

“Using the riches of Scripture, Melissa Kruger provides daily prompts to encourage and direct our prayers for our kids. This is a book that you will want to use yourself and give to other parents in your church and community. I highly recommend it.”

**Megan Hill**, Author, *Praying Together*;  
mother of three

“I can easily fall into a rut when praying for my children. I am so thankful, therefore, for this fresh, new book. The layout is clear, the framing is biblical, the prayer prompts are brief, and the value—for us, for our kids, and for the glory of Christ—is eternal.”

**Matt Smethurst**, Managing Editor,  
The Gospel Coalition; Author,  
*1–2 Thessalonians: A 12-Week Study*

“What a biblical and handy tool Melissa has given us to use as we pray for our children! I look forward to giving this resource to parents and grandparents in our church and family.”

**Christine Hoover**, Author, *Messy Beautiful Friendship* and *Searching for Spring*

“This book is a great resource to encourage parents and the entire church family to pray specifically and thoughtfully for the children in their care. It will also be extremely helpful for those involved in children’s ministry, helping to direct their prayers for the children they minister to each week. May it impel us all to pray faithfully for the next generation.”

**Steven Condy**, Child Evangelism Fellowship

"This book should be given to every parent in the church—and every children's-ministry leader too—so that they can pray without ceasing for the children in our congregations."

**Ruth Bromley**, Children's Development Officer,  
Presbyterian Church of Ireland

"In an age of helicopter parenting, it's easy for us parents to think that our children's future rests in our hands. Melissa Kruger gives us the practical steps we need to take all we can't control to the One whose goodness reigns supreme. Because in the end, the very best thing we parents can do with our hands is fold them... in prayer."

**Hannah Anderson**, Author, *All That's Good*;  
mother of three

"In *5 Things to Pray for Your Kids*, Melissa Kruger takes us to Scripture to pray God's word through the seasons of parenting life. What greater gift and model can we offer our children than to be prayerful parents, committing ourselves and our children to God's grace?"

**Ivan Mesa**, Books Editor, The Gospel Coalition

"Melissa Kruger delivers an accessible prayer primer targeted at the intention and aim of every parent. Her prayers strike a keen balance between the practical and theological. This book casts our eyes and heart upward to God, our only hope for raising kids who live in light of eternity."

**Karen Hodge**, Coordinator for Women's Ministry,  
Presbyterian Church in America



**FOR YOUR  
KIDS**

**MELISSA B. KRUGER**

5 things to pray for your kids  
*Prayers that change things for the next generation*  
© Melissa Kruger, 2019  
Series Editor: Carl Laferton

**Published by**

The Good Book Company  
Tel (North America): (1) 866 244 2165  
Tel (UK): 0333 123 0880  
International: +44 (0) 208 942 0880  
Email (North America): [info@thegoodbook.com](mailto:info@thegoodbook.com)  
Email (UK): [info@thegoodbook.co.uk](mailto:info@thegoodbook.co.uk)

**Websites**

North America: [www.thegoodbook.com](http://www.thegoodbook.com)  
UK & Europe: [www.thegoodbook.co.uk](http://www.thegoodbook.co.uk)  
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ISBN: 9781784982928 | Printed in Denmark

Design by André Parker

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# INTRODUCTION

BY EMMA KRUGER

My mom once said that learning to pray was like learning another language. If you grew up with parents who prayed regularly in the home, it would feel natural—like a native language you'd spoken since birth. But if you waited, it became harder to learn. It wasn't that you couldn't learn to pray, but it might take more time for it to feel natural.

That's why I'm so grateful to have grown up with prayerful parents. From a young age, I was taught what prayer was and how to do it. I prayed with others at church, school, meals, and family devotions. It was always just a part of who I was and felt like a normal part of life. Looking back on the past seventeen years of learning and growing in prayer, I realize what an impact my parents praying for me and with me have had.

My parents didn't give me a class to teach me how to pray. There was no instruction manual, video, or lecture. I simply learned by watching them pray each and every day. Every evening, sitting by my bed, my dad would read a Bible story and pray with my siblings

and me. Every morning I would come downstairs for school and see my mom finishing up her quiet time as she wrote out her prayers to the Lord. I knew that, among other things, she had been praying for me—asking God to grow my knowledge and love of Christ. And in a way, God used my mom’s prayers to answer my mom’s prayers: it was through seeing her alone with the Lord every morning that I began to prioritize this same sort of time for myself and understand the importance of it.

My parents’ example also taught me what to look for in Christian community. Prayer is an essential part of their friendships, and I’ve sought out this same type of community with my high-school friends. By seeing my parents pray for those who are suffering, I began to understand the importance of the church family in the intense trials of life. Now, as I prepare to leave home for college, I’m looking for this same community of prayer and care for one another that my parents have shown me.

Prayer is a vital part of walking with God. I’ve seen the way it strengthens faith. My parents have faithfully encouraged me in it. I’ll forever be thankful for the ways in which they’ve taught me and supported me in prayer, showing me what it means to have a personal relationship with our Lord Jesus Christ.

**Emma Kruger**  
Melissa’s daughter

# HOW TO USE THIS GUIDE

This guide will help you to pray for children in 21 different areas and situations—be that your own child, or (with a little adaptation) your grandchild, godchild, or a family at church. There are five different things to pray for each of the 21 areas, so you can use this book in a variety of ways.

- *You can pray through a set of “five things” each day, over the course of three weeks, and then start again.*
- *You can take one of the prayer themes for the week and pray one point every day from Monday to Friday.*
- *Or you can dip in and out of it, as and when you want and need to pray for a particular aspect of family life.*
- *There’s also a space on each page for you to write in the names of specific situations, concerns, or children that you intend to remember in prayer.*

Each prayer suggestion is based on a passage of the Bible, so you can be confident as you use this guide that you are praying great prayers—prayers that God wants you to pray, because they’re based on his word.