



POWERFUL
PRAYERS

for Your

Daughter

Praying for Every Part of Her Life

ROB AND JOANNA TEIGEN



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Grand Rapids, Michigan



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To our daughters,
Emma, Leah, and Anna.
You are loved!

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A WORD *from* ROB

Prayer goes where a parent can't. It softens hard hearts, enlightens darkened minds, and guides lost souls. Prayer is a parent's way of taking matters into God's hands.

Will Davis Jr.¹

EVERYBODY KNOWS ME as the dad who likes to have fun. I've written joke books for kids and a whole book of daddy-daughter date ideas. My wife rolls her eyes every time I get rowdy with the girls when I'm supposed to be settling them down for the night. My favorite time of the day is when I walk in the door after work and head straight out to the trampoline to jump around with the kids. We go to concerts, have Starbucks dates before school, and demolish the kitchen every Christmas baking cookies together.

I spend all this time with my kids because I love them. They make me laugh. They're my favorite people! But I also invest the time because I believe their relationship with me is crucial to their future. If they feel loved and cherished by me, they won't be as likely to meet their needs in the wrong places. If we're comfortable and open with each other, I can share my faith and speak truth into their lives. Most of all, the love they receive from me is their first taste of the love of God himself.

I realize, though, that no matter how much time we spend together, I can't control who they will ultimately become. All the instruction, advice, and protection I give won't ensure that all will go well in their lives. No matter how often I take them to church and have family devotions at the dinner table, I can't make them embrace my faith in God and live for him.

This is why I have to put my daughters in God's hands. It encourages me to know that even though I'm not a perfect dad, God will always be a perfect Father. I don't always know what's best for my girls, but God does. The best thing I can do is bring my daughters and their needs to him in prayer. It's not our last-ditch effort to make things come out okay—it's the *first* thing we should do because it invites the power of God into their lives.

Sometimes, though, it's hard to know exactly how to pray for a daughter. I can't always relate to her emotions. She has struggles and experiences that I'm not always aware of. I'll see an attitude or perspective that needs adjusting, but I don't know what to say. It can be hard to know whether she needs more limits or greater freedom. That's why we wrote this book—to offer some insights about parenting and prayers that put words to the concerns dads feel for their girls.

This book is a tool to help you as you bring your daughter to the Lord in prayer. It may be useful to pray through a prayer every day or every week, or to pick it up when a specific topic is on your mind. Take time to read and meditate on the Scriptures included with each prayer so God can speak to you through his Word. Don't feel limited by what's written on the page—the Lord is eager to hear your needs and praises in your own words too.

I'm encouraged as a dad when I see God responding to the prayers of other men I know. Several prayers and stories are included in the book that show how other men have prayed and seen God respond in their daughters' lives.

Prepare to be changed as you commit yourself to praying for your daughter. God will give you greater strength and wisdom in your

parenting. Your faith will be stretched as you wait on him to work in her life. You'll find yourself letting go of your own expectations and asking God what *his* priorities are. You'll become a stronger parent as you experience God's influence in your own life. You'll begin to release your dreams and hopes for your daughter as you realize God has had plans in mind for her life since before the creation of the world! You'll find more grace for her mistakes. More patience in waiting for her to mature. More courage in knowing the Lord will go through every challenge by her side. More delight in her individuality. And more gratitude as you see she is truly a gift from God just for you.

It is a privilege to share this book of prayers with you. May you be blessed as a father as you bring your daughter's needs before the Lord. I pray you will find a helper and friend in him that you've never fully known before. God bless you and your family.

Rob

A WORD *from* JOANNA

I AM SO VERY GRATEFUL that I have a praying husband. Knowing that he faithfully brings our needs to God gives me security and makes me feel loved. It reassures me that we're not walking this parenting journey alone. The burden of responsibility for our kids can feel too heavy to bear on our own.

What I've noticed as we've prayed over the years is that God does just as much work in changing *me* as in caring for my girls. I know a lot of us moms tend to worry. We work ourselves up over their grades, health, manners, organizational habits, and social lives. Our emotions run high over their weaknesses, and it can be hard to celebrate their successes when so many fears are constantly running through our minds. When Rob and I pray for our daughters, it settles me down. I put all of my concerns in God's lap and am able to let them go.

My girls know how to push my buttons too. They know if they roll their eyes when I'm talking I'm probably going to lose it! It's really difficult to see our daughters struggling with bad attitudes. Again, when I'm tempted to get angry about their choices, prayer lets me release them to God's control. He gives me patience and understanding. I'm able to see the big picture instead of fixating on minor issues. He reminds me of all the many, many things I enjoy in my girls and the privilege it is to be their mother. He rekindles my joy and

fills me with hope for the future. Basically, God makes me a better mom when I pray.

Prayer also keeps a lot of tension out of our marriage. If I'm looking to Rob to "fix" our girls when they mess up, he starts feeling pushed (okay, nagged) about how he should handle things. When we pray and trust the Lord for wisdom and help in raising our kids, then I can relax and be thankful that Rob is parenting them God's way instead of mine.

We've seen God move through our prayers to change our daughters' lives—we've seen them grow in confidence, discover their talents and passions, and come to know the Lord as their Savior. We're in the trenches just like you, raising our children the best we can and praying God will hold on tight to each of us. My hope for you is that you'll find him to be all you need as you parent your own daughter. Discover how near he is to you. He wants to bless you both as you reach out to him.

Joanna

When She Needs God's Salvation

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" "Yes, Lord," she replied, "I believe that you are the Messiah, the Son of God, who is to come into the world."

John 11:25–27

See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven. What do you think? If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? And if he finds it, truly I tell you, he is happier about that one sheep than about the ninety-nine that did not wander off. In the same way your Father in heaven is not willing that any of these little ones should perish.

Matthew 18:10–14

LOVING GOD,

Thank you for my beautiful daughter. I know that she is your creation, planned before the beginning of time. You know every little detail about her. You cherish her and desire her salvation, so she can live her life in you and can spend eternity in your presence.

Reveal yourself to my daughter. Work in her heart so she can respond to your love. Give her an unshakable faith in Jesus—believing he is your Son sent to seek and save the lost.

Without your salvation she has no future and no hope. She won't be able to comprehend the truth of your Word, which directs our steps and teaches us how to live. She won't receive the gift of your Spirit, who brings comfort, wisdom, and help as we make our way through this confusing world.

Claim my daughter as your own. Write her name on your hands. Put your seal on her and write her name in your Book of Life. Give her eternal life so no one can snatch her out of your hand.

Thank you that my daughter and I can grow in faith together. Put words in my mouth that explain your message of salvation clearly, in terms she can understand. Use me as your messenger of hope as I share my own faith story and live for you every day. Help me to abide in you and live faithfully so she sees your power in me.

I trust you, Lord, to work in my daughter's heart and bring her to full belief and trust in you. Thank you for the future we can look forward to—enjoying your glorious presence together, forever. Amen.

2

When She's My Treasure

Behold, children are a gift of the Lord, the fruit of the womb is a reward.

Psalm 127:3 NASB

Great is the LORD and most worthy of praise; his greatness no one can fathom. One generation commends your works to another; they tell of your mighty acts. They speak of the glorious splendor of your majesty—and I will meditate on your wonderful works. They tell of the power of your awesome works—and I will proclaim your great

deeds. They celebrate your abundant goodness and joyfully sing of your righteousness.

Psalm 145:3–7

Every good and every perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

James 1:17

LORD,
You did a “mighty work” when you created my daughter. She has been a “good and perfect gift,” a greater treasure than I could ever have imagined. Thank you for loving me so much that you would bless me with this precious girl.

My daughter is the most amazing gift from you that I can imagine. Becoming her parent has been a life-changing experience—a *me*-changing experience. She has brought love and humor, creativity and joy to our home. Parenting her has taught me so much about myself and even more about you, my heavenly Father.

May I never take my daughter for granted. I don’t want to lose sight of the gift she is when guiding or correcting her becomes a challenge. I know that she was created by you and specially chosen to be my very own child. You have purposes that I have only begun to catch sight of.

Open my eyes to see your unique handiwork in her mind and personality. Use me to bring out her confidence and joy. Teach my heart to treasure her. Guard me from selfishness so I don’t become wrapped up in my own interests and squander the time you’ve given us to be together.

Help me to cherish my daughter the same way that you devote yourself to me. May I imitate your faithfulness, wisdom, and unconditional love. Fill me with your compassion and understanding. May I never stop praising your name for the gift of my daughter. Amen.