



embrace

MOTHERS
Prayer
GUIDE



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*“Therefore know that the Lord your God,
He is God, the **faithful God** who keeps
covenant and mercy for a **thousand
generations** with those who love Him
and keep His commandments.”*

*Deuteronomy 7:9
(NKJV)*



My dear sisters,

Motherhood is one of the most sacred assignments God entrusts to us. Each day, we shape hearts, steward lives, and influence futures with eternal significance. Every prayer you pray and every word you speak helps guide your children toward God's purposes and plans for their lives.

Psalm 127 describes children as arrows in the hands of a warrior. An arrow must be carefully shaped and intentionally aimed before it is released. In the same way, our children need prayerful direction.

As mothers, we often see glimpses of their gifts, struggles, and calling long before they fully understand it themselves. Prayer allows us to partner with God as He prepares them for the lives He has created them to live.

This guide is built around the P's I pray over my own children each day, and serves as a simple yet intentional way to cover your family in prayer.

God's Word is living and active. When we declare it, we align our hearts with heaven. As Mark Batterson says, "**Bold prayers honor God, and God honors bold prayers.**" Learn to boldly pray His Word over your family and home.

Keep trusting God with what He has placed in your hands. The seeds you plant today through prayer, faith, and intentional leadership will impact generations to come. And when the time comes to release your children, may your prayers help them fly swift and true, finding their mark for the glory of God.

Love,

Pastor Shannon

How to Use This Guide

We created this guide to help you pray intentionally and confidently over your children using God's Word. Each day includes three passages of scripture to build your prayers from, prompts to guide your focus, and a written prayer to help you begin. Use these as a starting point, then allow the Holy Spirit to lead you as you pray for your children.

Pray it by Name

When you find a scripture, make it personal. Say your child's name out loud. Pray it over them as your own, trusting that God's promises never fail and never return void. For example:

"Jackson is Your dear son, Your darling child.

You remember him even when You discipline him in love.

Your heart yearns for Jackson, Lord, and You will surely have mercy on him" (adapted from Jeremiah 31:20).

The A.S.K. Method

If you would like guidance as you study the Word, we invited you to use the A.S.K. method.

Ask

Invite God to speak and prepare your heart.

Seek

Slow down and study the scripture more deeply:

- Scripture – Select a verse or passage to focus on
- Extract – Extract key words, phrases, or themes
- Examine – Examine them using tools like cross-references, concordances or commentaries
- Key Takeaways – Write down the truths God is revealing

Knock

Respond in prayer. Apply what God is showing you and pray it over your child.

To learn to study more deeply, we invite you to explore our Bible study *It Is For Freedom*, available on the King's Central app.

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Artificial intelligence tools were used to assist with outlining, editing, refining portions of this manuscript, and creating the glossary. All theological content, final wording, and editorial decisions were thoughtfully reviewed and approved by Pastor Shannon Marocco and the Embrace Writing Cohort. All written content in this study remains the original copyrighted work of the Embrace Writing Cohort.
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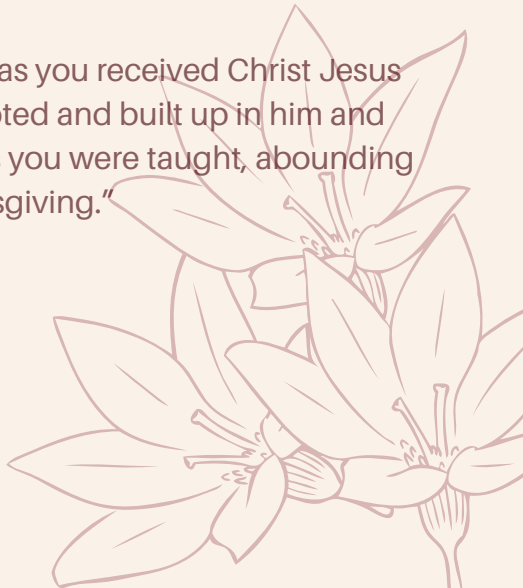
DAY 1

PRAYERS THAT THEY WOULD BE *Planted*

Psalm 1:3 "He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers."

Jeremiah 17:7-8 "Blessed is the man who trusts in the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."

Colossians 2:6-7 "Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."



DAY 1

PRAYERS THAT THEY

WOULD BE *Planted*

1. Declare: *My children are deeply rooted in God. They are planted, and unshakable, and growing strong in faith.*

2. Pray for deep roots

- a. Strong foundation
- b. Faith that endures
- c. Trust in & dependence on God
- d. Consistency in their walk

Lord, root my child deeply in...

3. Pray for a life built on Christ

- a. Love for God's Word
- b. Strong faith
- c. Obedience
- d. A life established in truth

Establish my child's foundation in You...

4. Pray for growth and fruitfulness

- a. Fruit of the Spirit
- b. Good character
- c. Wise decisions
- d. Purpose fulfilled in every season

Let my child bear fruit in...

5. Pray against being uprooted

- a. Cultural pressure
- b. Fear & doubt
- c. Ungodly influence
- d. Instability

Keep my child from being pulled away by...

DAY 1

PRAYERS THAT THEY WOULD BE PLANTED

Father,

Plant my children firmly in You. Root them deeply in Christ and establish them in the faith. Build them up and ground them in Your truth. Let Your Word be their firm foundation so they grow strong, steady, and unshakable.

Let them be like trees planted by streams of water, sending out their roots by the river. May they not fear when heat comes or be anxious in seasons of drought. Let their leaves remain green and their lives bear fruit in every season.

Teach them to trust in You and place their confidence fully in You. May they depend on You daily, drawing strength from Your presence and truth. Help them to grow in faith, maturity, and purpose.

Let their lives be marked by fruitfulness, stability, and a deep connection to You that sustains them in every season, as they walk in the plans and purposes You have prepared for them.

In Jesus' name, amen.

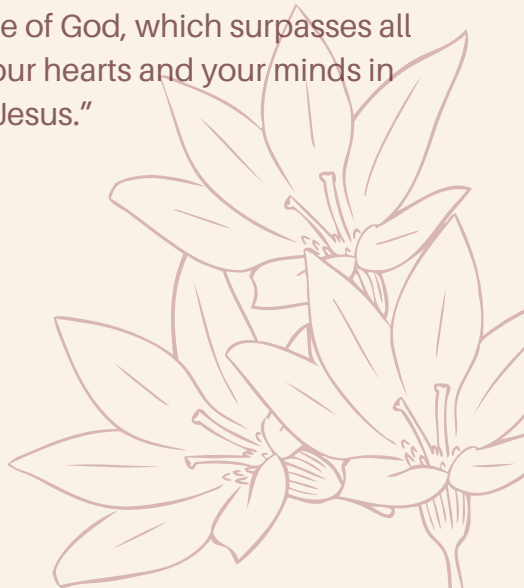
DAY 2

PRAYERS FOR *Peace*

John 14:27 "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

Isaiah 54:13 "All your children shall be taught by the Lord, and great shall be the peace of your children."

Philippians 4:7 "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."



DAY 2

PRAYERS FOR *Peace*

1. Declare: *My children will not be ruled by fear. They will be taught of the Lord and walk in great peace.*

2. Pray against fear and anxiety over

- a. School
- b. Family transitions
- c. Social pressure

I ask that fear would lose its grip on my child in the area of...

3. Pray for their heart and mind

- a. Thoughts
- b. Emotions
- c. Inner life

Guard their heart from... and renew their mind...

4. Pray that they would hear God's voice

- a. Silence the lies
- b. Recognize God's voice above all else
- c. Teach them to walk in peace

Teach my children Your ways...

5. Declare peace over specific areas of their life

- a. Health
- b. Calling & Identity
- c. Friendships

I declare peace over...

6. Release control and trust God

- a. Surrender your child back to God
- b. Release your own plans and expectations
- c. Trust God's timing and leadership
- d. Surrender your understanding for His wisdom

Lord, I trust You with...

DAY 2
PRAYERS FOR PEACE

Father,

Thank You for Your promises over my children. You have said, "Peace I leave with you; my peace I give to you." So I ask that Your peace would rest on them. Not the kind of peace the world gives, but Your peace that calms, steadies, and covers every part of their life.

Let not their heart be troubled, and let them not be afraid. I declare that they will be taught by You and great will be their peace. Teach them Your ways. Lead them in truth. Let Your voice be clear to them, and silence every lie that tries to rise above it.

Give my children great peace in their thoughts, their emotions, and their inner life. Guard their heart and renew their mind when fear tries to take hold. Let Your peace rule over their health, their identity, their friendships, their future, and every aspect of their life.

I surrender my children back to You. I trust Your plans, Your timing, and Your leadership in their life. Your ways are higher, and Your wisdom is perfect.

Thank You that You are with them, leading them, and covering them with Your peace.

In Jesus' name, amen.

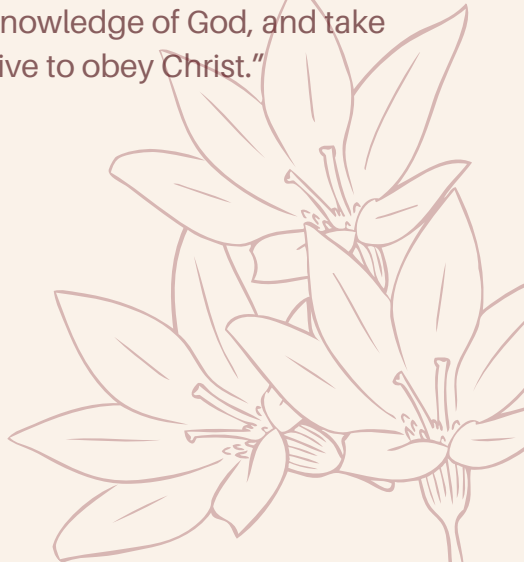
DAY 3

PRAYERS FOR *Purity*

Psalm 51:10 "Create in me a clean heart, O God, and renew a right spirit within me."

2 Timothy 2:22 "So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart."

2 Corinthians 10:5 "We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."



DAY 3

PRAYERS FOR *Purity*

1. Declare: *My children will walk in purity. Their heart, mind, and desires will be set apart for God and aligned with His will.*

2. Pray against
 - a. Temptation
 - b. Compromise
 - c. Impure thoughts
 - d. Hidden sin

Lord, remove...

3. Pray for a clean heart and renewed spirit
 - a. Inner purity
 - b. Right motives
 - c. Conviction of the Holy Spirit
 - d. Sensitivity to God's voice

Create in my children a clean heart and renew...

4. Pray for their thought life
 - a. Peace in their mind
 - b. Truth over their lives
 - c. Mental discipline
 - d. Discernment

Help my child take every thought captive when...

5. Pray for a life set apart
 - a. Holiness
 - b. Integrity
 - c. Obedience
 - d. A desire to honor God in all they do

Let my children live a life that reflects...

Father,

I pray over the hearts, minds, and desires of my children, that they will be set apart for You and aligned with Your will. Purify their hearts, refine their motives, and make them sensitive to Your voice and the conviction of the Holy Spirit.

Lord, remove every pull toward temptation, compromise, impure thoughts, and hidden sin. Guard their hearts and minds from anything that would try to defile or distract them. When they are faced with pressure or temptation, give them the strength to turn away and the wisdom to choose what is right.

Teach them to take every thought captive and bring it into obedience to Christ. Fill their minds with peace, discipline, and discernment so they learn to think in alignment with Your Word.

Help them to flee youthful passions and pursue faith, righteousness, love, and peace. Let them be marked by holiness, integrity, and obedience. Give them a deep desire to honor You in all they do.

Let their lives reflect Your goodness and Your truth. May they be set apart in every season, walking closely with You, and living in a way that brings You glory.

In Jesus' name, amen.

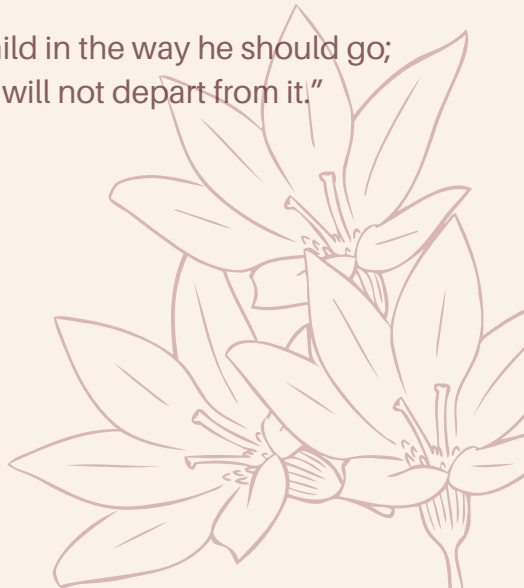
DAY 4

PRAYERS FOR *Purpose*

Jeremiah 29:11 "'For I know the plans I have for you,' declares the Lord, 'Plans to prosper you and not to harm you, plans to give you hope and a future.'"

Ephesians 2:10 "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

Proverbs 22:6 "Train up a child in the way he should go; even when he is old he will not depart from it."



DAY 4

PRAYERS FOR *Purpose*

1. Declare: *My children were created on purpose and for a purpose. God has a specific plan for their life which no assignment from the enemy can cancel.*

2. Pray against any schemes to disrupt God's plans

- a. Confusion
- b. Aimlessness
- c. Fear of the future
- d. Comparison

Lord, protect my child from...

3. Pray for clarity and direction in

- a. Decisions
- b. Friendships
- c. Education & career paths
- d. Ministry opportunities

Guide my child as they navigate...

4. Pray for their gifts to be discovered and developed

- a. Leadership
- b. Creativity
- c. Wisdom
- d. Confidence

Help my children recognize their gifts and use them to...

5. Pray for a heart surrendered to God's plans

- a. Trust in God's timing
- b. Joyful obedience
- c. Faith over fear
- d. Willingness to follow God wherever He leads

Help my children trust You when...

DAY 4
PRAYERS FOR PURPOSE

Father,

Thank You that my children were created with intention and purpose. You formed them as Your workmanship, created for good works that You prepared in advance for them to walk in.

Before they were born, You already knew the plans You had for their lives, plans for good and not for harm, to give them a future and a hope.

I pray that they would walk confidently in the calling You have placed on them and never settle for anything less than Your best. Protect them from confusion, comparison, fear, and distraction that could pull them away from the path You have set before them.

May the seeds we've planted take deep root in their hearts as we have trained them up in the way they should go. Establish their steps in Your truth, and when they are older, let them not turn from it.

Teach them to trust Your timing, follow Your voice, and walk in obedience wherever You lead. Keep them aligned with Your plan and steady in Your purpose all the days of their lives.

In Jesus' name, amen.

DAY 5

PRAYERS FOR *Provision*

Philippians 4:19 "And my God will supply every need of yours according to His riches in glory in Christ Jesus."

Matthew 6:33 "But seek first the kingdom of God and His righteousness, and all these things will be added to you."

Psalms 23:1 "Yahweh is my best friend and my shepherd. I always have more than enough."



DAY 5

PRAYERS FOR *Provision*

1. Declare: *My children are provided for by the Lord. He is their source, their shepherd, and their supply. As they seek Him first, they have everything they need.*

2. Pray for daily provision

- a. Food and nourishment
- b. Clothing and shelter
- c. Strength for each day
- d. Grace for every assignment

Provide for them in...

3. Pray for financial covering

- a. Wisdom in stewardship
- b. Provision for every need
- c. Freedom from lack
- d. Generosity and open hands

Bless the work of their hands and show them favor...

4. Pray that they trust God as their source

- a. Confidence in God's faithfulness
- b. That He would provide seed for the sower
- c. They would depend on Him, not money
- d. They would be faithful tithers & generous givers

Teach my children to trust You when...

5. Pray against

- a. Fear of lack
- b. Anxiety about the future
- c. Greed or comparison
- d. Striving and overworking

Guard their hearts from...

DAY 5
PRAYERS FOR PROVISION

Father,

I come into agreement with Your Word over my children that they will lack nothing. You see every need, and You have promised to supply all they need according to Your riches in glory in Christ Jesus.

Teach my children to seek first Your kingdom and Your righteousness. Shape in them a kingdom mindset. Help them value righteousness over riches, to live with an eternal perspective, to find joy in giving, and to walk in gratitude in every season.

I release every fear I have carried about their future, their finances, and their security. You are their source. You are their peace. You are their foundation.

Bless and establish the work of their hands. In the quiet, unseen places of their lives, teach them to serve with willing hearts, knowing they are serving You.

Thank You for Your covering over my children. No evil will befall them, and no harm will come near them. I declare that You are establishing something lasting in their life, and I trust You with every part of it.

In Jesus' name, amen.

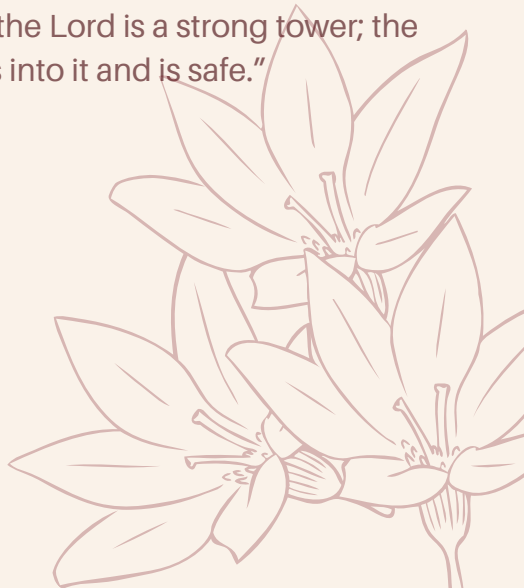
DAY 6

PRAYERS FOR *Protection*

Psalm 91:11 "For he will command his angels concerning you to guard you in all your ways."

Psalm 121:7-8 "The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore."

Proverbs 18:10 "The name of the Lord is a strong tower; the righteous man runs into it and is safe."



DAY 6

PRAYERS FOR *Protection*

1. Declare: *My children are covered by the Lord. He surrounds them, guards them, and watches over their coming and going. The name of Jesus is their refuge.*

2. Pray for physical protection

- a. School
- b. Sports
- c. Travel & driving
- d. Friend's homes
- e. Everyday activities

Protect them from...

3. Pray against defilement

- a. Online content & predators
- b. Harmful influences
- c. Deception
- d. Bullying

Guard their minds and expose the enemy's schemes in...

4. Pray for emotional protection

- a. Friendships
- b. Manipulation
- c. Peer pressure
- d. Rejection

Protect their hearts from...

5. Pray for discernment

- a. Recognize danger
- b. Wisdom in relationships
- c. Sensitivity to the Holy Spirit
- d. Courage to walk away

Give my children discernment when...

DAY 6
PRAYERS FOR PROTECTION

Father,

I place my children under Your covering. Command Your angels concerning them to guard them in all their ways. Watch over their going out and their coming in.

Keep them from all harm. Protect them from accidents, violence, and hidden danger in every place they go. Let Your presence surround them and keep them secure.

Guard their minds from deception and their hearts from anything that would lead them away from You. Give them discernment to recognize what is not right and the courage to walk away from it. Let conviction rise quickly within them when they are tempted, and lead them back to truth.

Guard their friendships, their choices, and the direction of their lives. Lead them in wisdom and keep them from paths that would harm them. Be their refuge and their strong tower. Let them run to You and be safe. Cover them with Your peace and remind them that You are always near.

When I cannot be with them, remind me that You are watching over them at all times. Strengthen my trust in You and help me rest in Your faithful care over their lives.

In Jesus' name, amen.

DAY 7

PRAYERS FOR THE

Prodigal

Luke 15:20 "And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him."

Isaiah 55:7 "Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon."

2 Peter 3:9 "The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance."



DAY 7

PRAYERS FOR THE *Prodigal*

1. Declare: *My children will return to the Lord. No distance, deception, or rebellion will keep them from His love, His truth, and His calling on their lives.*

2. Pray for their return
 - a. Softened heart
 - b. Conviction of sin
 - c. Hunger for truth
 - d. Desire for God's presence

Draw them back to You in...

3. Pray against deception
 - a. Lies of the enemy
 - b. False identity
 - c. Worldly influence
 - d. Spiritual blindness

Break every lie that says...

4. Pray for protection while wandering
 - a. Physical safety & favor
 - b. Emotional protection
 - c. Divine encounters
 - d. Limit consequences of poor choices

Protect them when...

5. Pray for remembrance of truth & restoration of identity
 - a. Seeds planted
 - b. Scripture recalled
 - c. Return to purpose
 - d. Healing from shame

Restore them fully in...

DAY 7
PRAYERS FOR PRODIGAL

Father,

Thank You that You are a God who pursues, restores, and welcomes Your children home. Even when they are far off, Your eyes are on them and Your heart is full of compassion. I lift my child to You and declare that they will return to You.

Soften their hearts and awaken a deep hunger for truth and for Your presence. Let conviction rise within them and draw them back to You. Break every lie, deception, and false identity that has tried to take root in their lives.

Remind them of the truth that has been planted in them. Bring Your Word back to their memory and surround them with voices that speak life and truth. Even in their wandering, protect them. Guard their lives, their minds, and their future from destruction.

Restore them fully, Lord. Heal every place of shame, confusion, or brokenness. Bring them back into right relationship with You and realign them with the purpose and calling You have for their lives.

I trust that You are patient, faithful, and working even now. You are not willing that any should perish, and I believe You are drawing them home.

In Jesus' name, amen.

Keep Going

By now, you've practiced how to take Scripture, slow it down, make it personal, and pray it over your child. That was always the goal. Not just to follow a guide, but to learn how to do this on your own. From here, we want to encourage you to keep going.

In the next pages, you'll find a few more prayers with Scripture references, but more importantly, you'll find space. Use it to write your own prompts and turn verses into prayers. This journal will become a record of prayers prayed, battles fought, and the ways God has moved in your family.

Keep praying, even when it feels simple or when you feel like you don't have the perfect words. There will be seasons when prayer feels easy, and seasons when it feels like a fight. There may be moments when you feel led to fast, to quiet distractions, and press in a little deeper. Fasting doesn't have to be complicated. It can be as simple as setting something aside for a time so you can focus more intentionally on God.

You don't have to do this alone. We were never meant to. There is strength in being surrounded by other women who are walking the same road, praying the same prayers, and believing for the same kind of breakthrough. If you're not already connected, we would love for you to be part of a Life Group or an Embrace Sisterhood Group.

And just in case you need to hear it, you are doing better than you think you are. You won't get it perfect. None of us do. But every prayer you pray, every seed you plant, every moment you turn to God on behalf of your children, it matters more than you can see right now.

So keep going. Keep trusting. Don't stop praying.

Keep Going

Prayers for Presence

Exodus 33:14

Acts 1:8

Psalms 139:7

Prayers for Passion

Romans 12:11

Psalms 37:4

Colossians 3:23-24

Prayers for Partnerships

Ecclesiastes 4:9-10

2 Corinthians 6:14

Proverbs 13:20

Prayers for Perseverance

Galatians 6:9

James 1:12

Hebrews 10:36

Prayers for Patience

Colossians 3:12

Romans 12:12

Psalms 27:14

Prayers for Prosperity

Numbers 6:24-26

Psalms 115:14-15

Deuteronomy 8:18

Prayers of Praise

Psalms 145:3-4

Psalms 34:1-3

Hebrews 13:15

Scan the QR code to access the free 14-day version of this journal, including the seven days in this booklet, seven additional days with full prompts and prayers, and a bonus prayer for the father of your children.

















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