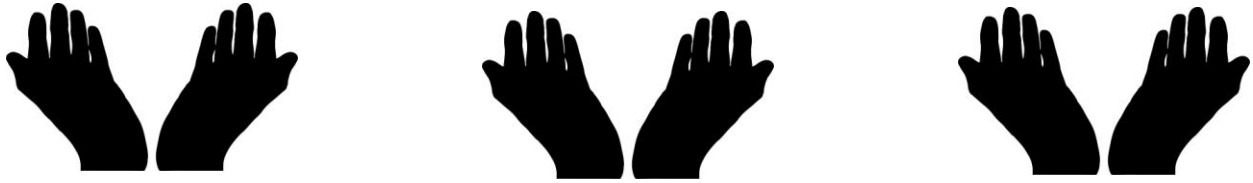


Praying for Your Parents



Exodus 20:12 (NIV) “Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

1. Honor Your Parents



- Families were ordained by God. Pray and thank God for giving you your parents.
- Pray that you will always be able to honor your father and your mother, not because of their abilities as parents but because they are your parents.

Care for the elderly especially our family

1 Timothy 5:1-8 (NIV) Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, ² older women as mothers, and younger women as sisters, with absolute purity.

³ Give proper recognition to those widows who are really in need. ⁴ But if a widow has children or grandchildren, these should learn first of all to put their religion into practice by caring for their own family and so repaying their parents and grandparents, for this is pleasing to God. ⁵ The widow who is really in need and left all alone puts her hope in God and continues night and day to pray and to ask God for help. ⁶ But the widow who lives for pleasure is dead even while she lives. ⁷ Give the people these instructions, so that no one may be open to blame. ⁸ Anyone who does not provide for their relatives, and especially for their own household, has denied the faith and is worse than an unbeliever.



- Pray for a pure and upright heart so we can extend support and lift up our parents.
- Pray for wisdom and discernment so we can provide the best care for our parents when it is needed.

Listen to your parents

Proverbs 23:22-25 (NIV) Listen to your father, who gave you life, and do not despise your mother when she is old. ²³ Buy the truth and do not sell it—wisdom, instruction and insight as well. ²⁴ The father of a righteous child has great joy; a man who fathers a wise son rejoices in him. ²⁵ May your father and mother rejoice; may she who gave you birth be joyful!



- Pray for the ability to see, hear, and learn from the wisdom of our parents.

- Pray that we may gain insight from our parents that we can one day pass along to our children and grandchildren.

2. Building and Maintaining our Relationship

- Building and maintaining a relationship requires getting outside our own view point.
- We need to see and accept our parents as God sees them even as God sees us.

1 Corinthians 4:5 (NIV) Therefore judge nothing before the appointed time; wait until the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of the heart. At that time each will receive their praise from God.



- Pray and ask God to show you how he sees your parents and your relationship with them.
- Pray that that we are able to see and accept our parents and our relations as God does.

Forgiveness:

- Maintaining a relationship also requires the ability to take responsibility for our actions and words which means forgiveness is a must.

- Are there broken areas in our parental relationship that need to be healed?
- Has shame and blame been part of your past?
- Is there forgiveness that needs to be spoken?

Ephesians 4:30–32 (NIV) And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Colossians 3:12–15 (NIV) Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴And over all these virtues put on love, which binds them all together in perfect unity.

¹⁵Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.



- Pray for healing for any part of our parental relationship that may be broken or suffering from blame, anger, mistrust, harsh words, or shame.
- Pray for the ability for forgiveness to be offered and received.
- Pray for the peace of Christ to rule over our relationships with our parents.

3. Salvation

- As we age, we have increased needs related to our physical and mental health and questions about death and dying.
- We need to hear, to see, and to understand these changing needs and questions from God's perspective and how they impact our parents and ourselves.
- The following promises from Scripture may be helpful to pray for these needs.

Romans 10:9–10 (NIV) If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

John 3:16 (NIV) For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Romans 8:16 (NIV) The Spirit himself testifies with our spirit that we are God's children.

John 14:1–4 (NIV) “Do not let your hearts be troubled. You believe in God; believe also in me. ²My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴You know the way to the place where I am going.”



- Pray they are able to confess Jesus as their Lord and receive and understand they assurance of their salvation. If they have already done so give thanks to God for their salvation and eternal life with him.

4. Peace of the Lord

- As we age the changes that come into our lives can be very unsettling.
- We can no longer do the things we used to or we have difficulty with simple tasks from work around the house to even sleeping at night.
- All of this can potentially lead to depression and discouragement.
- But God understands our difficulties and provides us with encouraging words of peace for or life and for our sleep.

Psalms 4:7–8 (NIV) Fill my heart with joy when their grain and new wine abound. ⁸In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

Psalms 16:7–11 (NIV) I will praise the Lord, who counsels me; even at night my heart instructs me. ⁸I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. ⁹Therefore my heart is glad and my tongue rejoices; my body also will rest secure, ¹⁰because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay.

¹¹ You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

John 14:27 (NIV) Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Galatians 5:22-23a (NIV) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,²³ gentleness and self-control.

Psalms 37:23 (NIV) The Lord makes firm the steps of the one who delights in him;

2 Corinthians 4:16–18 (NIV) Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.



- Pray for God's Holy Spirit to cover your parents that they may experience God's peace that passes all understanding every night and every day.
- Pray for your parents to fix their eyes upon Jesus and know the assurances of God's presence, peace, and the eternal life yet to come.

5. Protection and Strength

- Diminishing abilities, both physical and mental, can easily bring doubts and fears into our parents lives as well as their adult children.

- Again, God has a word for us...

Psalms 3:3 (NIV) But you, Lord, are a shield around me, my glory, the One who lifts my head high.

Psalms 31:24 (NIV) Be strong and take heart, all you who hope in the Lord.

Isaiah 40:31 (NIV) but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.



- Pray for a hedge of protection to surround your parents.
- Pray they are able to experience God's continuing renewal of strength that will allow them to know the hope and protection of Christ.

6. Freedom from Shame and Fear

- Shame and fear often accompany us as we age.
- Guilt for what we are no longer able to do and shame for needing others to do things for us.
- Hear now God's answer to these issues.

Psalm 25:1–2 (NIV) In you, Lord my God, I put my trust. ² I trust in you; do not let me be put to shame, nor let my enemies triumph over me.

Isaiah 41:10 (NIV) So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.



- Pray that they will not be dismayed by their circumstances but graciously receive the help they get from those provided to them by our loving God.
- Pray for trust to replace any shame or fear your parents may be experiencing.

7. Confidence and Joy

- Through trust in God shame and fear are then transformed into confidence and Joy

Psalm 43:3 (NIV) Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.

Isaiah 43:1–2 (NIV) But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. ² When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Philippians 4:4–7 (NIV) Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Pray for the light of Christ to cover and lead your parents.
- Give thanks to God. He knows your parents’ names, and is with them every step of their journey-through water and fire he protects them and sees them safely through.
- Give praise to God for hearing the prayers of your parents and our prayers as well.
- Rejoice and give God thanks for removing anxieties and always being near no matter what we face.

8. Prayer of Blessing

- Pray the following prayer, inspired by Eph. 3:14-19, as a blessing over our parents.



Mighty God, from whom every family in heaven and on earth derives its name, I come before you today, to lift my parents up to you. I pray that out of your glorious riches they would be strengthened with power, through your Holy Spirit, in their inner being,

May Christ dwell in their hearts through ever increasing faith. I pray they will be rooted and established in love and have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep the love of Christ is for each of them.

I pray they will be filled with the knowledge of God’s love and peace that surpasses all knowledge and be filled with all the fullness of God in this life and the life to come. In the name of Jesus I pray, Amen.