One-Minute PRAYERS™
for your Adult Children

ALLISON BOTTKE
A list of Bible versions used is included in the back of this book.

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For Alicia

An adult child for whom many have prayed and whom God has redeemed and restored for a great and glorious purpose.
And for my Serenity Group.
I love you all.

A New Day Is Dawning

Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

Matthew 7:7-8 nlt
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Introduction

My Fellow Parent,

When our children officially become adults, the pendulum of legal responsibility might change, but the responsibility of the heart never does. We love them with every fiber of our being regardless of the choices they make. We ache for their security, and we long for them to find their purpose and appreciate their gifts and blessings. We desperately want them to feel the peace, joy, grace, and love of God.

Our assignment to pray for our adult children has no expiration date. Moms and dads everywhere continue to go to their knees in passionate prayer for their kids regardless of their age or the state of their relationship.

I love my adult son, and I have many joyful memories of our times together. However, I’m one of many parents who have struggled for years with how and when to apply tough love. I’ve tried to fix, rescue, and change my son—to no avail. I’ve watched him hit bottom and bounce more than a few times. I’ve talked, cried, and prayed with him through inch-thick security glass, prison bars, and salty tears. I have felt the bitter sting of guilt, shame, fear, anger, and despair as a parent. In these desperate places, I’ve grown closer to the God who loves me—and my adult child.
It doesn’t take a village to reach God. It takes one heart willing to stop for one minute to pray. One heart that is open to say, “God, please give me direction and peace. Please hear the longing of my soul. And God, please be with my adult child and keep him (her) safe.” We serve a God whose love, grace, goodness, and miraculous power are only a prayer away.

You may be blessed with a strong and healthy relationship with your adult child, or you might be in pain and quiet desperation. Either way, you can rest assured that God can and will show you His face and His love. We must believe unequivocally that God will hear and respond to our prayers for our children—in His time and according to His purpose.

But how can we ask God to give hope, peace, love, or direction to others when we ourselves are hopeless, restless, guilty, or lost? We can pray effectively for our adult children only when we pray effectively for ourselves. The two go hand in hand. Scripture teaches us that the prayer of a righteous man avails much.

We strengthen the bond of our relationships with our adult children when we come before God with prayerful, humble, repentant, teachable, and righteous hearts. I invite you to join me in doing that now.

Allison
The Six Steps to Sanity

I introduced the Six Steps to SANITY in my book *Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents*. These steps now appear as the guiding principles in all the books in the Setting Boundaries series from Harvest House Publishers. I mention them in many of the prayers in this book.

It is my prayer that God will continue to use these six steps to speak wisdom and truth into the lives of His children who long to grow closer to Him and to those they love.

The Six Steps to SANITY

S—STOP my own negative behavior
A—ASSEMBLE supportive people
N—NIP excuses in the bud
I—IMPLEMENT a plan of action
T—TRUST the voice of the Spirit
Y—YIELD everything to God
I’m so thankful to You, dear Lord, for bringing me to this place of hope, healing, and sanity.

Thank You, too, for showing me the part I’ve played in the ongoing drama of my son’s (daughter’s) chaotic life. Lord, I’ve been running on the gerbil wheel of insanity for too long as I’ve tried unsuccessfully to change, fix, and rescue him (her). Help me break my habits of enabling and judging. Reveal to me the things You want me to change in my own life so I can pray more effectively for those I love. Let others hear You through the words I speak and see You in the way I live.

I can’t do this on my own, Father, so I’m thanking You in advance for sending Your angels to stand guard and be my heavenly support group on earth. I praise Your holy name for the grace, mercy, and love You have given me.
Jesus, I’ve made plenty of poor parenting choices. Please forgive me and create in me a pure heart and clear vision so I can walk confidently in Your will.

Lord, I praise You for the supportive people You send into my life. They help me look at my situations and circumstances objectively so I can respond to my adult child more rationally and less emotionally. Please help me overcome any silent shame or fear I may carry that keeps me from telling others the painful truth about my child. And please help me to listen with an open mind and heart and not to be judgmental when others share their stories.

I thank You in advance for guiding my head, heart, hands, and spirit to the lessons You will teach me daily from Your Word. Please help me to consistently utilize the SANITY Steps—not as temporary stopgap measures during times of crisis, but as the building blocks of a new way of life.
Accomplishment

Yield Fruit in Season

_That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers._

_Psalm 1:3_

Heavenly Father, I thank You for the mighty work You’re doing in the life and heart of my adult child. You know how difficult it has been for (name) to find his (her) calling in life. (Name) has struggled to get an education, juggle part-time jobs, and manage other responsibilities, and I’m filled with pride at the person he (she) has become. Even better, (name) is growing in faith and dependence on You along the way—that makes my heart sing and praise You in joy!

Lord, please show (name) how to align all his (her) actions with You. Open every door (name) should walk through and slam shut every door that he (she) shouldn’t. Give him (her) peace about every decision. I pray that every season of (name’s) life will be filled with success, prosperity, and abundant fruit as he (she) walks in obedience. May (name) experience the satisfaction of a job well done and bring glory, honor, and praise to Your holy name.
Accomplishment

Persevere and Receive the Promise

You need to persevere so that
when you have done the will of God,
you will receive what he has promised.

Hebrews 10:36

Lord, I’m so thankful that when I’m weak, You are strong. As I’ve followed Your direction to set healthier boundaries with my adult child, the constant fears I once had have lessened. I’m growing stronger through Your Spirit in me. I’m now able to accomplish things that once seemed impossible, including praying for (name) in a new way.

When I tried to fix things my own way, the result was heartache and misery. By applying the “Y” step in SANITY and YIELDING—surrendering—my adult child to You, I’ve experienced a more joyful and fruitful relationship with him (her). Through Your wisdom and strength, I’m better able to prioritize my relationships without feeling guilty. What a wonderful feeling!

As I strive to be more like Your Son in my thoughts, actions, and deeds, my relationship with You fills my life with happiness. I know that as I persevere, You will pour out Your blessings on me and on my family.
Addiction

The Nourishment of Your Strength

Even if I go through the deepest darkness,
I will not be afraid, Lord,
for you are with me.
Your shepherd’s rod and staff protect me.

Psalm 23:4 gnt

Father God, I’ve lamented, grieved, and cried out to You about my drug-addicted child. I’m coming to You now to boldly ask for divine mercy and grace. (Name) needs help, but I don’t know how to help or even if I should. I’m not a very good judge of what (name) really needs, but You are.

God, give (name) the light of Your love and the nourishment of Your strength. Please help her (him) to beat this life-threatening addiction. In Jesus’s mighty name, please deliver my precious daughter (son) from the grip of Satan’s influence. Release her (him) from this terrible bondage of addiction. Let (name) know what it feels like to breathe, walk, and exist in Your grace and mercy. Wrap Your loving arms around (name) as she (he) leaves the turbulence behind and steps into the healing flow of Your light and love.

Father God, help me to remember that I cannot change anything in (name’s) life but You can change everything.
Total Surrender

*That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.*

2 Corinthians 4:16 nlt

God, my heart aches for the pain and suffering my adult child and his (her) loved ones are going through. (Name) is sick—I know alcoholism is a disease. I also know this dependence has been created by both (name’s) choice to drink and by the addictive nature of alcohol itself.

This unhealthy dependence didn’t happen overnight, and deliverance from this plague won’t happen overnight either. But it won’t happen at all if (name) doesn’t admit that You are the only One who can restore his (her) life. In Jesus’s name I pray for (name’s) total surrender and complete restoration. Jesus, please convince (name) that with Your help, he (she) can conquer this disease and choose to stop drinking before it’s too late.

Lord, help (name) experience the hope, healing, and freedom others are realizing as they put their trust in You and stop drinking one day at a time. Help (name) begin the life-changing journey that will lead to a new power, peace, happiness, and sense of direction. Help my child find serenity and sanity.