

1. **Peace-loving**: *“Father, let me children/teens make every effort to do what leads to peace.” (Romans 14:19)*
2. **Joy:** *“May my children/teens be filled with joy given by the Holy Spirit.” (! Thessalonians 1:6)*
3. **Perseverance:** “*Lord, teach my children/teens perseverance in all they do, and help them especially to run with perseverance the race marked out for them.” (Hebrews 12:1)*
4. **Humility:** *“God, please cultivate in my children/teens the ability to show true humility toward all.” (Titus 3:2)*
5. **Compassion:** *“Lord, please clothe my children/teens with the virtue of compassion.” (Colossians 3:12)*
6. **Responsibility:** *“Grant that my children/teens may learn responsibility, for each other should carry his own load.” (Galatians 6:5)*
7. **Contentment:** *“Father, teach my children/teens the secret of being content in every situation through Him who gives them strength.” (Philippians 4:12, 13)*
8. **Faith:** *“I pray that faith will find root and grow in my chlldren’s/teens’ hearts, that by faith they may gain what has been promised to them.” (Luke 17:5-6, Hebrews 11:1-40)*
9. **A servant’s heart:** *“God, please help my children/teens develop servant’s hearts that they may serve wholeheartedly, as if they were serving the Lord, not men.” (Colossians 3:23)*
10. **Hope:** *“May the God of hope grant that my children/teens will overflow with hope and hopefulness by the power of the Holy Spirit.” (Roman 15:13)*
11. **Willingness and ability to work:** *“Teach my children/teens, Lord, to value work and to work as it will all their heart, as working for the Lord, not for men.” (Colossians 3:23)*
12. **Passion for God:** *“Lord, please instill in my children/teens a soul that follows hard after you, one that clings passionately to you.” (Psalms 63:8)*
13. **Self-discipline:** *“Father, I pray that my children/teens acquire a disciplined and prudent life, doing what is right and just and fair.” (Proverbs 1:3)*
14. **Prayerfulness:** *“Grant, Lord, that my children’s/teens’ lives may be marked by prayerfulness, that they may learn to pray in the Spirit on all occasions with all kinds of prayers and requests (Ephesians 6:18)*
15. **Gratitude:** *“Help my children/teens to live lives that are overflowing with thankfulness and always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ (Ephesians 5:20, Colossians 2:7)*
16. **A heart for missions**: *Lord, please help my children/teens develop a desire to see your glory declared among nations, your marvelous deeds among all people.” (Psalms* 96:3)

**31 Biblical Virtues to Pray for Your Kids**

*A plan to cover our kids and youth daily in strategic, power filled prayer*

1. **Salvation:** *“Lord, let salvation spring up within my children/teens, that they may obtain the salvation that is in Christ Jesus with eternal glory” (Isaiah 45:8, 2 Timothy 2:10)*
2. **Growth in Grace:** *“I pray that my children/teens may grow in the grace and knowledge of our Lord and Savior Jesus Christ.” (2 Peter 3:18)*
3. **Love:** *“Grant, Lord, that my children/teens may learn to live a life of love, through the Spirit who dwells in them.” (Galations 5:22 & 25)*
4. **Honest & Integrity:** *“May integrity and honesty be their virtue and their protection.” (Psalms 25:21)*
5. **Self-Control:** *“Father, help my children/teens not to be like many others around them but let them be alert and self-controlled in all they do.” (1 Thessalonians 5:6)*
6. **Love for God’s Word:** *“May my children/teens gorw to find Your Word more precious than much pure gold and sweeter than honey from the comb.” (Ps 19:10)*
7. **Justice:** *“God, help my children/teens to love justice as You do and act justly in all they do.” (Ps 11:7, Micah 6:8)*
8. **Mercy:** *“May my children/teens always be merciful, just as their Father is merciful. (Luke 6:36)*
9. **Respect (for self, others, and authority):** *“Father, grant that my children/teens may show proper respect to everyone, as your Word Commands.” (1 Peter 2:17)*
10. **Biblical Self-Esteem:** *“Help my children/teens develop strong self-esteem that is rooted in the realization that they are God’s workmanship, created in Jesus Christ.” (Ephesians 2:10)*
11. **Faithfulness:** *“Let love and faithfulness never leave my children/teens, but bind these twin virtues around their necks and write them on the tablets of their hearts.” (Prov.3)*
12. **Courage**: *“May my children/teens be strong and courageous in their character and in their actions.” (Deuteronomy 31:6)*
13. **Purity:** “*Create in them a pure heart, O God, and let that purity of heart be shown in their actions (Ps. 51:10)*
14. **Kindness:** *“Lord, may my children/teens always try to be kind to each other and to everyone else.” (1 Thessalonians 5:15)*
15. **Generosity:** *“Grant that my children/teens may be generous and willing to share, and lay up treasure for themselves as a firm foundation for the coming age.” (1 Tim. 6:18)*

Revised: 1/16/2015

* Mom’s Catholic Book Study

Church of

Saint Mary Magdalene

**Prayer for My Children**

(Adopted from “Prayer for My Saintman Son”)

Loving Father, please guide my children to always do Your will, allow them to see what is really important, and remind them how much I love them.

Send good and wholesome friends into their lives, keep them safe, bless them with good health, and give them the courage to do the right thing when difficult or tempting choices cross their path.

Make my children strong in character, rich in sympathy, and generous in spirit. Bless them with a gentle nature, and a kind heart.

Let them becomes children committed to the Gospel of Your Son Jesus. Grant them a lasting faith, and lead them to a profound love for You, their family, and themselves.

Amen

Father John Sanders, OSA.,

**Prayer for My Husband**

Lord, bless and preserve my cherished husband, whom you have given to me. Let his life be long and blessed, comfortable and holy; let me ever be a blessing and a comfort to him, a sharer in all his sorrows, a consolation in all the accidents and trials of life. Make me forever loveable in his eyes and forever dear to him. Unite his heart to mine in fondest love and holiness, and mine to him in all sweetness and charity. Keep me from all ungentleness; make me humble, yet strong and helpful, that we may delight in each other according to your blessed word. May both of us rejoice in you, having our portion in the love and service of God forever.

Amen.

Francis Coomis, SJ

Mothers’ Manual

**A Mom’s Prayer**

(Adopted from “A Saints Mom’s Prayer”)

Dear God, thank you for the gift of my children, and for the privilege of raising them. Send me the patience to learn to listen to them when they are in need.

Show me the way to love them without smothering them, confront them without destroying their spirit, and encourage them without creating false hopes.

Let me know when to come to their aid, and send me the wisdom to pull back and let them discover lessons on their own. Help me to teach them about You and Your son, so that they will love You and trust in You, as I do.

Grant me the freedom from daily frustrations, and remind me that a good sense of humor is a gift from You. Bestow on me the ability to forgive and be forgiven, and to understand that my role is to set my children free and to cherish the years we have together.

Amen

Father John Sanders, OSA.,