



# Lord, Help Me Pray for My Kids

**365 Heartfelt Prayers  
for Parents**

AWARD-WINNING SONGWRITER

**Tony Wood**

FOCUS ON THE FAMILY.

# Endorsements for *Lord, Help Me Pray for My Kids*

Knowing that my parents were praying for me had a profound impact on my life. Now I'm a parent, and I'm thankful that my friend Tony Wood has provided a way to help me continue being intentional in interceding on behalf of our kids. I believe this book will be a tremendous help to parents who lift up their kids every day.

**MATTHEW WEST**, Grammy-nominated and Dove Award-winning artist, and author of *The God Who Stays* and *Hello, My Name Is*

Tony Wood is one of the most prayerful and thoughtful people I've had the privilege to know and work with over the past decade. I'm grateful to call him a friend and thrilled to recommend this beautiful book of prayers for parents. As a busy working mom, this book is a godsend!

**FRANCESCA BATTISTELLI**, Grammy and Dove Award-winning artist

This book is a faithful guide in helping us cover our boys in prayer. It directs my wife and me with powerful, future-forming, difference-making prayers based on Tony Wood's insights.

**TAUREN WELLS**, Grammy-nominated and Dove Award-winning artist

Praying for your children is one of the most important things we can do as parents, and I'm living proof that those prayers work. *Lord, Help Me Pray for My Kids* is the perfect tool for parents who struggle to know how and what to pray.

**ZACH WILLIAMS**, Grammy and Dove Award-winning artist

Tony Wood has written a truly inspiring devotional. These daily prayers should be on the lips of every God-fearing parent as they face the challenges of raising Christ-centered children in today's humanistic, self-centered, self-absorbed culture.

**JAY DEMARCUS**, Founding member of Rascal Flatts and owner/CEO of Red Street Records

I typically prayed the same things every night over my little girl, yet these prayers from Tony Wood have changed the game for me. It's so exciting to pray the Word of God over my five-month-old and speak promises into her future. Run, don't walk, to grab your copy of *Lord, Help Me Pray for My Kids*!

**TAYLOR CAIN MATZ** of the American Music Award-nominated group CAIN

*Lord, Help Me Pray for My Kids* encourages us to fulfill one of the most important assignments we will ever have on this earth, which is to be spirit-led parents! Tony Wood has provided a powerful book of prayers that invite God to mold and shape, as well as protect and direct, our children.

**JACKIE PATILLO**, President of the Gospel Music Association

My friend Tony Wood has put beautiful words to the prayers I could not articulate for my own children. They are concise yet rich, and they are deeply felt as I pray them over my family.

**DARREN MULLIGAN**, lead vocalist of CURB/Word recording artists We Are Messengers

Tony Wood is an amazing friend and an even better family man. I can't think of a better gift to give your kids than entrusting them to the promises of God's Word through prayer.

**TODD TILGHMAN**, Winner of season eighteen of NBC's *The Voice* and author of *Every Little Win*

I fully believe in the power of prayer, and Tony Wood has beautifully crafted prayers that put words to my heart's desires for my children! I would suggest *Lord, Help Me Pray for My Kids* to anyone who longs to "pray without ceasing" for their loved ones.

**TASHA LAYTON**, Singer, songwriter, and BEC Recordings artist

Being a father is one of my most precious responsibilities. Songwriter Tony Wood uses his God-given talents to combine Scripture and his heartfelt testimony into an incredible daily devotional that reminds me how blessed I am to be a father—and, most important, how precious it is to have a heavenly Father. This is a must-read book!

**JASON CRABB**, Grammy and Dove Award-winning artist

Most people will never get the opportunity to write a song with Tony Wood, but having the ability to read his prayers for his children and then pray them for yours—well, that might be even better. I can't recommend this book of prayers, and the man who wrote them, enough.

**CHRIS CLEVELAND** of CURB/Word recording artists Stars Go Dim

I already pray over my daughters daily, but now I'm ready to dive deeper into my prayer life for them. I believe this book will be the nudge I need to become more of a prayer warrior for my children!

**MIKEY HOWARD** of BEC Recordings artists 7eventh Time Down

Tony Wood has done the work to give us words that put shape to our sometimes-inexpressible hopes and desires for our children. This book is a pathway to loving our kids better and a means of helping parents with the most important task we will ever have.

**JOHN MAYS**, Senior vice president of A&R with Centricity Music

When it comes to a book on prayer, only a true *prayer* who actually prays has anything to say. I know Tony Wood is a practitioner because I've watched and listened to him for twenty-six years. You will see, hear, and feel that, too, as you make Tony's prayers your own.

**LLOYD SHADRACH**, Cofounder and teaching pastor with Fellowship Bible Church in Brentwood, Tennessee

I love what my friend Tony Wood has put together! These daily prayers are a helpful tool to use in praying for our children with deeper intention, care, and a sense of surrender to God's will for their lives.

**ETHAN HULSE**, Grammy-nominated and Dove Award-winning songwriter

Tony Wood did what a writer is supposed to do—he put into words what most of us don't know how to say ourselves. If you want to pray for your kids but you're not sure what to say, *Lord, Help Me Pray for My Kids* is the perfect place to start.

**BENJI COWART**, Singer and Dove Award-winning songwriter

The passion and humility that Tony Wood brings to the prayers in this book are both powerful and inspiring. It's as beautiful as it is a peaceful read.

**CINDY MORGAN**, Singer, songwriter, and Dove Award-winning artist

If you listen to Christian radio, you have no doubt been impacted by Tony Wood's lyrics. He's a true wordsmith with a father's heart. How amazing it is to now hold some of those words in my hands and to pray them over my own family. This book will be on my bedside table.

**KRISSY NORDHOFF**, Grammy-nominated and Dove Award-winning songwriter

With the general busyness of just *being* a parent, it's often hard to gather my thoughts when I sit down to pray. This book gives me a jumping off point and reminds me with every word that the top priority in our lives as Christian parents should be passing on a real and living faith in Jesus.

**SHELLEY BREEN** of Grammy-nominated and Dove Award-winning artists Point of Grace

If there were a required reading list for parents, I'd put this book at the top of it. Tony Wood's book is a daily gift to me as a dad by giving specific direction in praying for my children.

**JONATHAN MASON**, Vice president of Christian A&R and Publishing for CURB/Word Music Publishing

These simple prayers will transform the way you talk to God about your children. They helped me transform the way I pray for my own boys in ways that are real and practical. This book has also helped me put aside some of my own fears and anxieties about being a father. I highly recommend it!

**MATT ARMSTRONG**, Producer and songwriter with Chris Tomlin and Casting Crowns

*Lord, Help Me Pray for My Kids* by my friend Tony Wood is a treasure for any parent and their children. It is written with both wisdom from God's Word and with the heart of a parent. Tony is an incredible writer of songs, and now I have learned that he is simply a great writer!

**MARK HARRIS**, Pastor, songwriter, and founding member of Grammy-nominated and Dove Award-winning artists 4Him

One of the best gifts we can give our kids is to pray over them and guide them in God's truth. Tony Wood has given us a priceless tool for doing just that!

**BRIAN WHITE**, Artist, producer, worship leader, and Dove Award-winning songwriter

For years Tony Wood has used his incredible word skills to bless the world with hundreds of inspiring song lyrics. Now he uses those same skills to help parents who want to effectively pray for their children. This book is a great tool—highly recommended!

**DAN DEAN** of Dove Award-winning artists Phillips, Craig & Dean

This book is going on my nightstand! I love that these devotions start with Scripture, focus first and foremost on the attributes of God, then guide us in prayer for our children. It's a beautiful and vital resource for raising up the future of the church in our homes.

**CHRISTY NOCKELS**, Dove Award-nominated artist, worship leader, and host of *The Glorious in the Mundane* podcast



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*Pour out your heart like water  
before the Lord's presence.  
Lift up your hands to Him  
for the lives of your children.*

LAMENTATIONS 2:19





# Introduction

No one can pray for your children better than you can.

No one knows their tendencies, habits, strengths, or weaknesses—in short, no one knows their hearts—like you do. I believe that the more specific we are when we pray, the more specific God is in responding.

I'm so grateful for the times I've spent praying with others. Their words have helped me express what was already on my heart but I hadn't found a way to articulate.

As I wrote these prayers—one for each day of the year plus a bonus prayer for leap year—I pictured myself sitting one-on-one with family members, friends from church and work, my own children, and even strangers. I hope these prayers lead you to pray for your children on a number of topics you might not have considered before. I hope they will lead you to lift up your kids with a degree of regularity you may not have before.

If these prayers have any value, at best they are simply jump starters. If on some days you find yourself only a sentence or two in and then go off to the races with your own prayers, I call that *success!*

Thank you for allowing me the privilege of partnering with you in the holy pursuit of bringing your children before the throne of heaven.

May God be greatly glorified as we raise up a godly generation.

*Tony Wood*



# Thank You

**Terri**—There is no one I know that I would rather have as a mother to my kids. You did it (and still do it) with great love, great wisdom, great passion, and with an incredible sense of what matters and what doesn't. The things I love most about each of our kids are reflections of you that I see in them. And now, killing it with the next generation! Love you.

**Leslie, Meredith, Erin, and Jordan**—I praise God continually for the privilege of getting to be your dad. I could not love each of you more or be more proud of how you live your lives and how differently yet authentically you each walk with the Lord. Releasing this book is a vulnerable thing for me. It's all the things I've been talking to God about since long before I ever saw you.

**Justin, Ben, and Ryan**—I feel blessed to call each of you my son-in-law. I have prayed these things about you from long before I ever met you, and you are God's answer to a number of my prayers.

**Jack**—You are pure golden sunshine in our lives. I cried tears of gratitude the first time I held your mom, and I cried tears of gratitude the first time I held you. Every prayer in this book is one I have prayed, adding your name in every line. I love you so much.

**Caroline and Paige Wood, Austin and Vance Anderson, Ryan and Kyle Anderson** (nieces and nephews)—I love you all, and these are the things I've been talking to God about since you were born.

**Marty Wheeler** (dad to Hannah), **Holly Zabka** (mom to Jacob, Houston, and Violet), and **Devon DeVries** (dad to Reegan and Rayf)—Getting this project out has been a *long* relay race, and each of you carried the baton for multiple laps before handing it off. I can't thank you enough for your friendship, belief, and partnership in ministry.

**Dawn Woods**—Thank you for the door of creativity you opened to me with this book. I will *never* forget the moment you said, “Well, let me get my calendar and see when we can release it.” My world shook! I was thrilled . . . and terrified! Thank you for the opportunity, the friendship, and your belief in me.

**Steve Johnson**—I will always remember standing in the back of a music-video shoot with you—two guys with arms folded, killing time, and making small talk; two guys who really had nothing very creative to bring to that part of the process! Late in the afternoon I asked what you did, and you told me. Somewhere in the far-off distance, I could almost swear I heard a bell ring. In that moment I thought, *This is a moment of divine providence*. And it was! From your first phone message to every conversation along the way, I have felt your passion and belief in this project. Thank you. It is my deep joy to partner with you in this and to stand back and watch what God may choose to do with it in hearts and homes around the world.

**Mark Harris**—This book would not exist if you had not walked into my writing room one day and said, “Hey, I want to write a song about praying for our kids and the dreams they dream.” So grateful for that song, but more for the friendship.

**Zach Oswald**—One day I told my wife that the joy was writing this book and the labor was typing it. It was killing me. The next week in the middle of writing a song, you leaned over and spoke “silhouette” into your MacBook. I had never seen dictation before. You changed my world that day!

# Parenting: Guidance

JANUARY 1

*Behold, children are a gift of the LORD,  
The fruit of the womb is a reward.*

PSALM 127:3, NASB

My God,

I will never forget those moments when I first looked into the faces of my precious children. Each moment was the end of a long journey of wild anticipation. And each was the beginning of another journey—quite possibly the deepest, richest, most trying, and most rewarding journeys of my life.

Still today, Father, as I consider Your goodness to me, I am overwhelmed with gratitude at the privilege of simply getting to be a parent. And with this great blessing comes great responsibility. I do not take it lightly.

Just as my children cry out when they have a need, hear me in this moment crying out that I need You. I need Your wisdom, I need Your strength, I need Your guidance. I want to be excellent at being a parent for my children. I realize my weakness, my inadequacy . . . and, most of all, my need for You.

Will You fill me, guide me, use me, lead me today?

Amen.

# Salvation

*You are saved by grace through faith,  
and this is not from yourselves; it is God's gift.*

EPHESIANS 2:8

Great Savior,

I will ask for many things on behalf of my children, yet I don't desire anything else as much as I want for them to have a saving relationship with You. No matter how deeply I long for this and no matter how passionately I request it for them, I can't make it happen. It comes only as a gift from You. Only You can turn a heart in repentance to You.

You have offered us the gift of Your grace through Your sacrificial death on the cross. Your Spirit is active in the world now, calling hearts to come to You in faith. I pray that at a young age, my children will hear Your Spirit calling to their hearts, and they will be convicted of their sin and convinced that no one comes to the Father except through You. May they place their faith in You. May they trust You as their Savior and Lord. Jesus, not only is Your grace a gift, but the faith to believe in You is also a gift.

Will You give my children the gift of faith to trust in You?

Amen.



# Safety

*Protect me, God, for I take refuge in You.*

PSALM 16:1

JANUARY 3

Protector,

It would be unrealistic for me to ask that You keep my children from ever being hurt. Life in a fallen world means there will be bumps and bruises, cuts and scrapes. However, I do ask that You would protect my children from serious harm to their bodies, minds, spirits, and emotions. Will You keep them so close in Your care that no plan formed to hurt them can ever prosper?

This is a world of so many dangers, where news of accidents, disease, injuries, and evil is a daily part of life. This is a place where, as a parent, I could grow fearful, but I will choose to take every thought captive and rest in the knowledge that whatever comes against us must first pass through You.

So, Lord, wherever my children are, they are in Your hands. You are fully able to keep them safe and sheltered from harm. Will You please do that?

Amen.

# God's Word

*I am Yahweh your God,  
who teaches you for your benefit,  
who leads you in the way you should go.*

ISAIAH 48:17

God Who Is Perfect Truth,

I pray that even at a young age, my children will have a special attraction to Your Word. May they somehow know deep within that the Bible is like no other book in the world. May that interest bloom into a passionate desire to know the truth on those pages.

May they respect Your Word. May they want to know Your Word. But most of all, may they obey Your Word, trusting that You indeed are the Source of all true wisdom and that You can lead them into better lives than they can ever hope to have apart from You.

Even today, Lord, would You increase their appetite for Scripture?

Amen.

# Friends

*A friend loves at all times.*

PROVERBS 17:17

JANUARY 5

Jesus,

I pray that You would grant my children great discernment in choosing friends—especially in choosing their best friends. May there always be someone in every season of their lives who is that one trusted and trustworthy confidant. May these friends be people who also love You and desire to walk in faith and wisdom. Will You give them a blessed and special relationship that brings much joy and happiness as they encourage each other to continue in ways that are holy and right?

I know that along the way there will be friends who don't have a relationship with You. I ask that in these relationships, You would allow each of my children to be strong, a good influence, and a leader.

May my children never be companions of fools, as Your Word warns, but may they indeed walk with the wise.

May they honor You with their choices and in return know Your rich blessings in this area of their lives.

Amen.

## Comparison

*Each person should examine his own work,  
and then he will have a reason for boasting in himself alone,  
and not in respect to someone else.*

GALATIANS 6:4

True Judge of All Things,

From a young age, my children, like everyone else, will begin to look around and compare themselves with others. They might be tempted to compare appearance, intellect, achievements, abilities, possessions, or relationships. Though I wish they wouldn't do it, I know that as they walk through a fallen world, they will.

Lord, I've seen how comparison can lead to pride, shame, and self-loathing—dark shadow lands for the mind to roam. From first-hand experience, I know that nothing destroys contentment like comparison. I pray that in those moments when my children are tempted to compare themselves, they instead cry out to You for a clear and right perspective. Would You meet them quickly in those moments with the light of truth that will drive back the darkness in their thinking? Will You return them to places of finding their contentment in relationship with You alone?

Amen.

# Priorities

*What does it benefit a person  
to gain the whole world,  
and forfeit his soul?*

MARK 8:36, NASB

God above All,

This is a loud world that will constantly bombard and distract my children with things that are urgent, temporary, and ultimately insignificant. Many people foolishly live all of life in this place and never turn their attention to the things that truly matter. I pray that my children will live looking beyond the material things that are momentary and focus instead on the real riches of what matters eternally.

I ask that my children would not be seduced into pursuing lives of ease, comfort, and worldly acceptance. Instead, may they see the wisdom of laying aside their lives and their fleshly desires for the sake of the gospel and Your Kingdom. May they gladly wager their earthly lives and their eternal lives on the paradox that those who want to save their lives will lose them and those who lose their lives for You and for the gospel will find them.

Amen.