

Becoming Students of our Children & How to develop a Prayer Strategy

By Christy Crosby

How do we **become students of our children**? This is important in discovering their gifts and helping you shape each child based on how they are wired. This is something we have to dedicate time to and intentionally come back to in different seasons, so here are some questions to get you started.

Becoming Students of our Children – Questions Adapted from *Brave Moms, Brave Kids* by Lee Nienhuis

Personality

- What are my child's strengths?
- What are my child's weaknesses?
- What do they enjoy right now?
- Are they more introverted or extraverted? Task driven or relational?
- How do they recharge and are they getting enough time to do so?
- What is their love language and how do they show love?
- When do they feel successful or defeated?

Character

- What is a hot button or trigger for them?
- Can I trust them to be honest?
- Is obedience to an authority a priority for them?
- Is my child diligent in doing tasks with a cheerful heart?
- Is my child quick to repent and ask for forgiveness?
- Is my child learning to practice self-control? (food, anger, emotions, screen time, video games)

Faith

- Is my child asking questions or curious about faith?
- Is my child saved? If so, do I see fruit of that decision in their life?
- How does my child connect with the Lord?
- Can I see my child's spiritual gifts?
- Is my child spending time in God's word?

Vision

- What do I see in their future?
- What talents/gifts do they have?
- Am I regularly expressing excitement to my child about the future that God has for them?

Education/Self Care

- What is my child's learning style?
- What are their academic strengths and weaknesses?
- What causes my child fear or anxiety?
- Is my child learning and practicing age appropriate hygiene?
- Do I have any health concerns for my child?

Relationships

- What other adults does my child connect with right now? (coaches, teachers, pastors, parents)
- How is my child's personal relationship with me? With their father?
- Who are my child's closest friends? What kind of influence do they have on my child?
- What kind of influence is my child on others?
- What do I know about their relationship with the opposite sex and what do they need to learn from me in this area?

Self Reflection Questions for You

- As I answer these questions, what do I need to be cultivating in my child right now?
- In this season, do I sense any promptings from the Lord related to this child?
- Is there something that I need to teach them right now? (about God, life, themselves, others)
- Is there a new habit I need to help them develop or encourage them to break?
- Is there an attitude that needs to be challenged or encouraged?
- What do I need to commit to prayer?
- What are three words that I would like to be used by others to describe this child?

*Once we begin to REALLY KNOW our children, we can begin to **develop a Prayer Strategy** specifically for each child. First, we have to want to pray. Next, we have to learn to pray. We then have to strengthen our prayer muscles. Ultimately, we simply have to PRAY!*

Here's how to strengthen our PRAYER MUSCLES:

Start with our "Want To" - Sometimes what hinders us from praying for our children is our "want to" is broken. We value sleep, busyness, achievement, cleanliness...everything over prayer. Ask God for the "Want To." He will be faithful to grow that hunger in you!

Move to the "Learn To": - Sometimes what hinders us from praying for our children is our own feelings of inadequacy about how to pray; so become a student of prayer. There is no "right" way or "right" words, God just wants you to come to him!

Sustain by Strengthening - Then there's the realization that just like you have to build, develop & strengthen physical muscles... we have to build, develop & strengthen our prayer muscles, a good place to start is to pray Scripture. Start simple with praying scripture, you will then be able to move to more intimate conversation with the Lord about your children. Start with the scripture prayer PDF's provided below based on your child's age or use the prayers below to get started.

Finally just commit to "Do It" - If it is not already a habit, praying might feel unnatural at first, but the more you do it, the more natural it becomes. You can begin to use the things you learn about your child using the questions above to develop prayers specific to them.

Prayers to Strengthen your Muscles

Following prayers adapted from *Brave Moms, Brave Kids* by Lee Nienhuis

Releasing Control

Lord, my fear cannot run the show in my family. I thank You that although the world screams loudly, You are on the throne and remain in control. Reveal to me areas where fear has gripped my heart and help me to learn truth that combats it. You have created this love and desire for the well-being of my children, but it cannot become an idol I serve. Search my heart and show me places I have surrendered to fear. In Jesus' Name I pray, Amen.

Are your kids making poor choices?

Pray Proverbs 13:20—that they will “walk with the wise and become wise.”

Addressing Sin

Lord, I want to train my child to love and obey You. I'm asking You to make me aware when my child is making choices that don't honor You. If they are breaking Your law or developing heart attitudes that need addressing, I pray You will bring these things to light. I believe You discipline those You love. Please prompt me to ask good questions, or to sense Your Spirit's nudge when I need to dig deeper. I'm asking that my child would be caught in their sin, and that I would react as You would, in step with Your Spirit, loving mercy, and forgiveness. In Jesus' Name I pray, Amen.

Are your kids saying unkind words?

Pray Psalm 19:14—that “the words of their mouths and meditations of their hearts be acceptable in His sight.”

Are your kids complaining?

Pray Philippians 2:14—that they “do everything without arguing or complaining” and begin to be filled with gratitude.

Tackling Fear

Lord, I see places in my life where dangerous roots of fear have grabbed hold. I know, as it says in I John 4:18 that “there is no fear in love but perfect love casts out fear.” Will You begin revealing to me places in my life and in my parenting where my fear is leading me to sin? Forgive and heal in me that place where I shrink back and hide rather than walking in faith that You will protect me and my children. Forgive me for the times I make hasty decisions without seeking You first. Help me when anxiety and fear become disorienting and consuming. I desire to walk in freedom from the bondage of fear. Thank You that You know the way of my family, the path ahead, and that You still say, “Do not fear.” I choose to trust You today. In Jesus' Name I pray, Amen.

Are your kids fearful?

Pray II Timothy 1:7—that God will give them “a spirit NOT of fear, but of power, love, and self discipline.”

Scripture Prayers based on the age of your kids:

[Prayers for Your Toddler](#)

[Prayers for Your Elementary Schooler](#)

[Prayers for Your Middle Schooler](#)

[Prayers for Your High Schooler](#)