

31 Days of Prayer for Your Yong-Adult Children

Can I just say, I am so thankful for you. I may not know you personally, but I feel a certain kinship with you given that we are journeying through this stage of life together. I pray that Unnesting.com is a blessing and an encouragement to you as face the heartaches and joys inherent with walking children into adulthood.

A few things about these 31 Days of Prayer for Your Young-Adult Children:

1. There are 4 weeks of prayers. The first and third weeks use she/her, while the second and fourth weeks use he/him. Adjust the pronouns as needed to match the child you are praying for.
2. Print the 9 pages on cardstock.
3. Cut out the cards, drawing on them each day as you pray for the young adults in your life.
4. You can use the back of each prayer card to write a customized prayer for the young-adult(s) in your life.
5. Feel free tie them up and give them as a gift.



May you be richly blessed as you pray for the young-adults in your life. May you see God work in mighty ways as you faithfully lift up to Him the children He's entrusted to you.



DAY 1

Father, You are forgiving & good, abounding in love to all who call on You. Encourage ___ to cry out to You in her day of trouble for I know You will hear her prayer & answer her.

Psalms 86:5-7

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DAY 2

Father, my prayer is not that You take ___ out of the world, but that You protect her from evil. Sanctify her by the work of Your Spirit, by Your word of truth, for obedience to Jesus.

1 Peter 1:2, John 17:15-17

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DAY 3

Father, do not let ___ put out Your Spirit's fire or treat Your truth with contempt. Encourage her to test everything, to hold onto the good & avoid every kind of evil.

1 Thessalonians 5:19

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DAY 4

Father, God of Peace, sanctify ___ through & through. May her whole spirit, soul, & body be kept blameless at the coming of our Lord Jesus Christ.

1 Thessalonians 5:23

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DAY 5

Father, thank you for _____. Let her work be produced by faith, her labor prompted by love, & her endurance by hope in our Lord Jesus Christ.

1 Thessalonians 1:2-3

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DAY 6

Father, let not ____ have a sinful, unbelieving heart that turns away from You, the Living God. Bring her into fellowship with believers who encourage her to hold firm to the end the confidence she professed as a child.

Hebrews 3:12-14

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DAY 7

Father, lead _____ down a new path, guide her along an unfamiliar way. Turn the darkness into light before her & make the rough places smooth. May she fix her eyes on Jesus as He perfects her faith.

Isaiah 42:16, Hebrews 12:2

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DAY 8

Father, --- was included in Christ when he heard Your word of truth, the gospel of Your salvation. Having believed, he was marked in Him with Your seal of redemption. Remind Him that He belongs to You.

Ephesians 1:13-14

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DAY 9

Glorious Father, the God of our Lord Jesus Christ, I am asking You to give ___ the spirit of wisdom and revelation that he may know You better. Open the eyes of his heart that he may be enlightened, knowing the hope to which You have called him.

Ephesians 1:17-18

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DAY 10

Father, give ___ the gift of a saving faith in Jesus. May he know this as Your grace because of Your great love for him. May he praise You, the richness of Your mercy which has made him alive in Christ even when he was dead in his sin.

Ephesians 2:4-9

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DAY 11

Father, direct ___ in the path of Your commands, for it is there he will find delight. Turn his heart toward Your statutes & away from selfish gain. Turn his eyes away from worthless things & preserve his life according to Your word.

Psalms 119:35-39

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DAY 12

Father, let Your unfailing love come to ___, O LORD, Your salvation according to Your promise. Encourage him to trust in Your word, that he will have an answer for anyone who taunts him. Never take Your word of truth from his mouth.

Psalms 119:41-43

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DAY 13

Father, encourage ___ to seek out Your precepts, that he may live his life in freedom. May he speak of Your truths before others & not be put to shame. May he love & delight in Your commands.

Psalms 119:45-47

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DAY 14

O LORD, You made ears that hear & eyes that see. Lay Your hands on ___ again; open his eyes, restore his sight that he may see everything clearly. Fill him with Your peace & joy that he may abound in hope.

Proverbs 20:12, Mark 8:25, Romans 15:13

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DAY 15

Father, let ___ choose the way of truth; set her heart on Your laws. May she hold fast to Your statutes, O LORD. Set her heart free that she may run in the path of Your commands.

Psalms 119:30-32

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DAY 16

Father, let ___ not forsake my teaching or fail to listen to her father's instructions. Give her strength to resist sinners. When she stumbles, cleanse her from acts that lead to death & remind her that she is a servant of the Living God.

Proverbs 1:8-16, Hebrews 9:14

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DAY 17

Father, we planted the seed of Truth, our faith community watered it, but You alone make it grow. Establish that seed, make it grow into a mighty tree bearing fruit, refreshing others & providing her with the strength to stand firm, without fear.

1 Cor. 3:6-7, Mt. 13:31-32, Jer. 17:7-8

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DAY 18

Father, remind ___ of her identity, that she is Your masterpiece created in Christ Jesus. Reveal to her the good works You have prepared for her to do. May she glorify You & complete with joy all the good works You call her to.

Ephesians 2:10, John 17:4

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DAY 19

Father, fill ___ with the knowledge of Your will through all the wisdom & understanding Your Spirit gives, so that she may live a life worthy of You, pleasing You in every way; bearing fruit in every good work & growing in the knowledge of Your truth.

Colossians 1:9-12

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DAY 20

Father, this is my prayer: that ___'s love for You may abound more & more in knowledge & depth of insight, so that she is able to discern what is best and may be pure and blameless in the day of Christ.

Co 1:9-10

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DAY 21

Father, let ___ hold unswervingly to the hope she professed as a child. Encourage her to examine the scriptures everyday that she may know truth & not be deceived. Your word is powerful, living & active. By Its power, replace any lies in her heart & mind with Your truth.

Hebrews 4:12 & 10:23, Acts 17:11

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DAY 22

Father, put Your law in ___'s mind, write it on his heart. Be his God and make him Your son. Forgive his wickedness & remember his sin no more.

Jeremiah 31:33-34

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DAY 23

Father, call ___ out of the darkness into Your wonderful light that he may show others Your goodness. May his identity rest secure in the knowledge that he belongs to You. Let his confidence come from knowing You chose him & love him dearly.

1 Peter 2:9

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DAY 24

Father, let ___ not be misled or corrupted by bad company. Instead, bring him friends of good character. Let my son & these friends be devoted to one another. May they confess sin to & pray for one another, carrying each others burdens.

1 Cor. 15:33, Col. 3:16, James 5:16, Gal. 6:2, Ro. 12:10

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DAY 25

Father, bless ___ and let him not walk in step with the wicked or stand in the way of sinners or sit in the company of mockers. Instead, cause him to delight in Your law & meditate on it day & night.

Psalm 1:1-2

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DAY 26

Father, let no corrupt talk come out of ___'s mouth. Let his words be pleasant like a honeycomb, sweet to the soul & healing to the bones.

Psalm 1:1-2

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DAY 27

Father, bless ___ with friends who do not stir up conflict & who do not gossip. Give him trustworthy friends who do not betray his confidence. And may he be that kind of friend to others.

Psalm 11:13 & 16:28

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DAY 28

Father, cause ___ to be tormented within & his heart disturbed whenever he is rebellious. Turn his heart back to You that he may walk in freedom. Let him reflect Your glory & be ever increasingly transformed into Your likeness as You complete the good work You began in him.

Lam. 1:20, 2 Cor. 3:16-18, Philippians 1:6

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DAY 29

Father, encourage ___ to take refuge in You & be glad; let him sing for joy. Spread Your protection over him, that he may love Your Name & rejoice.

Psalm 5:11

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DAY 30

Jesus, You are a merciful & faithful high priest who suffered when You were tempted. Help ___ when he is tempted. Do not let him be tempted beyond what he can bear. When he is tempted provide him a way out so that he can stand firm under it.

Hebrews 2:17-18, 1 Cor 10:13

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DAY 31

O God, renew a steadfast spirit in ___. Fix his thoughts on Jesus that he may live as one who is free, not using his freedom as a coverup for evil, but living as Your servant.

Psalm 51:10, Hebrews 3:1, 1 Peter 2:16

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