

# 30 DAYS OF PRAYING FOR YOUR TEENAGE DAUGHTER



# For Her Salvation

“Shower, O heavens, from above,  
and let the clouds rain down righteousness;  
let the earth open, that salvation and righteousness may bear fruit;  
let the earth cause them both to sprout;  
I the Lord have created it.”

ISAIAH 45:8

“...having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places...”

EPHESIANS 1:18-20

## Prayers for parents

- I pray for my daughter's salvation.
- Give her an understanding of the gospel and her need for You.
- If there is unbelief and hardness of heart, Lord, I pray that You will soften her and open her eyes to Your love and truth.

# For Her Sexual Purity

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

MATTHEW 26:41

“For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God;”

1 THESSALONIANS 4:3-5

“Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 CORINTHIANS 6:18-20

## Prayers for parents

- I pray for my daughter's sexual purity.
- I pray that You cut off any ties she may have that may lead to sinful lifestyles or that would lead to unhealthy relationships.
- I pray she will flee from all temptation.

# For Her Words

“Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,  
O Lord, my rock and my redeemer.”

PSALM 19:14

“A gentle tongue is a tree of life,  
but perverseness in it breaks the spirit.”

PROVERBS 15:4

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

EPHESIANS 4:29-32

## Prayers for parents

- I pray that my daughter will speak words of life to those around her.
- I pray she will build others up and show kindness and compassion to every person.
- May the words of her mouth and the meditations of her heart be acceptable and pleasing to You, O God.

# For My Humble Attitude

“...if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. Now my eyes will be open and my ears attentive to the prayer that is made in this place.”

2 CHRONICLES 7:14-15

“ If humility is the best first step in prayer, then our personal heart transformation might just be one of the main goals. ”

Stacey Thacker, *Praying for Teen Girls: Partner with God for the Heart of Your Daughter*

## Prayers for parents

- I pray I will have a humble attitude as a parent to hear what my daughter is saying, to try to understand her needs, and to know how I can help her.
- Help me to see her as You see her, God.

# For Her in Trials

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.”

HEBREWS 12:1-3

## Prayers for parents

- I pray for any trial or struggle that my daughter may be facing today.
- I pray for resilience and strength.
- I pray that she will run with perseverance the race marked out for her and that she will know who to turn to in times of trouble.
- I pray she will fix her eyes on You, Jesus, so she may not grow weary or lose heart.

# For Her Identity

“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.”

GALATIANS 5:1

## Prayers for parents

- I pray that my daughter will be confident in her femininity and who You've created her to be as a woman.
- I pray she'll feel the freedom to express her individuality.
- I pray that her identity will be in You alone.

# For Her Friendships

“Whoever walks with the wise becomes wise,  
but the companion of fools will suffer harm.”

PROVERBS 13:20

## Prayers for parents

- I pray for my daughter's friends.
- Surround her with people she can trust, who can encourage her in her faith, who are sincere, and life-giving.
- Cut off any ties that might lead to rebellion or destruction.



# For Our Need for Grace

“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

2 CORINTHIANS 12:9

## Prayers for parents

- I pray, God, for Your grace as a parent.
- I'm not perfect, and I pray that in my shortcomings and failures, Your grace would be more than sufficient to fill all the gaps and missing pieces.

# For Her Decision Making

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

ROMANS 12:2

“Trust in the Lord with all your heart,  
and do not lean on your own understanding.  
In all your ways acknowledge him,  
and he will make straight your paths.”

PROVERBS 3:5-6

## Prayers for parents

- I pray that my daughter will not be conformed to the pattern of this world.
- Give her the courage and the strength to make choices that will please You even when the people around her are not.
- Form her into a young woman of conviction and character.
- I pray that in all of her ways she will submit to You will make her paths straight.

# For Her Future

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

JEREMIAH 29:11

## Prayers for parents

- I pray for my daughter's future path and direction.
- Reveal her talents and strengths and open the necessary doors along the way.
- Lead and guide her as she makes decisions.



# For Her Love of Your Word

“Your word is a lamp to my feet  
and a light to my path.”

PSALM 119:105

“The light of the righteous rejoices,  
but the lamp of the wicked will be put out.”

PROVERBS 13:9

“For the word of God is living and active,  
sharper than any two-edged sword,  
piercing to the division of soul and of spirit,  
of joints and of marrow, and discerning the  
thoughts and intentions of the heart.”

HEBREWS 4:12

## Prayers for parents

- I pray that my daughter will delight in the Word of the Lord.
- I pray she will meditate on it both day and night.
- I pray that it would be a lamp unto her feet and a light unto her path.

# For Her Physical Protection

“...no weapon that is fashioned against you shall succeed,  
and you shall refute every tongue that rises against you  
in judgment.

This is the heritage of the servants of the Lord  
and their vindication from me, declares the Lord.”

ISAIAH 54:17

## Prayers for parents

- I pray for physical protection over my daughter.
- I pray that no weapon formed against her would ever prosper - whether at school, in the neighborhood, or in her own home.
- I pray for a covering over her mental health.
- I pray against depression, suicidal ideation, anxiety, and fear.

# For Her Love for You

“For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.”

EPHESIANS 3:14-21

## Prayers for parents

- I pray that my daughter will draw near to You, God, and be rooted and established in the love of Christ.
- I pray that she will know this love that surpasses knowledge, and she will be filled to the measure of all fullness of God.

# For Her Respect for Her Parents

““Honor your father and your mother, as the Lord your God commanded you, that your days may be long, and that it may go well with you in the land that the Lord your God is giving you.””

DEUTERONOMY 5:16

“A wise son hears his father's instruction,  
but a scoffer does not listen to rebuke.”

PROVERBS 13:1

## Prayers for parents

- I pray that my daughter will honor and respect her father and mother and show love to the other members of her family.
- I pray that she will know my love for her and how much she is cared for.
- I pray that she knows and feels this love so she won't search for it in unhealthy ways.

# For Her Physical Health

“O Lord, you have searched me and known me!  
 You know when I sit down and when I rise up;  
 you discern my thoughts from afar.  
 You search out my path and my lying down  
 and are acquainted with all my ways.  
 Even before a word is on my tongue,  
 behold, O Lord, you know it altogether.  
 You hem me in, behind and before,  
 and lay your hand upon me.  
 Such knowledge is too wonderful for me;  
 it is high; I cannot attain it.  
 Where shall I go from your Spirit?  
 Or where shall I flee from your presence?  
 If I ascend to heaven, you are there!  
 If I make my bed in Sheol, you are there!  
 If I take the wings of the morning  
 and dwell in the uttermost parts of the sea,  
 even there your hand shall lead me,  
 and your right hand shall hold me.

If I say, “Surely the darkness shall cover me,  
 and the light about me be night,”  
 even the darkness is not dark to you;  
 the night is bright as the day,  
 for darkness is as light with you.  
 For you formed my inward parts;  
 you knitted me together in my mother's womb.  
 I praise you, for I am fearfully and wonderfully made.  
 Wonderful are your works;  
 my soul knows it very well.  
 My frame was not hidden from you,  
 when I was being made in secret,  
 intricately woven in the depths of the earth.  
 Your eyes saw my unformed substance;  
 in your book were written, every one of them,  
 the days that were formed for me,  
 when as yet there was none of them.  
 How precious to me are your thoughts, O God!  
 How vast is the sum of them!  
 If I would count them, they are more than the sand.  
 I awake, and I am still with you.”

PSALM 139:1-18

## Prayers for parents

- I pray for the health of my daughter. You are familiar, God, with all her ways, and You know every hair on her head.
- I pray for protection from sickness and disease.
- I pray that You stretch out your healing hand on my daughter's body and restore any part of her that is sick or injured right now.
- I pray for wisdom and knowledge for the doctors we're seeing, and I pray that You give us guidance as to her care and future.
- I pray for healing and that You restore my daughter to full health.



# For Her Armor of God

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God...”

EPHESIANS 6:10-17

“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.”

1 PETER 5:8-11

## Prayers for parents

- I pray that my daughter will put on the full armor of God, so she may stand firm against the enemy's schemes.
- I pray that You will deafen her ears to the lies of the enemy and that Your truth will resonate louder in her ears.

# For Her Fight Against Idolatry

“So if the Son sets you free, you will be free indeed.”

JOHN 8:36

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”

1 CORINTHIANS 10:13

## Prayers for parents

- I pray for the release of any idols in my daughter's life that may be controlling her. Open her eyes if she's unaware of these areas.
- I pray for freedom from addictions, toxic relationships, lust, and eating disorders.
- Shine the light into the darkness.
- I pray that whatever territory the enemy may have stolen from my daughter, You would restore it.

# For Her Future Marriage

“But you, O Lord, are a shield about me,  
my glory, and the lifter of my head.”

PSALM 3:3

## Prayers for parents

- I pray, Lord, that if it is Your will for my daughter to get married, You would give her the wisdom and discernment she needs to choose a spouse.
- I pray for him at this moment in time, and that he would come to know You in a personal way.
- I pray for my daughter as she begins to date.
- I pray Your protection over her body and her mind.
- Give her discernment to identify dangerous situations and the courage and strength to stand up for herself if she needs to.

# For Her Teachable Spirit

“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.”

PHILIPPIANS 2:1-4

“Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.”

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”

1 PETER 5:5-7

“When pride comes, then comes disgrace,  
but with the humble is wisdom.”

PROVERBS 11:2

## Prayers for parents

- I pray that my daughter will consider others' interests before her own.
- Give her a teachable spirit.
- I pray that she will not be prideful.
- Clothe her in humility, as God opposes the proud but gives grace to the humble.

# For Her Discernment

“O Timothy, guard the deposit entrusted to you.  
Avoid the irreverent babble and contradictions  
of what is falsely called “knowledge...””

1 TIMOTHY 6:20

“An intelligent heart acquires knowledge,  
and the ear of the wise seeks knowledge.”

PROVERBS 18:15



## Prayers for parents

- I pray for a sharp and discerning mind as my daughter is exposed to the many voices in this world.
- Lord, I can't always control and filter everything she hears, sees, and reads.
- Give my daughter an awareness and sensitivity to be able to think for herself and to question what she may not fully understand.
- Make my daughter a seeker of truth.

# For Her Unique Passions

"I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, that in every way you were enriched in him in all speech and all knowledge— even as the testimony about Christ was confirmed among you—so that you are not lacking in any gift, as you wait for the revealing of our Lord Jesus Christ..."

1 CORINTHIANS 1:4-7

## Prayers for parents

- I pray that my daughter will devote herself to things that are life-giving, healthy, and honoring to God.
- I pray that she will be drawn to activities and interests that will lead her to positive friendships and that will develop her God-given gifts and talents.

# For Her Time at School

“So, whether you eat or drink, or whatever you do, do all to the glory of God.”

1 CORINTHIANS 10:31

## Prayers for parents

- I pray for my daughter at school. I pray she will be respectful to the teachers, administrators, and to every single student.
- I pray she would have integrity with her school work, not cheating, but doing everything to the best of her own ability.
- If she's at home for school, I pray for diligence with her assignments and respect to those who are in authority over her.

# For Her Giving Heart

“The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.”

2 CORINTHIANS 9:6-8

“She opens her hand to the poor  
and reaches out her hands to the needy.”

PROVERBS 31:20

## Prayers for parents

- I pray that You will cultivate a giving heart in my daughter.
- I pray You guard her heart against materialism and the love of money.
- I pray she would open her arms to the poor and extend her hands to the needy.



# For Her Spiritual Protection

“The Lord is my rock and my fortress and my deliverer,  
my God, my rock, in whom I take refuge,  
my shield, and the horn of my salvation, my stronghold.”

PSALM 18:2

“But the Lord is faithful. He will establish you  
and guard you against the evil one.”

2 THESSALONIANS 3:3

## Prayers for parents

- I pray for supernatural protection over my daughter.
- Guide her footsteps away from evil or anything that could be used to defile her.
- Protect her from toxic relationships and physical and sexual abuse.
- Place a shield around her and protect her from things that we're unaware of.

# For Her Many Blessings

“The Lord bless you and keep you;  
the Lord make his face to shine upon you and be gracious to you;  
the Lord lift up his countenance upon you and give you peace.”

NUMBERS 6:24-26

## Prayers for parents

- I pray blessings over my daughter.
- I pray that Your favor, God, would be upon her always.
- I pray You turn her face toward You and give her peace.

# For Her Speech

“A dishonest man spreads strife,  
and a whisperer separates close friends.”

PROVERBS 16:28

“When words are many, transgression is not lacking,  
but whoever restrains his lips is prudent.”

PROVERBS 10:19

## Prayers for parents

- I pray for words of life to flow from my daughter's mouth.
- Bind her lips from spreading gossip or speaking harshly about other people.

# For Her Self-Image

“Charm is deceitful, and beauty is vain,  
but a woman who fears the Lord is to be praised.”

PROVERBS 31:30

“ The key for a teen girl is knowing that the part of the mirror she sees today is obscured and difficult to understand without being fully known by the one who created her in His perfect image. ”

Stacey Thacker, *Praying for Teen Girls: Partner with God for the Heart of Your Daughter*

## Prayers for parents

- I pray my daughter will have a healthy view of her body. Deafen her ears to the voices telling her how she must look and dress.
- I pray that she will take care of herself, but that her value and worth would come from her character and not her appearance.
- I pray that she would feel loved by You and her family so that she wouldn't need the validation of this world.

# For Her Godly Mentors

“The way of a fool is right in his own eyes,  
but a wise man listens to advice.”

PROVERBS 12:15

“Listen to advice and accept instruction,  
that you may gain wisdom in the future.”

PROVERBS 19:20

“Without counsel plans fail,  
but with many advisers they succeed.”

PROVERBS 15:22

“The teaching of the wise is a fountain of life,  
that one may turn away from the snares of  
death.”

PROVERBS 13:14

## Prayers for parents

- I pray for safe and godly women to come into my daughter's life who can mentor her and offer wise counsel.
- Raise up women who I trust and who can talk to my daughter when she may not want to talk to me.
- Surround her with older and wiser women who can support her in times of struggle.

# For Her Protection From Pornography

“Keep your heart with all vigilance,  
for from it flow the springs of life.”

PROVERBS 4:23

“So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.”

2 TIMOTHY 2:22

## Prayers for parents

- I pray for protection from pornography and lust.
- Give my daughter a desire for purity.
- Help her to guard her heart and surround her with people who can hold her accountable to be pure in thought, as well as on her phone and computer.

## For Her Relationship With Me

“Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”

GALATIANS 6:7-9

### Prayers for parents

- I pray for my relationship with my daughter.
- Help me to love her better, but give me the strength to respect her need for space and independence.
- Keep the lines of communication open between us.
- Even when I feel rejected, give me the strength and grace to continue pursuing her.

