

## 30-Day Prayer Guide for Families

A great way to connect with others is to pray for them. Paul tells his churches that he is praying for them constantly. Colossians 1:9, *“And so, from the day we heard of it, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding.”*

The following is a 30-day prayer guide to help you pray for your family and for others raising teens. Be open to God’s leading praying specifically for those He has placed in your life.

### Daily Pray For:

- Day 1: Families in crisis to connect with a physician and determine underlying health issues
- Day 2: Financial needs to be met as families seek treatment or to maintain health
- Day 3: Families to connect with an appropriate counselor for specific needs
- Day 4: Any change in teen’s physical state will return to optimum health
- Day 5: Family members to maintain good sleep habits
- Day 6: Family members to maintain good eating habits
- Day 7: Family members to maintain good exercise habits
- Day 8: Physical safety
- Day 9: Families to choose good physical and emotionally healthy habits
- Day 10: Families will be drawn closer to God
- Day 11: Teens and their families to receive Christ or renew relationship with Him
- Day 12: Teens and their families to receive the Holy Spirit or refresh their relationship with Him
- Day 13: Protection from Satan for the family
- Day 14: Families to spend time in Bible reading and that time is protected
- Day 15: Families to spend time in prayer and that time is protected
- Day 16: Teens & their families to develop healthy relationships with other Christians
- Day 17: Families to attend worship regularly at a church or place of worship
- Day 18: Families to serve together in outreach activities
- Day 19: God to be a work in lives of each family member
- Day 20: Appropriate boundaries to be set between parents and teens
- Day 21: Open communication with each other
- Day 22: Families will find appropriate outlets to express pain
- Day 23: Good listening practices between parents and teens
- Day 24: Families would be able to maintain positive emotional health
- Day 25: Family decisions based on an open dialogue
- Day 26: Supportive friends for all family members
- Day 27: Healthy emotional, physical and spiritual choices for all family members
- Day 28: Healthy relationships in school/work/community for all family members
- Day 29: God’s love to surround the family
- Day 30: The strength to walk closely to God one day at a time