help you personally apply the foundational truths from Class Five: "The Spiritual Power of Surrendering Your Kids in Prayer" of the "Parents Who Pray" course.

1. Quiet Moment with God (2-3 minutes)

Take a few deep breaths and sit quietly before God. Picture each of your children and mentally place them in Jesus' hands—name them one by one in your heart.

Prayer Prompt:

"Holy Spirit, reveal to me where I'm still holding on, trying to control what I need to surrender."

2. Personal Reflection

- What's one area where I struggle to release control in parenting?
- What fear lies beneath that struggle?
- What truth from God's Word do I need to replace that fear with?

3. Prayer of Surrender

Write your own personal prayer of surrender to God. Make it honest and specific. Then, if you're able, pray it out loud with your hands open as a physical sign of releasing control.

Example Starter:

"God, I surrender _____. I've been holding tightly to this because _____. Today, I place this into Your hands. Give me peace to trust You. Help me to parent from faith, not fear."

4. Visual Reminder

Draw a symbol that represents surrender for you (such as an open hand, a cross, or your child's name inside a circle). Cut it out, save it in your Bible, or make it your phone background as a daily reminder to parent from surrender, not fear.

5. Making It Real

As all five classes have been completed, ask the Holy Spirit to cement specific take-aways for you to apply as you seek to become a parent who prays. Ask Him to give you the wisdom, boldness, and courage to do what He leads you to do.

Join us for the next course in our “People of Prayer” series: “Praying With Authority”!