



Praying Head to Toe

Prayer is both a privilege and a force to be reckoned with. God commands it, He hears us when we engage in it, and He acts in response to it. Amazing, isn't it?

Trouble is, sometimes we don't know how to pray because our situation is so difficult that words and wisdom escape us. Sometimes we get lazy about doing it or we fall into a spiritual rut and repeat the same request every day: "God, bless me, bless my kids, bless my pastor and missionaries everywhere. And keep everyone safe, too. Amen."

That's how I sounded until I learned how to pray God's Word. Everything changed as I learned to weave His promises and commands into my prayers. My understanding of what to ask grew. So did my faith. And so did the numbers of answered prayers I witnessed.

Several years later, when I wrote my first book (*10-Minute Time Outs for Moms*), I included more than 130 Scripture-based prayers so my readers could receive the same benefit. I did the same with *10-Minute Time Outs for Busy Women* (re-released in 2012 as *Peaceful Moments to Begin Your Day: Devotions for Busy Women*), and in *Moving from Fear to Freedom: A Woman's Guide to Peace in Every Situation*.

When my kids were in junior high school, I developed the following strategy for praying on their behalf. These Scripture prayers can be used not only for kids, but for anyone regardless of age. Put them to use, and feel free to pass them along to your friends so they can implement them, too.

- MIND** - Philippians 4:8 - "Dear Father, please grant _____ a desire to think on things that are true, honourable, right, pure, lovely, and of good repute. May his thoughts dwell on things that are excellent and worthy of praise."
Colossians 1:9,10 - "Father, please fill _____ with the knowledge of Your will in all spiritual wisdom and understanding. And may he walk in a manner worthy of You in all respects, bearing fruit in every good work and increasing in the knowledge of who You are."
Psalms 94:19 - "Father, please delight _____'s soul with Your consolations when anxious thoughts multiply within his mind."
- EYES** - Proverbs 3:7 - "Father, I pray that _____ will not be wise in her own eyes. Teach her to depend on You and not on her own strengths or abilities. Teach her to look to Your word for wisdom. May she fear You and turn from evil."
Psalms 119:18 - "Lord, open _____'s eyes that she may behold wonderful things from Thy laws."
Proverbs 4:25 - "Dear Lord, I pray that _____ will look directly ahead. Keep her gaze fixed straight in front of her. Teach her to watch the paths of her feet so all her ways will be established."
- EARS** - Proverbs 2:2 - "Please make _____'s ears attentive to wisdom. Deafen his ears to the world's voices. Teach him to recognize Your still, small voice and to incline his heart to understanding."



Psalms 143:8 - "Let _____ hear Your lovingkindness in the morning. Teach him to trust in You; teach him the way in which he should walk."

Isaiah 30:21 - "Father, open _____'s ear to hear Your voice saying, 'This is the way, walk in it,' whenever he turns to the right or to the left."

4. **MOUTH** - Ephesians 4:29 - "I pray that no unwholesome word would proceed from _____'s mouth, but only good words that edify others according to the moment's need. May her words give grace to those who hear."

Psalms 141:3 - "Set a guard over _____'s mouth, O LORD. Keep watch over the door of her lips."

Proverbs 8:6 - "Lord, I ask that _____ will speak noble things. When she speaks, may her lips produce right things."

5. **NECK** - Proverbs 3:3,4 - "I pray that kindness and truth will not leave _____. May he bind them around his neck and write them on the tablet of his heart. Bless him with favour and a good reputation in the sight of God and man."

Proverbs 6:20,21 - "I pray that _____ will observe his parents' teachings. May he bind them continually on his heart and tie them around his neck."

6. **HEART** - Proverbs 4:23 - "Please teach _____ to watch over her heart with all diligence for from it flow the springs of life. May her heart be steadfast, set on loving You more than anything or anyone else."

Proverbs 23:17 - "Please teach _____ to not let her heart envy sinners but to fear You as she lives day by day."

Jeremiah 32:39 - "Father, please give _____ a heart to fear You always, for her own good and for the good of her descendants."

7. **HANDS** - Psalms 24:3-5 - "Grant _____ the desire and ability to keep his hands clean and his heart pure. Guard him from lifting his soul to falsehood and from swearing deceitfully. And grant him the privilege of intimate fellowship with You."

Psalms 144:1 - "Be _____'s rock. Train his hands for war and his fingers for battle, O LORD."

8. **KNEES** - Psalms 95:6 - "God, grant _____ a heart of worship. Teach her to bow down and kneel before You as her Maker."

9. **FEET** - Ephesians 4:1-3 - "God, grant _____ the ability to walk in a manner worthy of his calling. May he walk in all humility and gentleness, with patience, showing forbearance to one another in love, and preserving unity in the bond of peace."

Psalms 1:1-3 - "Dear Lord, keep _____ from walking in the counsel of the wicked, standing in the path of sinners, or sitting in the seat of scoffers. Make his delight in Your law, and teach him to meditate in it day and night."

