

Personalizing Prayer for Your Teen

One of our favorite ways to pray is to pray Scripture, personalizing it for the child I am praying for. There are a couple of ways to do this. One is very simple. Just choose a portion of Scripture (the psalms work well) that hits some of the areas you are concerned for your son or daughter.

For example, the night before Brock's football games in high school, I (Pam) would pray a section of Psalm 91 over Brock. I simply would pray as I scratched his back, or with just my hand on his shoulder, whatever seemed most natural at the moment. Here's a portion of a personalized version of Psalm 91:

Brock, who dwells in the shelter of the Most High, will rest in the shadow of the Almighty. Brock will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Surely God will save you from the fowler's snare and from the deadly pestilence. He will cover Brock with his feathers, and under his wings you will find refuge; his faithfulness will be Brock's shield and rampart... If Brock makes the Most High his dwelling—even the Lord, who is your refuge—then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you, Brock, to guard you in all your ways... "Because Brock loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him."

The other option is to create a composite of verses that fortifies an area of weakness. If you have a concordance, you can look up verses by finding key words that might be in the verse in that subject area. For example, all of my children have been afraid of the dark or have had nightmares. I have taught them how to take their stand in Christ and say, "In the name of Jesus and His shed blood on the cross, I command any evil spirits be silenced and sent away." Then I encourage them to pray the truth about God's power, victory, and ability to overcome (inserting their name in the blanks):

You, dear _____, are from God and have overcome them, because the one who is in you is greater than the one who is in the world (1 John 4:4). For he has rescued _____ from the dominion of darkness and brought _____ into the kingdom of the Son he loves (Colossians 1:13). "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33). I write to _____, because you are strong, and the word of God lives in you, and you have overcome the evil one (1 John 2:14). With God we will gain the victory, and he will trample down our enemies (Psalm 108:13). But thanks be to God! He gives _____ the victory through our Lord Jesus Christ (1 Corinthians 15:57). Everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith (1 John 5:4).

Excerpt from [10 Best Decisions a Parent Can Make](#) by Pam and Bill Farrel

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