

30 DAYS OF
PRAYER *for our*
COLLEGE
STUDENTS

Parent Edition

by Rebekah Freed, DCE

From the Author

Dear Parent of a College Student,

As your child goes through their college years, we want to encourage and equip you to be in prayer for your child. We know that college students are bombarded every day with temptations, struggles, challenges, and things that try to get them to find their identity in just about anything BUT who God has created them to be in Christ. We also know that prayer is one of our most powerful tools against Satan and we pray that this 30 day guide will help you fight for your son or daughter in prayer!

Blessings on the journey!

In Christ,

Rebekah Freed

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Using this Prayer Guide

- You could use this for the first 30 days of this school year to pray specifically for your student; and perhaps repeat it every month.
- Do it for 30 consecutive days or maybe use one page a week for 30 weeks (which is typically about the duration of 2 college semesters).
- Use the blank space on each day to journal your prayers or make note of when you see God answer the prayers you pray for your student. If you do add your own prayers on the lines provided, consider giving your student this prayer journal at the end of the 30 days as a way to show them you've been praying for them.
- Put your student's name into the Scriptures on each page as a way to personalize your prayers. (Example on Day 1)
- Some pages have "extra" ideas of how you can take your prayers a step further and encourage your students as well. (More ideas on last page.)
- Gather with other parents of college students weekly, monthly, or each semester to lift up your students in prayer together.

However you use this, we hope it is helpful to you as you encourage your student to grow in their relationship with Jesus in their daily life.

Extra Ideas for Encouraging your College Student

- Every Monday text, Facebook, or call them just to simply ask them if there is anything specific they could use prayers about that week. Next week when you call or text, check back in to see how God has been working in those situations.
- When talking about school, ask more about courses and less about grades. Get your student to tell you about what they're learning, what classes they enjoy and what ones they don't and why. Asking about grades easily puts them on the defensive when you just may be trying to ask how school is going in general.
- Find opportunities to laugh with them even if it's through the phone or skype or on Christmas break. Enjoy life together!
- Send care packages. You know better than probably anyone what some of their favorite foods, candies, cookies, etc. are. Show them that you're thinking of them through the little things. Holiday decorations, baskets of treats at exam time, and quarters for the washing machine are all ways to let them know you care.
- Occasionally send them brief notes and/or tell them over the phone/in person some of the unique gifts and strengths that you can see that God has given them. They are trying to figure out their identity and need some mentors to help call out these things in them.

My Prayer for You

God, I thank you today for the parents of college students. Their job as coach and mentor is a tough one especially when it involves balancing their desires to lead and guide their children with their children's desires to become more and more independent. Lord, as these Dads and Moms continue to be encouragers and prayer warriors for their children, I pray for them!

May you give them the wisdom and grace they need to follow after you and trust that you are leading and guiding their children. Remind them that their self-worth does not depend on their perceived successes or failures as parents, but rather in the fact that they are loved by You.

Again, thank you God for these parents and their commitment to bring their children before You!

In Jesus' Name, Amen!



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