

# A GUIDE *for prayer*

## WITH YOUNG PEOPLE

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These prayer prompts have been created to help you find words to pray with and for the young people in your life. We trust these truths from God's Word will give you confidence to pray boldly. Where we have written '\_\_\_\_\_', please use the young person's name you are praying for, and likewise, where we have written 'them/their/they', please use he/she as you wish. These prompts are some ideas to help you – use them as a guide or simply let them inspire you to pray in your own words, as the Spirit leads.



*Like arrows in the hands of a warrior are children  
born in one's youth.*

*Psalm 127:4*

*a prayer*

# FOR FAITH IN DOUBT

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***For we live by faith, not by sight.***

2 Corinthians 5:7

Jesus shows us in the Bible that **he desperately wants all to know him**, and to have faith in him. He tells us He is the one who will leave the 99 sheep to go after the one lost sheep (Luke 15:3-7).

Jesus wants us to **have faith in Him**, even when we might be struggling because we have some doubt.

We see in the Bible that when Thomas was filled with doubt, Jesus was patient and showed himself to Thomas. Jesus proved that Thomas could have faith in God, and said to him, *“Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”*

John 20:29

## *pray together*

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*Dear Lord,*

*Thank you that you love us so much, and you want us to have faith in you. We are so thankful that you would leave the 99 and go after the one, because you care for each of us so deeply.*

*I pray that you please gift \_\_\_\_\_ with great faith, so that they may believe in you, that we would have faith in what we cannot see.*

*In Jesus' name, Amen.*

*a prayer*

## TO HELP ME TRUST JESUS

***And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. Matthew 6:30-33***

If God looks after the birds and the flowers, how much more will he look after us?! We can ***truly trust Jesus*** to look after our every need because he is the King of this whole world. Jesus knows all our needs before we even know them, so we can 100% trust in Jesus and know that He will meet our every need.

*pray together*

*Dear Lord,*

*Thank you that you promise in your Word that you care for us, and that you know our every need. I pray that you will help \_\_\_\_\_ to trust you in all areas of their life. Thank you that you show us that you care for the birds and the flowers, so we can remember that you care for us even more as your children. Thank you that you are the greatest Father and King, and we can 100% trust you with our life.*

*In Jesus’ name, Amen.*

*a prayer*

# FOR RELATIONSHIPS

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***All the believers were united in heart and mind. And they felt that what they owned was not their own, so they shared everything they had.***

Acts 4:32

God has shown us in His Word that because of what Jesus has done for us, ***we are adopted as His children***. That means we have a whole family of brothers and sisters in Christ! God has given us many examples in the Bible to show us that as His children, we can have close relationships with one another. He gives us His Holy Spirit who lives within us and helps us to love each other, even when we disagree. We see in the Bible that the church is not a building, but the people, the family of God. The Church is the people that love God and each other. God wants us to be in close and loving relationships with one another.

## *pray together*

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Dear Lord,

*Thank you that you love us and have brought us into your family. Thank you that we have gained so many brothers and sisters in Christ. I pray that you help us to have healthy relationships and friendships with those around us. Help us to love you and others well. I ask that you help us, by the power of your Holy Spirit, to love one another, share with one another, forgive one another, and help one another. Thank you, God, that you want us to be close with each other, and be united in our hearts and our minds.*

*In Jesus' name, Amen.*

*a prayer*

## FOR BELONGING AND LONELINESS

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***Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will never fail nor abandon you. Deuteronomy 31:8***

Jesus spoke these words in Matthew - 'And be sure of this: I will be with you always, even to the end of the age'. God longs for a relationship with us, yes us! Even though we may feel lonely and like we don't belong, we have the truth that *we belong to God's family, we are His children* and He will never leave us. James 4:8 comforts us with the words '*Draw near to God, and he will draw near to you*'. In our loneliness we can seek comfort from God. God can then give us the courage we need to find friendships in our Brothers and Sisters in Christ.

### *pray together*

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Dear Lord,

*We cry out for your comfort in our loneliness. Help \_\_\_\_\_ to draw near to you and to have the courage to reach out to others who may also be feeling lonely. Thank you for your promise that you will never leave us or forsake us. Lord, I pray you will place people in \_\_\_\_\_'s life that they can have a relationship/friendship with, who accept them for who they are and love them as you do. Lord help \_\_\_\_\_ to remain wise and honouring to you as they seek out connections. Help them not to fall into empty and hurtful relationships, just to fill the void of loneliness. Lord help us to remember the truth that we belong to you.*

*a prayer*

# FOR PEACE IN ANXIETY

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***Do not be anxious about anything,  
but in every situation, by prayer and petition, with  
thanksgiving, present your request to God.***

Philippians 4:6

In the story of Joshua, we see how God blessed Joshua with peace in an extremely stressful situation. Joshua was feeling very overwhelmed with the task in front of him, so **he boldly prayed to God** for the Sun and Moon to stand still - God answered Joshua's prayer. Throughout the Bible we continually see God 'show up', giving **His people peace** in their times of anxiety. When His people cried out, He was faithful to them. As our loving father, God longs to give us peace, too. He longs for us to pray boldly to Him; to lay our anxieties at His feet and to ask Him for His help.

## *pray together*

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Dear Lord,

*Thank you for being our loving Father who protects and comforts us in times of anxiety. Lord, I pray for you to take away the lies - the untruths that are causing \_\_\_\_\_ this anxiety and replace them with the truths of your Word; You are our loving Father, you are the Alpha and Omega, you created \_\_\_\_\_ perfectly, and you don't make mistakes. Thank you that we can rest in you Lord. Please give \_\_\_\_\_ the rest they need from their anxieties. We place these anxieties at your feet, and with a thankful heart, ask that you give us peace. In Jesus' name, Amen.*

*a prayer*

## FOR COURAGE WHEN AFRAID

***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.***

Isaiah 41:10

Jesus was greatly afraid in the Garden of Gethsemane. Scripture tells us that he pleaded with God to 'take this cup' from Him. God responded by sending an angel to comfort and strengthen Jesus during this time. God the Father ***never left Jesus's side***, and He promises to never leave ours. God's comfort gave Jesus the courage to endure His greatest fear. 'Fear Not' is mentioned in the Bible 365 times! God knows that being afraid is something we all regularly face. God continually gives us a beautiful promise as we walk through our fears: ***"I am with you"***.

*pray together*

Dear Lord,

*Thank you that you are with us always. We are thankful we can always call to you to give us courage to walk through fearful situations. Thank you for giving us your truth and your promise to uphold us, to strengthen us and to always walk beside us. Lord, please help \_\_\_\_\_ to focus and hold onto these promises of your strength and your help as they step through this situation they're afraid of. Lord, thank you for being our God. With this truth we pray \_\_\_\_\_ will have the courage to endure, and fully overcome this fear that has hold of them. In Jesus' name, Amen.*

*a prayer*

# FOR IDENTITY



***You are the one who put me together  
inside my mother's body, and I praise you because of  
the wonderful way you created me. Everything you do is  
marvelous! Of this I have no doubt.***

Psalm 139:13-14

We can try to find identity in so many different things. The best place to find our identity is in God, the one who made us, ***who knows us best*** and promises to be with us through all the uncertainties of life. As you seek to learn your identity, ***keep your focus on God*** and the true things he says about you.

## *pray together*



*Dear Lord,*

*Thank you for making \_\_\_\_\_ who they are. There are lots of times when we feel unsure of ourselves, so help us to focus on the true things that you say about us. Show (us) \_\_\_\_\_ how to live a life that is in line with Your character. Help \_\_\_\_\_ not to be distracted by other things that they might find false identity in. Thank you that no matter what we think or feel, we know we can find our identity in you.*

*In Jesus' name, Amen.*



*a prayer*

# FOR FREEDOM

***If the Son gives you freedom, you are free!***

John 8:36

***My friends, you were chosen to be free. So don't use your freedom as an excuse to do anything you want. Use it as an opportunity to serve each other with love.***

Galatians 5:13

God has given us the ***ability to make choices***. We're free to do whatever we choose! Sometimes it's hard to choose the right thing and we can get caught in tough things. We're encouraged throughout God's Word to use our freedom to serve each other. God wants us to be free and to make choices that ***honour him***.

## *pray together*

Dear Lord,

*Sometimes we feel stuck. Please help \_\_\_\_\_ to be free from the tough thing that they are struggling with. You know them and what they need, show them how to surrender their life to you. Thank you that you give us the freedom to make choices, please help us to make choices that honour you. In Jesus' name, Amen.*

## *a prayer*

# FOR PURPOSE AND DIRECTION



***When you eat or drink or do anything else, always do it to honour God. 1 Corinthians 10:31***

***Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.***

*Ephesians 3:20*

An old Hymn can be summarized to say ***‘God be my vision, let nothing else matter to me, be my focus always and let your presence guide me.’*** God desires for us to honour Him in all that we do, and to find our purpose and direction through keeping our eyes on Him.

## *pray together*



*Dear Lord*

*Thank you that your power is at work within \_\_\_\_\_. In all we do, we want to honour you. We ask for your guidance. Help \_\_\_\_\_ to focus on you through all that they do. Make your presence known to them in every small decision and action they make, that I might experience your closeness to give me purpose and direction. We commit this situation and these circumstances to you. Please guide \_\_\_\_\_ with your wisdom and fill them with your peace as they do what you’ve called them to do.*

*In Jesus’ name, Amen.*

*a prayer*

## FOR RETURN



***For the Lord your God is gracious and merciful and will not turn away his face from you, if you return to him.***

2 Chronicles 30:9b

If someone does something wrong to us, we often get really angry and we don't want anything to do with them. However, when we do something wrong to God, the Bible says He will not turn His face away from us if we return to Him. He is a God of grace, which means that ***He values and treasures you!*** If we ask God to forgive us for what we have done wrong, He will never turn away from us! God is a God of Mercy! This means that ***He forgives us when we do the wrong thing*** and although we deserve to be punished, He instead truly cares about us, forgives us and heals us.

*pray together*



*Dear Lord,*

*Thank you for always loving us even when we do things wrong. You always show us grace and mercy even when we don't deserve it. Lord, we ask forgiveness for the things we have done wrong and for letting other things creep into our lives that we make more important than you. Thank you for the promise that you won't turn your face away from us. Help your children to obey your commands and choose your way every time. We want to always keep our eyes always on you, so Holy Spirit, help your children listen to your voice when you direct them.*

*In Jesus' name, Amen.*

## *a prayer*

# FOR COMFORT IN GRIEF

*But now the Lord who created you, O Israel, says: Don't be afraid, for I have ransomed you; I have called you by name; you are mine. When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up—the flames will not consume you. Isaiah 43:1-2*

*There is no pit so deep that God's love is not deeper still.*

- Corrie Ten Boom

When Jesus saw his dear friends Mary and Martha weeping over the death of their brother Lazarus, the Bible tells us that "Jesus wept" (John 11:35). **He wept out of compassion for his friends.** He knew He was going to raise Lazarus from the dead but His grief was for the pain he knew his friends were experiencing. When we go through times of grief and difficulty we are not abandoned by God, on the contrary, we are called "by name" because we are His. **He is with us, He walks with us through every bit of our grief.**

## *pray together*

*Dear Lord*

*Sometimes we are hurting so much inside that we don't even have the words to explain that hurt. The Bible tells us that when we go through these really hard times that you walk with us. It's easy to feel so alone right now God, we don't understand why this is happening. Help \_\_\_\_\_ Lord, to trust you with their grief, and to feel the peace of the Holy Spirit. Help \_\_\_\_\_ to remember that even when we don't understand, you are in control and you will never let us walk this journey alone.*

*In Jesus' name, Amen.*

## *a prayer*

# FOR HEALING AND HEALTH

*Heal me, O Lord, and I shall be healed; save me,  
and I shall be saved, for you are my praise.*

Jeremiah 17:14

God *desires His children to be well in their body*, in their spirit and soul. Wherever there is sickness, God can use this opportunity to show everyone His glory. Although sickness entered the world when Adam and Eve sinned, and God is not the creator of sickness, God is still in control. When we pray, we need to talk to God about what is hurting us or our loved ones. God wants to strengthen us and comfort us so we can see His glory, and develop our faith to trust him. Whether our healing is today, or after we go to heaven, **we will be healed**, and our health restored. Remember God's promise is that *"He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."* - Deuteronomy 31:6-8

## *pray together*

*Dear Lord*

*I don't know why sickness has entered \_\_\_\_\_'s/our home, but God I know you restore and heal today. I believe in the power of faith and prayer and I ask you give me a supernatural peace and strength to help me to trust you, help my faith to know all things are possible with you; that God you will heal whether it is here on earth or when we see you in heaven. God I thank you that \_\_\_\_\_ belongs to you and you love them so much – we will trust you. In Jesus' name, Amen.*

## *a prayer*

# FOR CHANGE & TRANSITION



***So be strong and courageous! Do not be afraid and do not panic before them. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you.***

Deuteronomy 31:6

Change can be exciting at times, but it can also feel hard or scary. When we are going through change we can trust that God never changes, he is faithful and ***will always do what he says and keep his promises***. Hebrews 13:8 tells us that Jesus is the same yesterday and today and forever! So even when everything around us is changing, we can hold on to God's promises and trust that Jesus will never change. We can also know that we aren't going into this difference, change or situation by ourselves, because one of those promises is that God will ***ALWAYS be with us***.

## *pray together*



Dear Lord,

*Thank you that you are always with \_\_\_\_\_ and will never let them down or leave them alone. Thank-you that you are going ahead of \_\_\_\_\_ into this situation. Please help \_\_\_\_\_ to be not afraid of the changes that are happening in their life, but to find my strength in you, the God who can do anything and is always faithful. Help me to trust and follow you always. In*

*Jesus' name, Amen.*

*a prayer*

## FOR THANKFULNESS



***Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.***

1 Thessalonians 5:16-18

God is a generous God. Creation and the natural world around us (space, the stars, the number of different animals and flowers just to name a few) remind us of how he loves to give us good gifts. The Bible tells us that ***every good and perfect gift comes from God*** (James 1:17) so what better way to respond to our amazingly generous God than with a thankful heart!

## *pray together*



*Dear Lord,*

*Thank you for who you are! Thank-you that you are a generous God who gives good gifts to your children like the beautiful world you created. Help us to be thankful for the good things in our lives even when everything isn't going how we want it to. Thank-you for always being there for \_\_\_\_\_ and listening to them when they talk to you.*

*In Jesus' name, Amen.*

*a prayer*

## FOR ENCOURAGEMENT

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***May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.***

Romans 15:13

God is incredibly powerful (He created the whole world, and even mountains tremble at the sound of His voice); He knows everything (from how the human brain works to the number of hairs on your head!) and **He also loves and cares for you more than you could imagine**. The Bible is full of amazing examples of this including the greatest one of all, sending Jesus to save us from our sins (John 3:16). When you put all that together, you have an all-knowing God who can do anything and wants the very best for you. **What better person to trust everything going on in your life to!**

## *pray together*

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Dear Lord,

Thank you that you love \_\_\_\_\_ and want to use them in powerful ways, to do things that we can't even imagine yet! Thank-you for the way that you have made \_\_\_\_\_ and the special gifts you have given them. Please help \_\_\_\_\_ to trust you and to put their hope in you. Thank-you that you will never let us down.

In Jesus' name, Amen.