

Today I'm Feeling . . .



Prayers for
anyone who is
involved in a
child's life



Prayers for Life Series

Congratulations!
God chose you to be part of a child's life.

At Lutherans For Life, we understand that being part of a family can be emotional. Sometimes it's exciting or filled with laughter, and other times it's really hard. Please know that no matter how you are feeling today, you are never alone.

Don't you know who made everything?

Haven't you heard about Him?

The LORD is the God who lives forever.

He created everything on earth.

He won't become worn out or get tired.

No one will ever know how great His
understanding is.

He gives strength to those who are tired.

He gives power to those who are weak.

Even young people become worn out and
get tired.

Even the best of them trip and fall.

But those who trust in the LORD
will receive new strength.

They will fly as high as eagles.

They will run and not get tired.

They will walk and not grow weak.

– Isaiah 40:28-31

Joyful

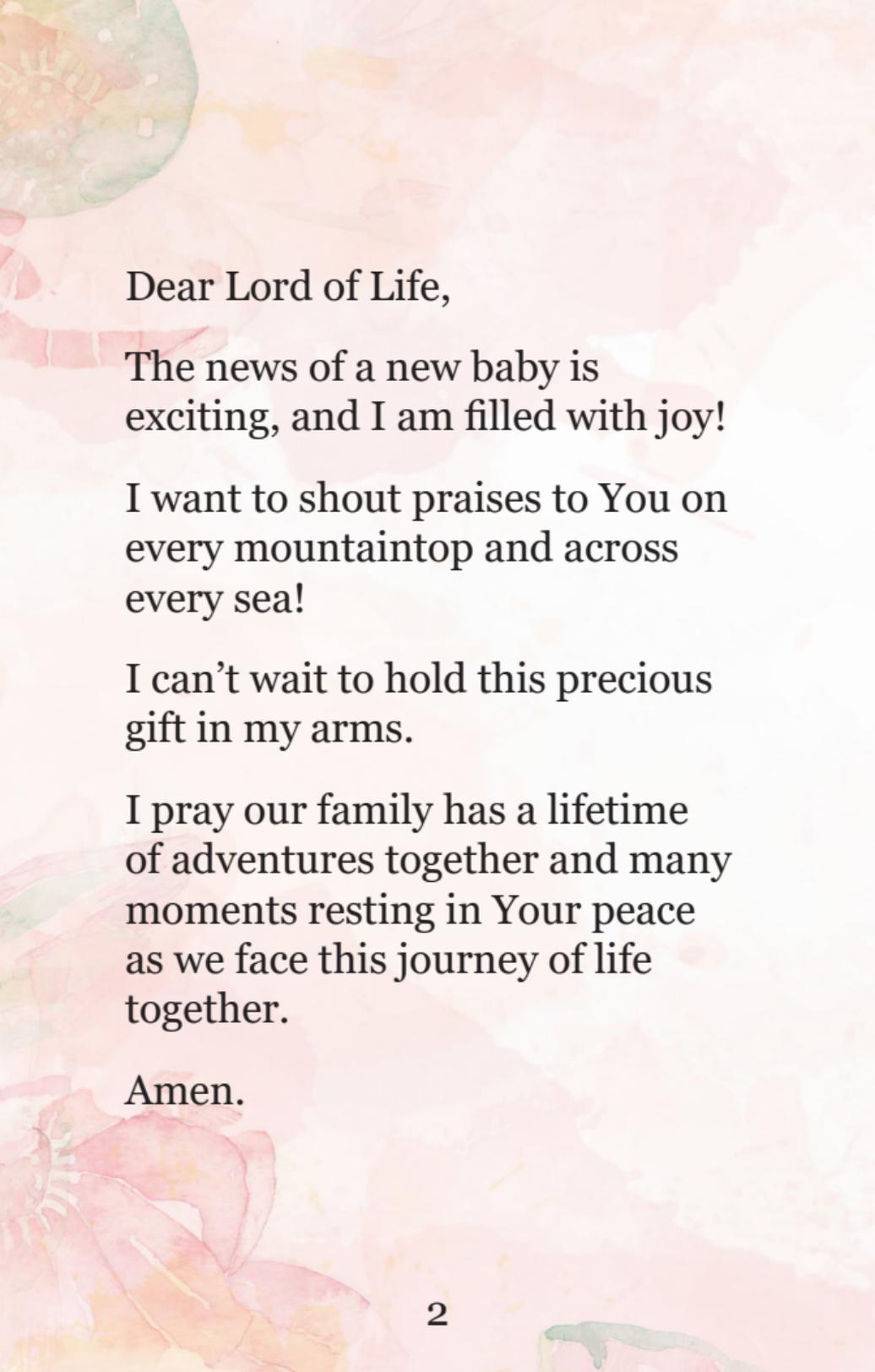
The LORD has done it on this day.
Let us be joyful today and be glad.

– Psalm 118:24

You [God] always show me the path of
life. You will fill me with joy when
I am with You. You will make me happy
forever at Your right hand.

– Psalm 16:11





Dear Lord of Life,

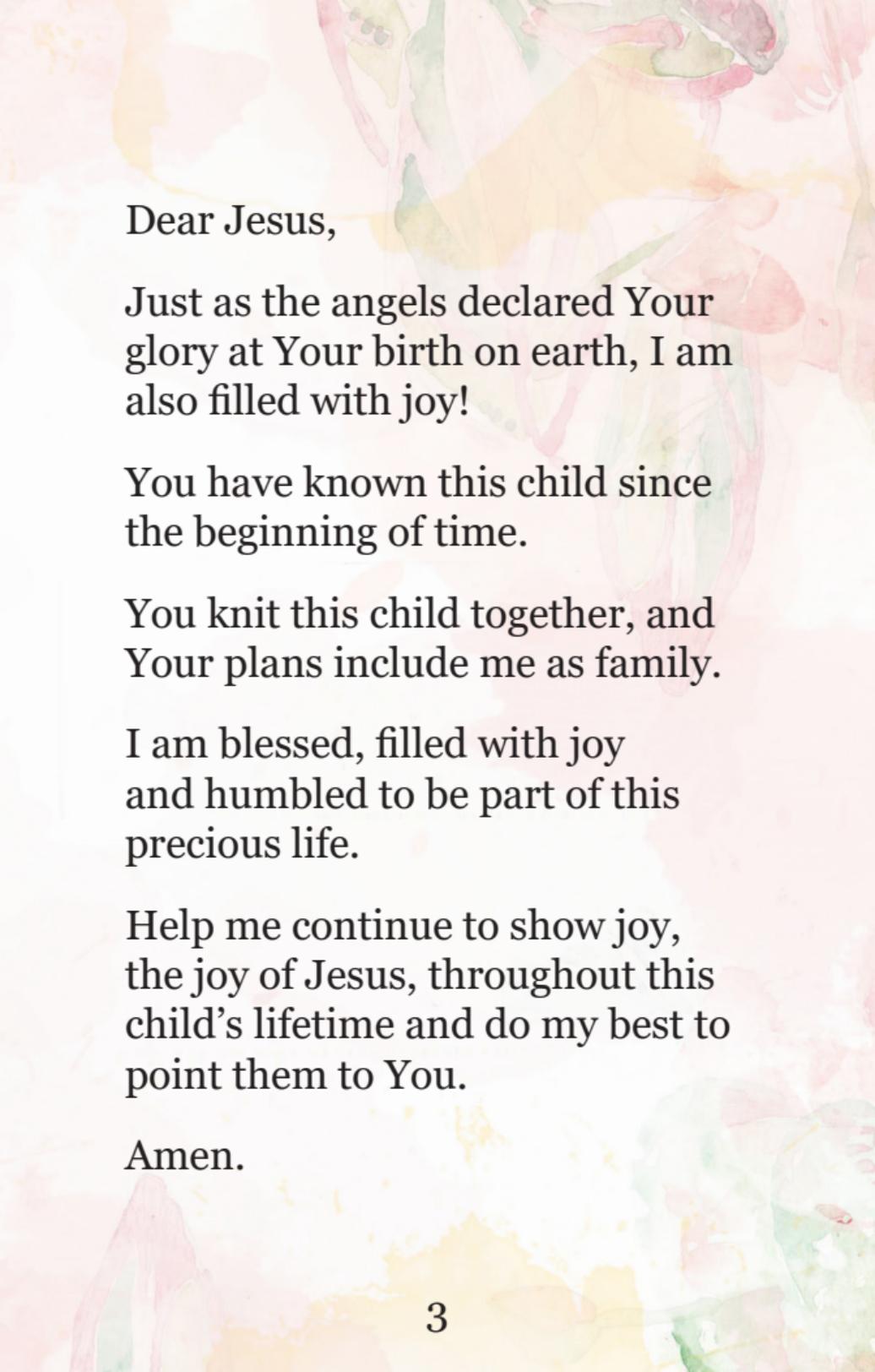
The news of a new baby is exciting, and I am filled with joy!

I want to shout praises to You on every mountaintop and across every sea!

I can't wait to hold this precious gift in my arms.

I pray our family has a lifetime of adventures together and many moments resting in Your peace as we face this journey of life together.

Amen.



Dear Jesus,

Just as the angels declared Your glory at Your birth on earth, I am also filled with joy!

You have known this child since the beginning of time.

You knit this child together, and Your plans include me as family.

I am blessed, filled with joy and humbled to be part of this precious life.

Help me continue to show joy, the joy of Jesus, throughout this child's lifetime and do my best to point them to You.

Amen.

Dear Heavenly Father,

You have created this beautiful day and You have created me.

I find myself smiling, as I often do, when I think about the gifts You have given me, especially a family to love. Sometimes the joy inside me overflows, knowing You are present in all things.

I praise You for movement in a mother's belly, the pitter-patter of bare toes, the stomping of soccer cleats across a kitchen floor and the humming of a teenager who thinks they are alone.

I look forward to all of life's rich pageant! Help me find continuous joy and contentment, knowing You are always near and blessing my family.

Amen.

Love

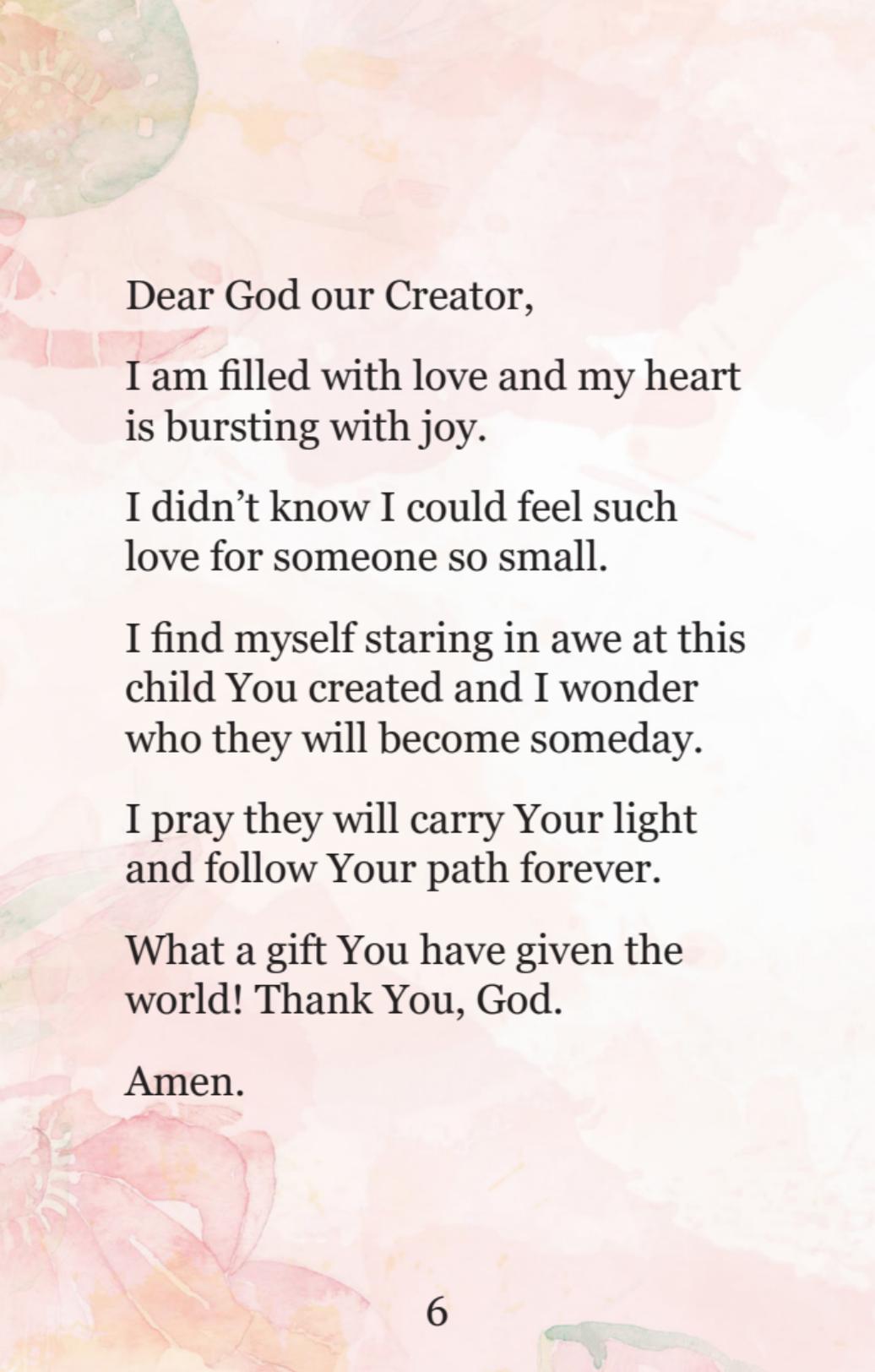
Here is how God showed His love among us. He sent His one and only Son into the world. He sent Him so we could receive life through Him.

– 1 John 4:9

Dear friends, let us love one another, because love comes from God. Everyone who loves has become a child of God and knows God.

– 1 John 4:7





Dear God our Creator,

I am filled with love and my heart
is bursting with joy.

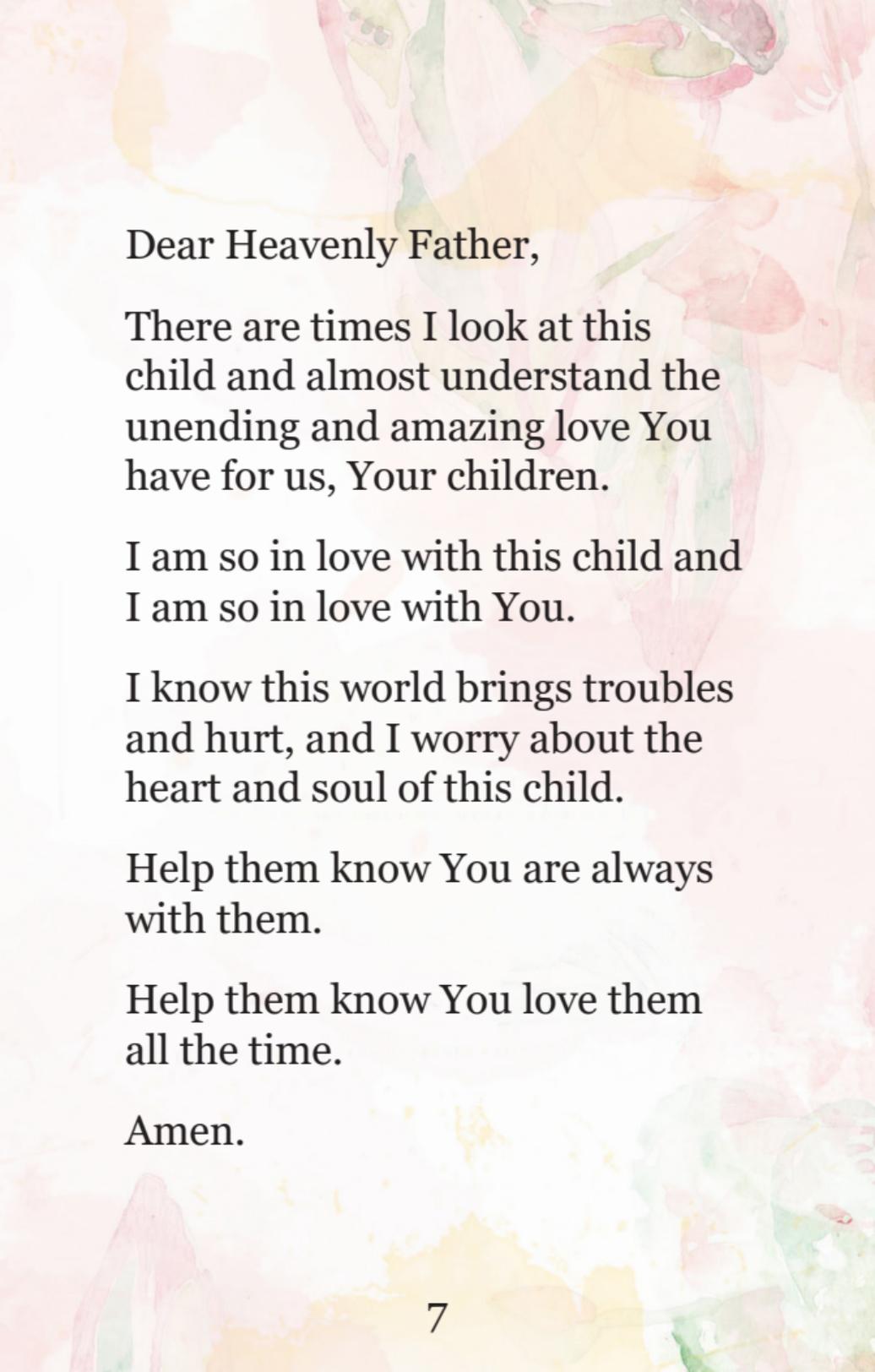
I didn't know I could feel such
love for someone so small.

I find myself staring in awe at this
child You created and I wonder
who they will become someday.

I pray they will carry Your light
and follow Your path forever.

What a gift You have given the
world! Thank You, God.

Amen.



Dear Heavenly Father,

There are times I look at this child and almost understand the unending and amazing love You have for us, Your children.

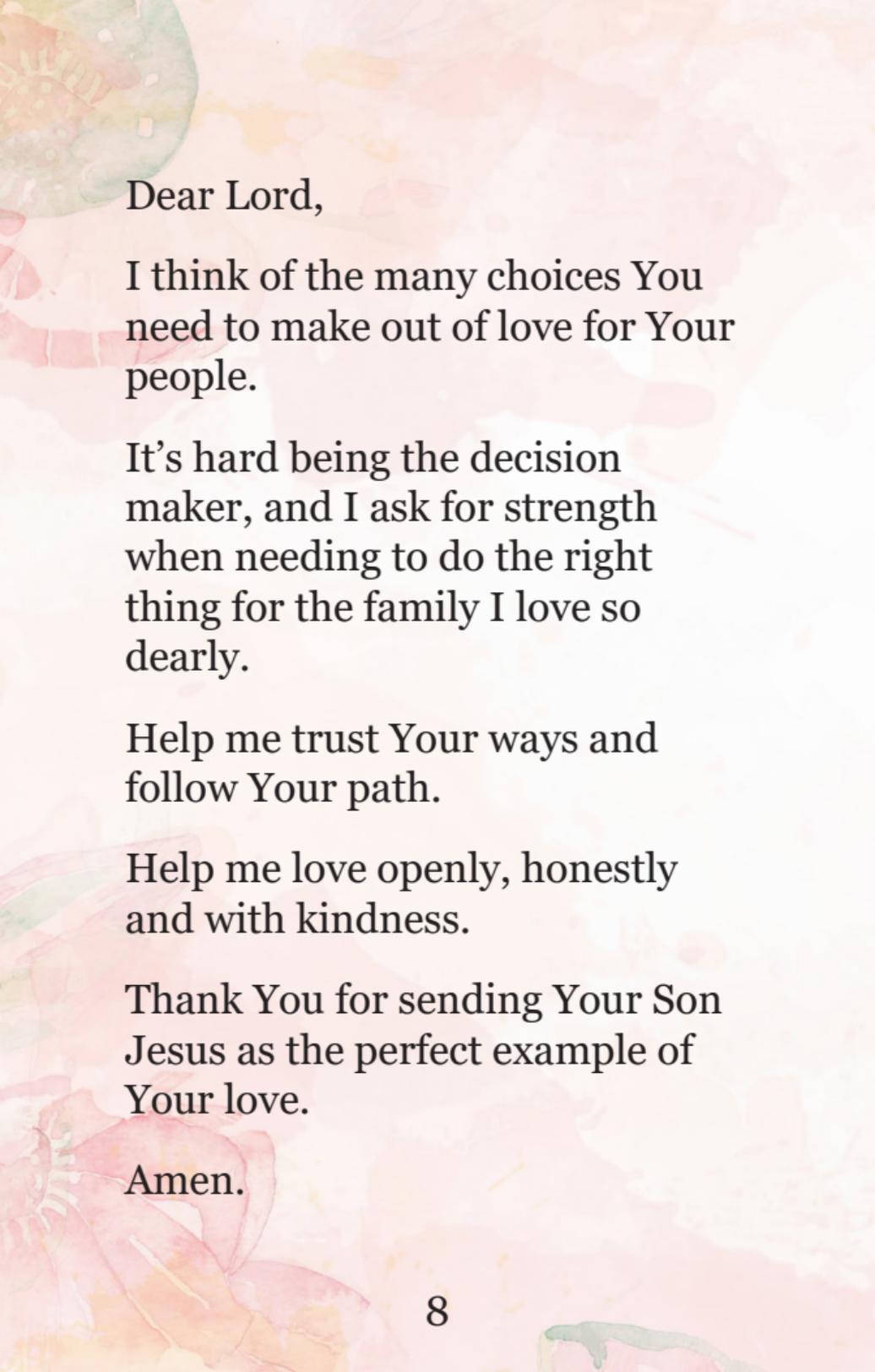
I am so in love with this child and I am so in love with You.

I know this world brings troubles and hurt, and I worry about the heart and soul of this child.

Help them know You are always with them.

Help them know You love them all the time.

Amen.



Dear Lord,

I think of the many choices You need to make out of love for Your people.

It's hard being the decision maker, and I ask for strength when needing to do the right thing for the family I love so dearly.

Help me trust Your ways and follow Your path.

Help me love openly, honestly and with kindness.

Thank You for sending Your Son Jesus as the perfect example of Your love.

Amen.

Hopeful

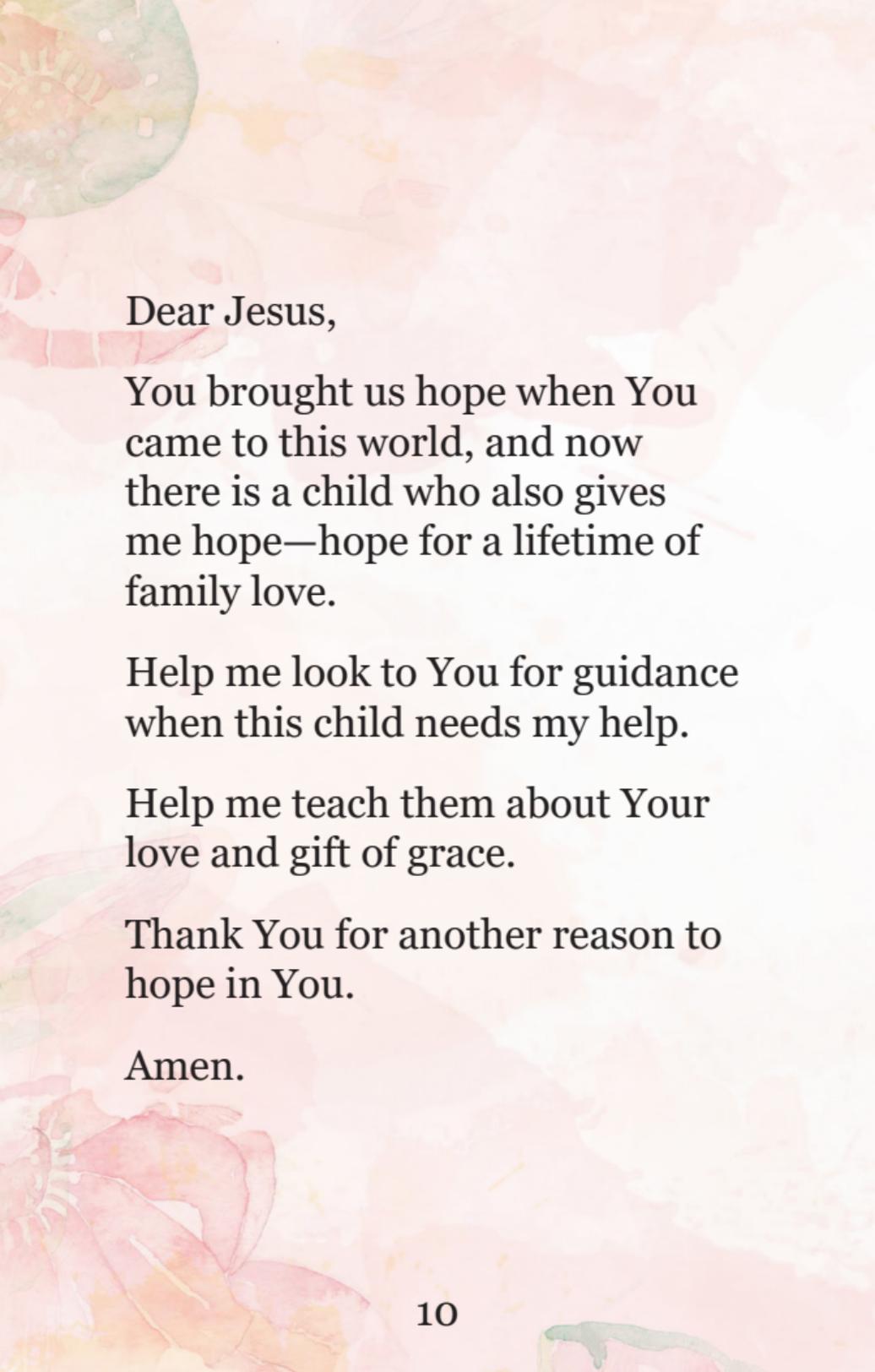
Let us hold firmly to the hope we claim to have. The God who promised is faithful.

– Hebrews 10:23

LORD, may Your faithful love be with us. We put our hope in You.

– Psalm 33:22





Dear Jesus,

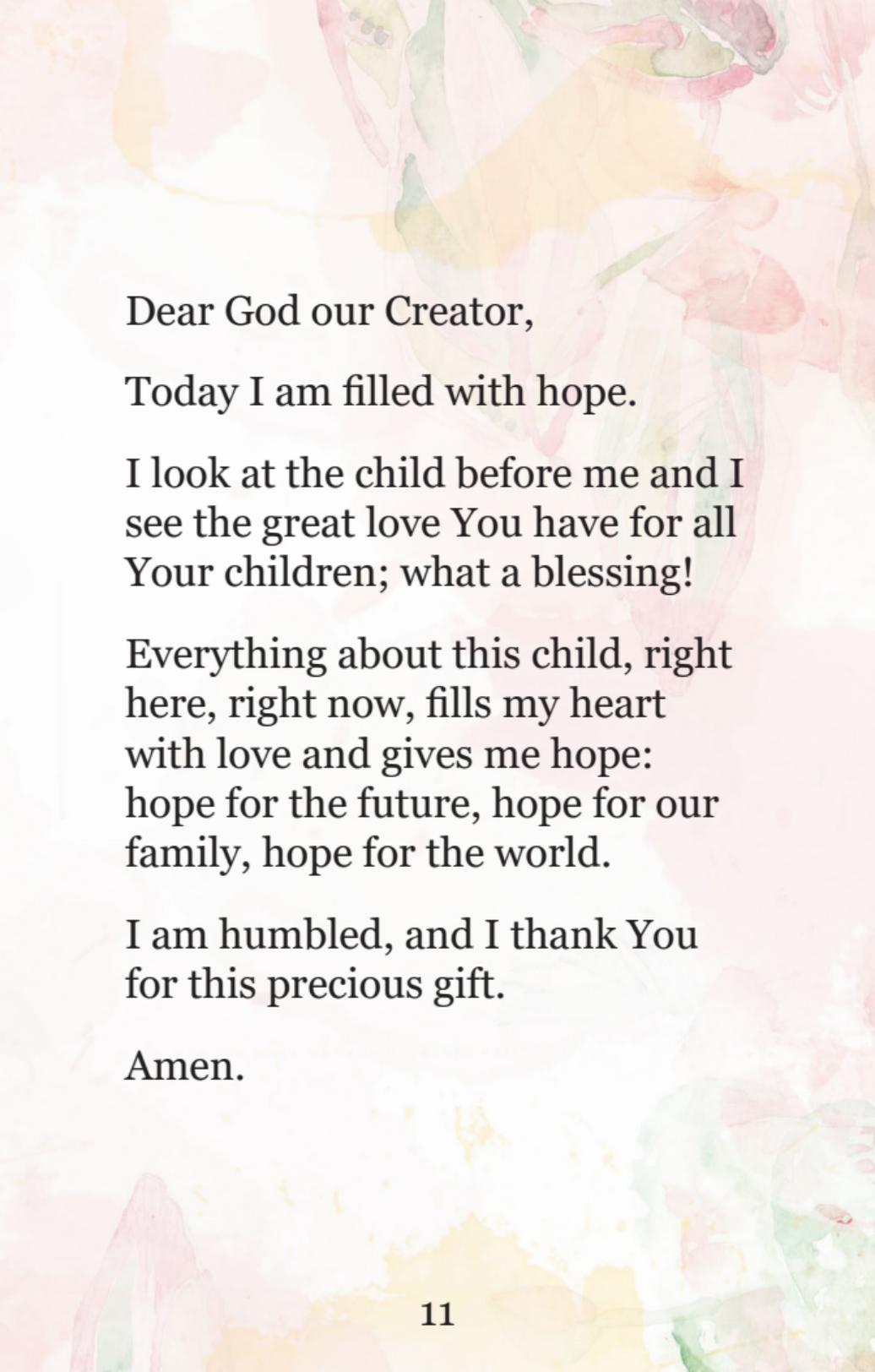
You brought us hope when You came to this world, and now there is a child who also gives me hope—hope for a lifetime of family love.

Help me look to You for guidance when this child needs my help.

Help me teach them about Your love and gift of grace.

Thank You for another reason to hope in You.

Amen.



Dear God our Creator,

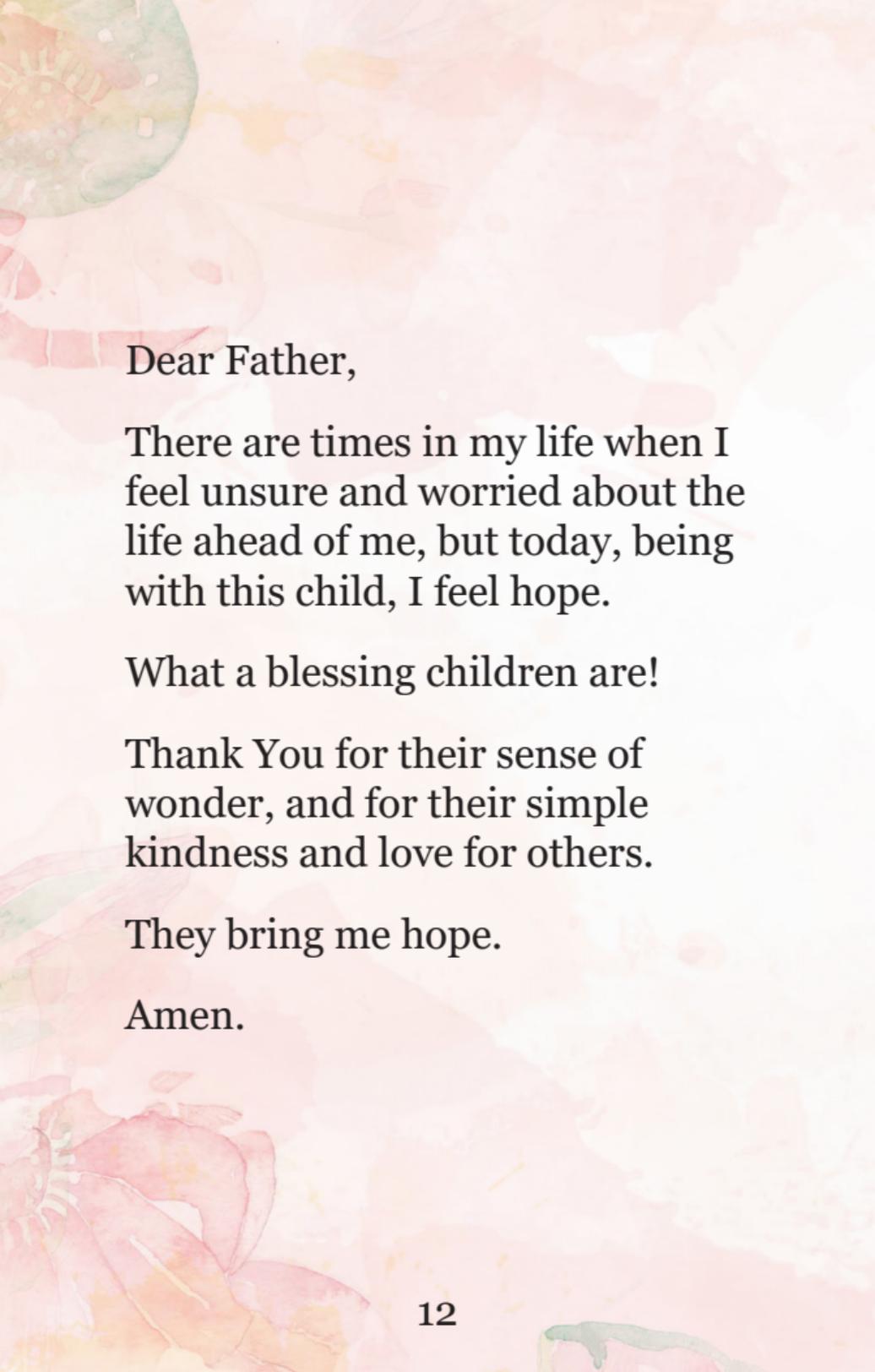
Today I am filled with hope.

I look at the child before me and I see the great love You have for all Your children; what a blessing!

Everything about this child, right here, right now, fills my heart with love and gives me hope: hope for the future, hope for our family, hope for the world.

I am humbled, and I thank You for this precious gift.

Amen.



Dear Father,

There are times in my life when I feel unsure and worried about the life ahead of me, but today, being with this child, I feel hope.

What a blessing children are!

Thank You for their sense of wonder, and for their simple kindness and love for others.

They bring me hope.

Amen.

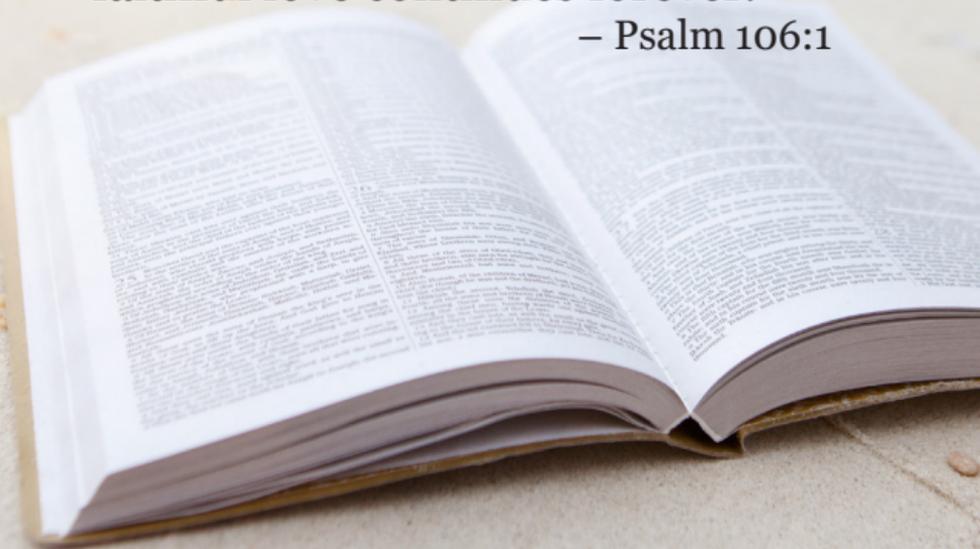
Thankful

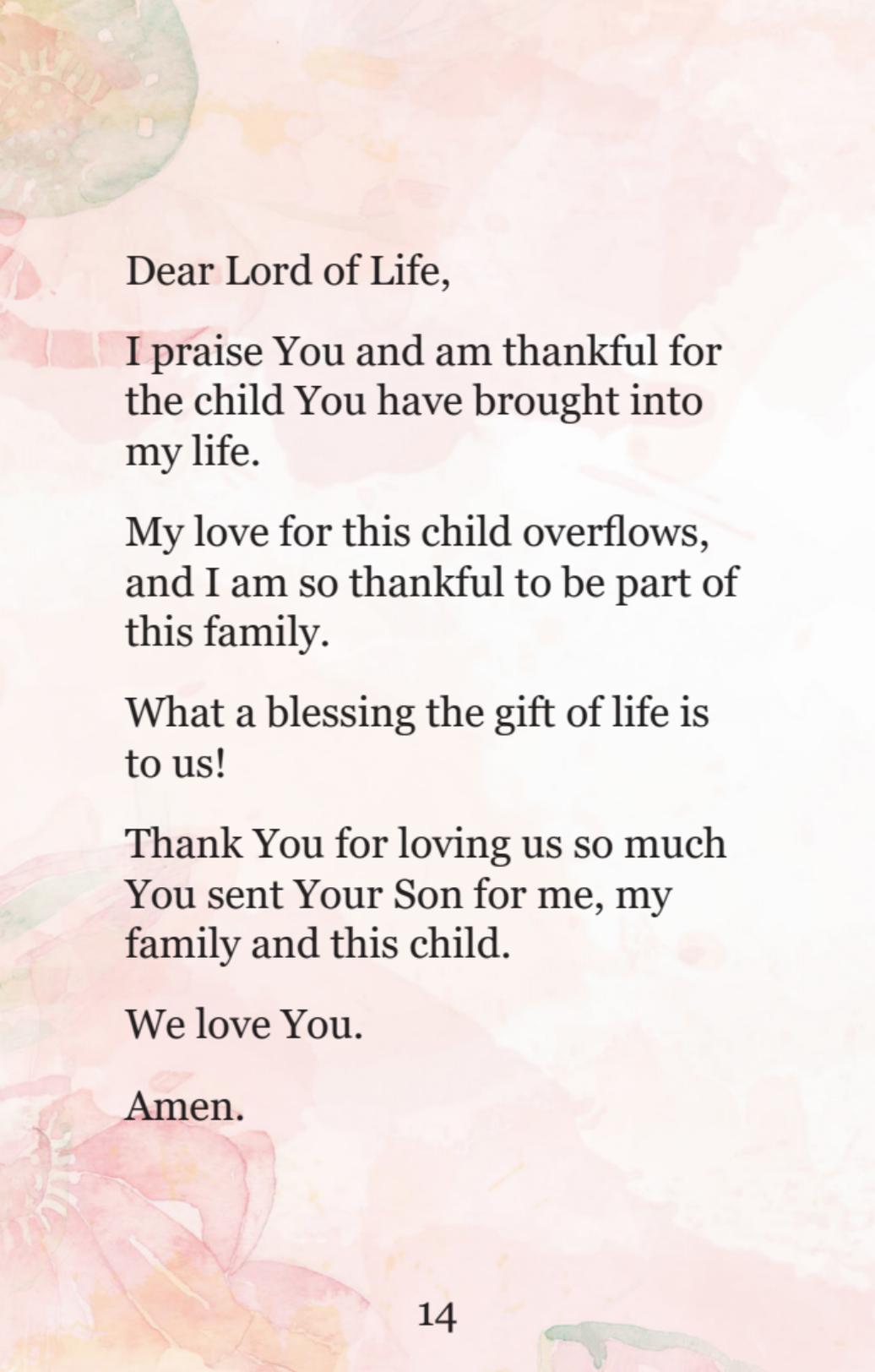
I will give thanks to the LORD
because He does what is right.
I will sing the praises of the name
of the LORD Most High.

– Psalm 7:17

Praise the LORD. Give thanks to
the LORD, because He is good. His
faithful love continues forever.

– Psalm 106:1





Dear Lord of Life,

I praise You and am thankful for
the child You have brought into
my life.

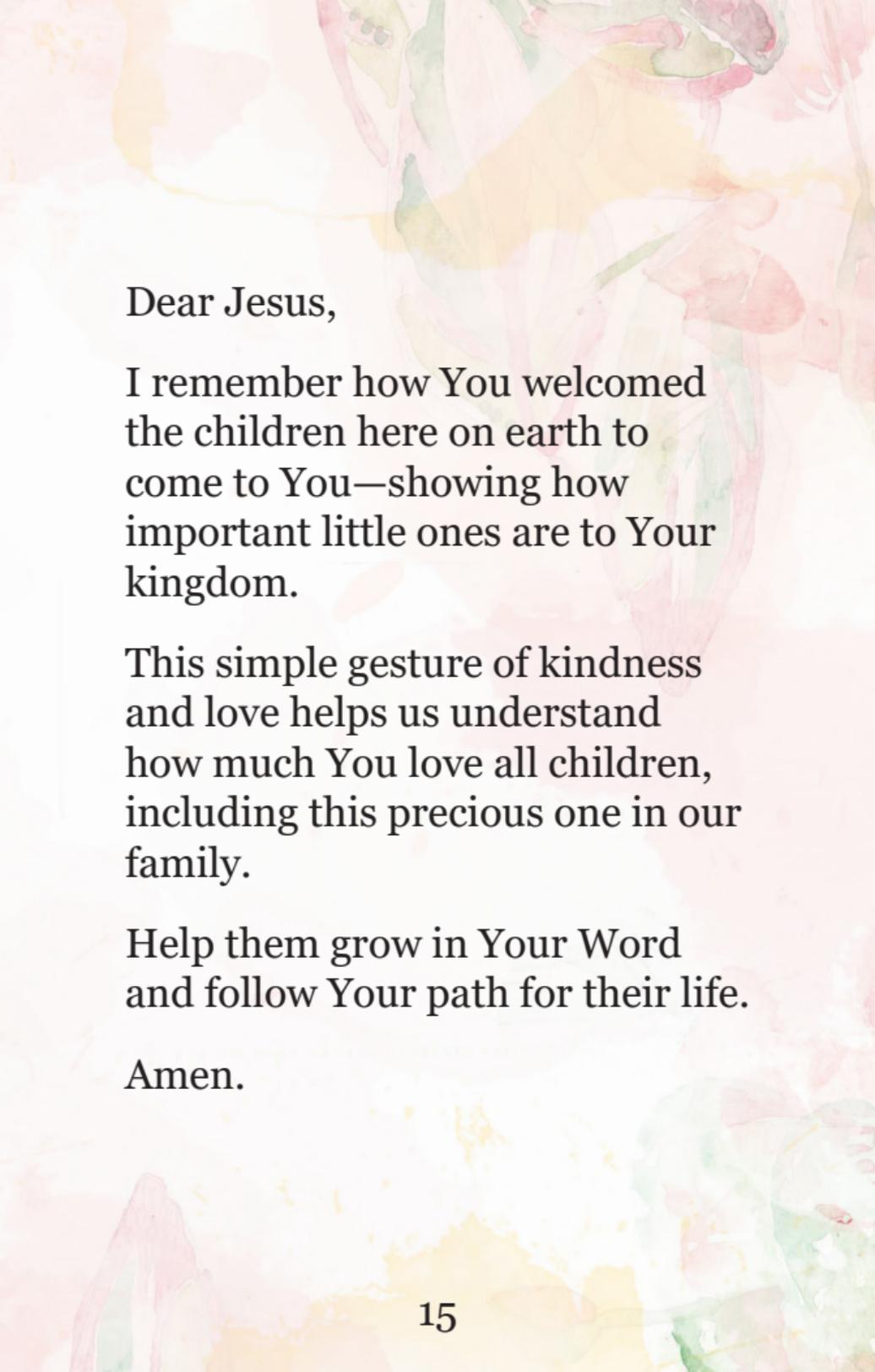
My love for this child overflows,
and I am so thankful to be part of
this family.

What a blessing the gift of life is
to us!

Thank You for loving us so much
You sent Your Son for me, my
family and this child.

We love You.

Amen.



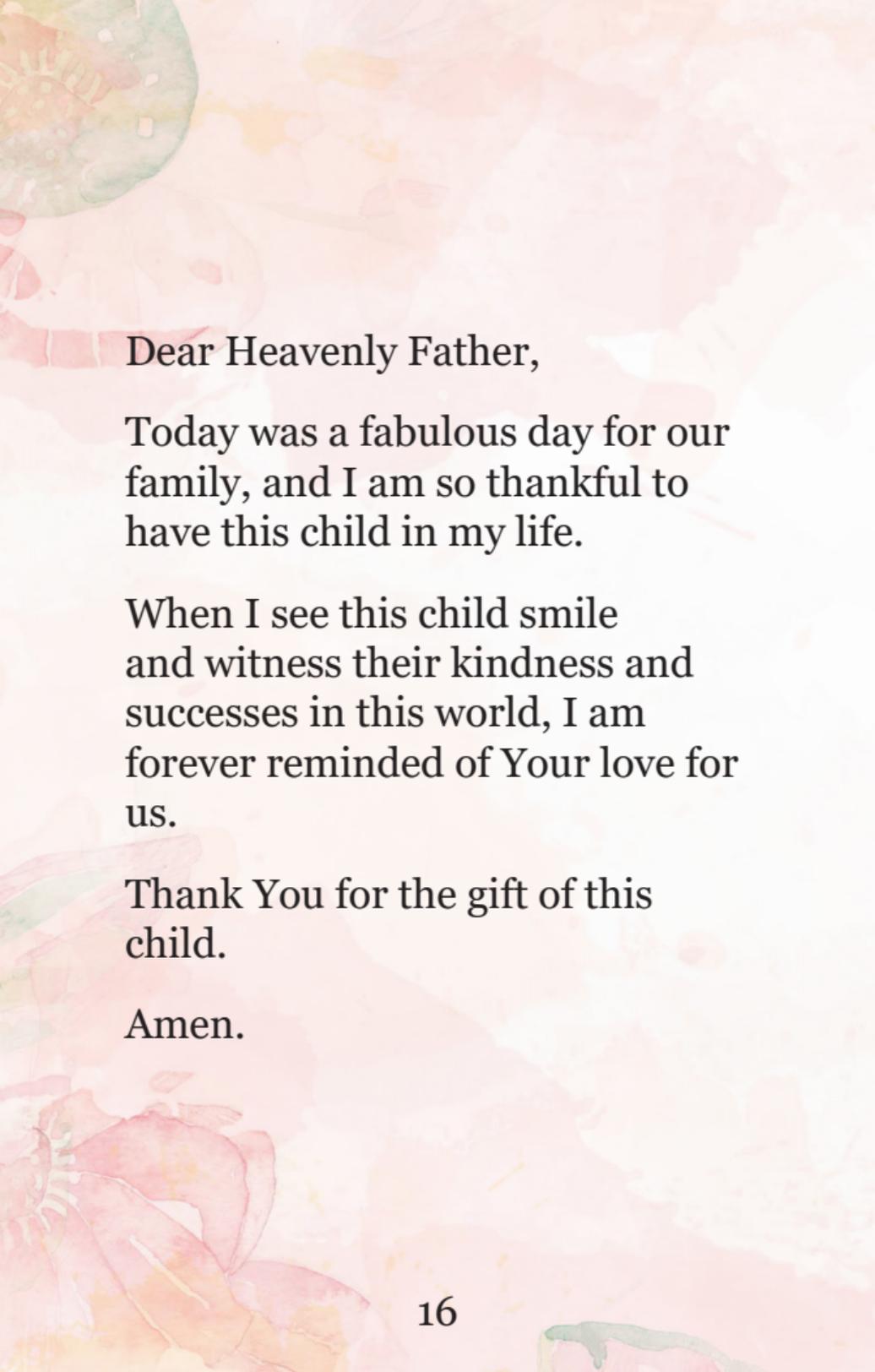
Dear Jesus,

I remember how You welcomed the children here on earth to come to You—showing how important little ones are to Your kingdom.

This simple gesture of kindness and love helps us understand how much You love all children, including this precious one in our family.

Help them grow in Your Word and follow Your path for their life.

Amen.



Dear Heavenly Father,

Today was a fabulous day for our family, and I am so thankful to have this child in my life.

When I see this child smile and witness their kindness and successes in this world, I am forever reminded of Your love for us.

Thank You for the gift of this child.

Amen.

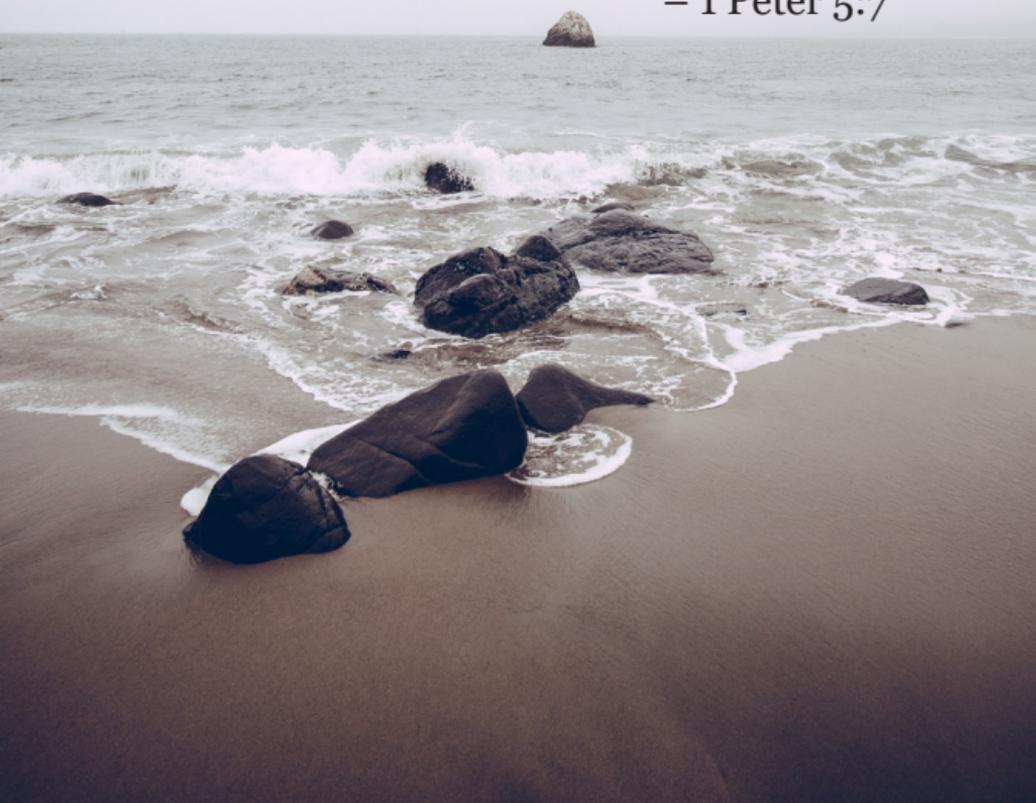
Worried

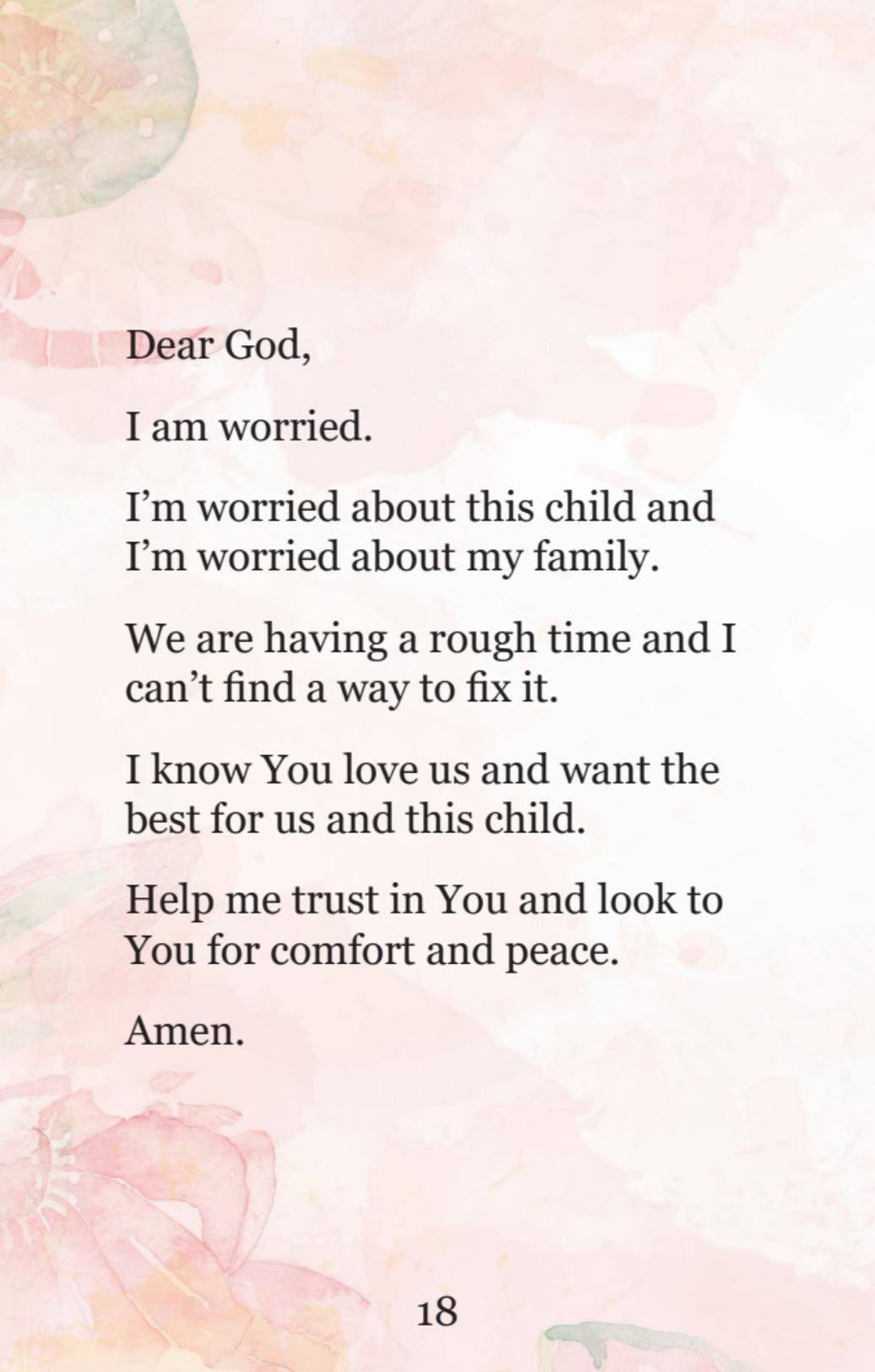
Don't worry about anything.
No matter what happens, tell God
about everything. Ask and pray,
and give thanks to Him.

– Philippians 4:6

Turn all your worries over to Him
[God]. He cares about you.

– 1 Peter 5:7





Dear God,

I am worried.

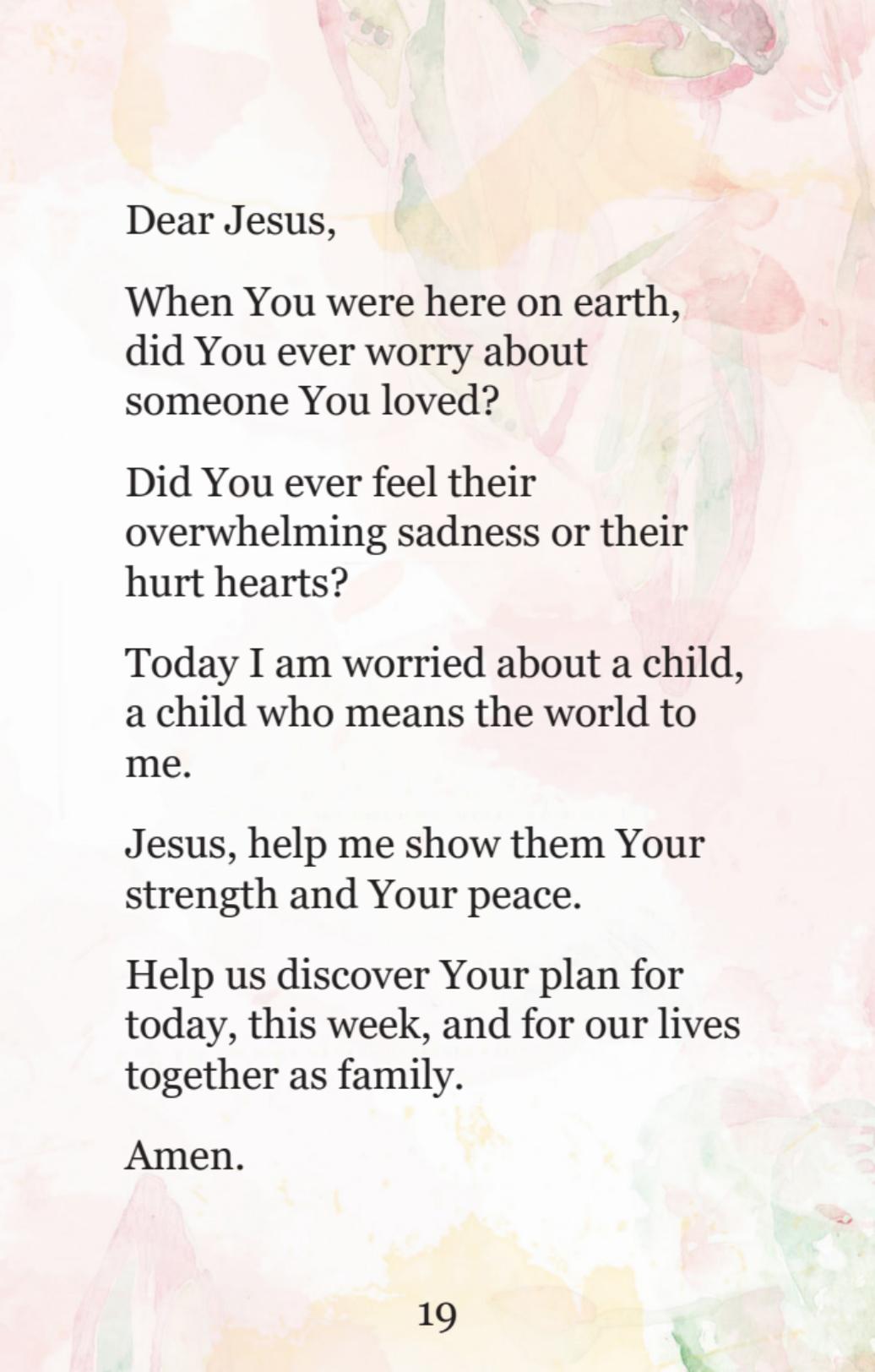
I'm worried about this child and
I'm worried about my family.

We are having a rough time and I
can't find a way to fix it.

I know You love us and want the
best for us and this child.

Help me trust in You and look to
You for comfort and peace.

Amen.



Dear Jesus,

When You were here on earth,
did You ever worry about
someone You loved?

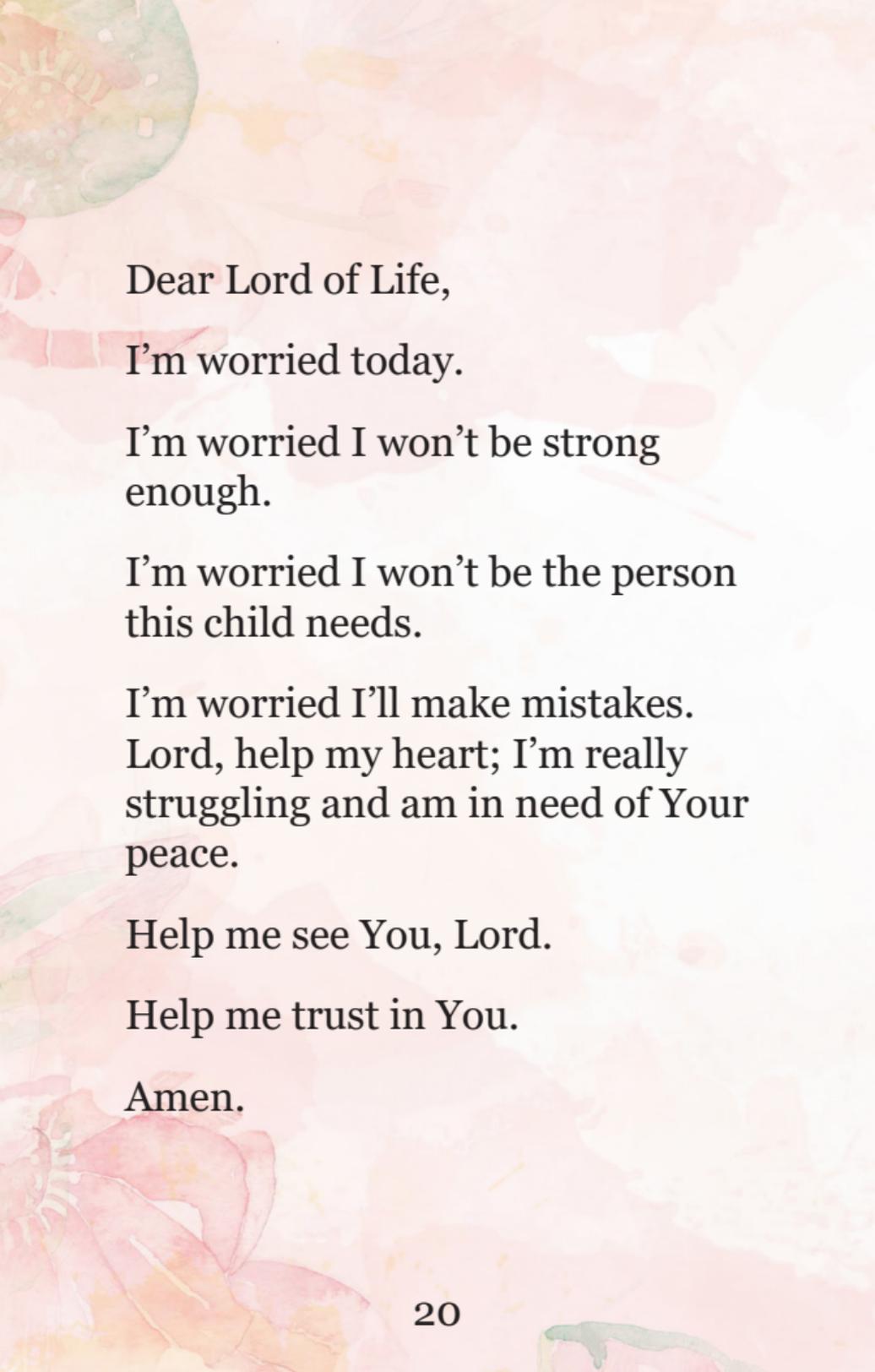
Did You ever feel their
overwhelming sadness or their
hurt hearts?

Today I am worried about a child,
a child who means the world to
me.

Jesus, help me show them Your
strength and Your peace.

Help us discover Your plan for
today, this week, and for our lives
together as family.

Amen.



Dear Lord of Life,

I'm worried today.

I'm worried I won't be strong
enough.

I'm worried I won't be the person
this child needs.

I'm worried I'll make mistakes.
Lord, help my heart; I'm really
struggling and am in need of Your
peace.

Help me see You, Lord.

Help me trust in You.

Amen.

Exhausted

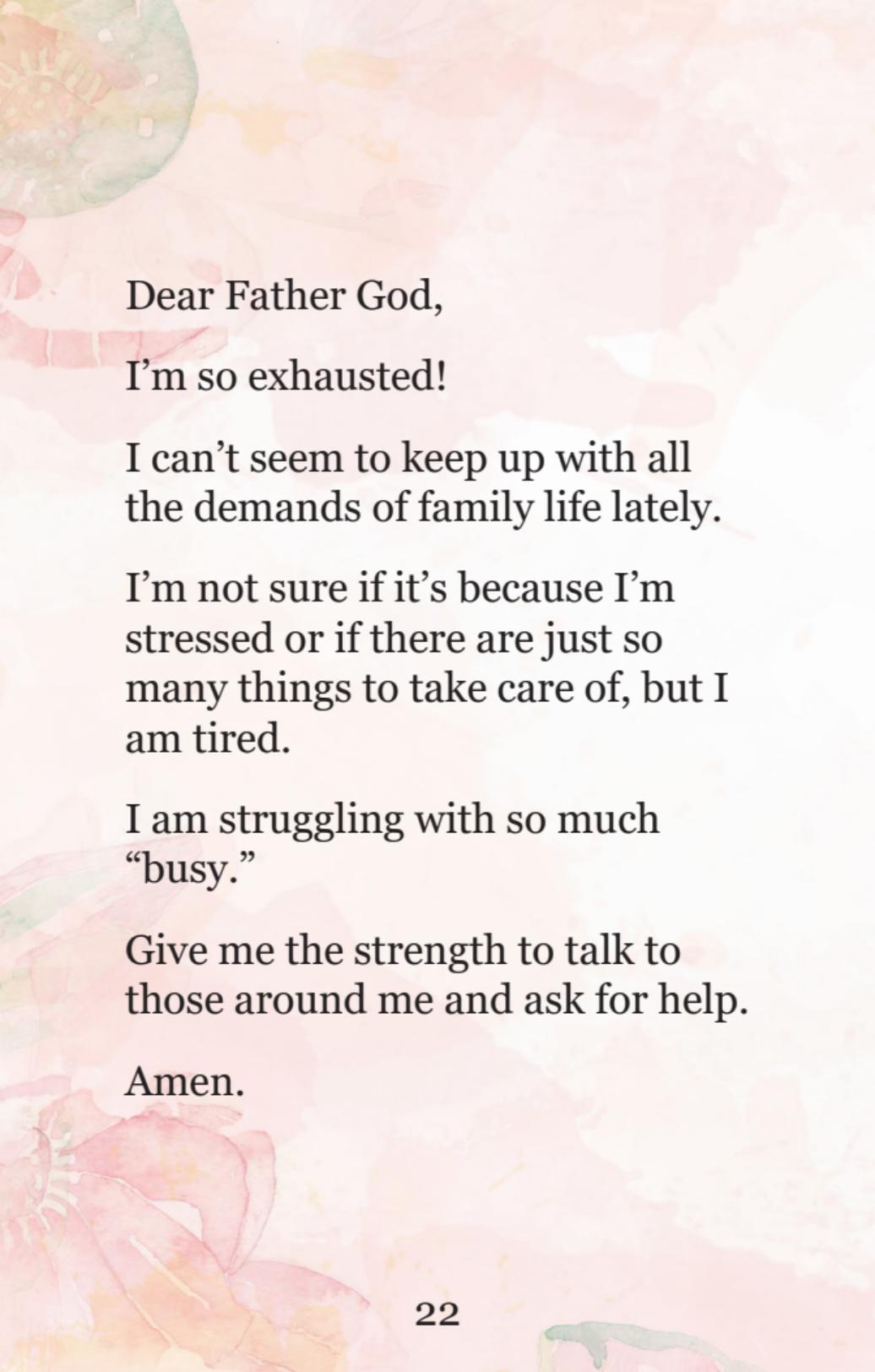
I [the Lord] will always guide you. I will satisfy your needs in a land baked by the sun. I will make you stronger. You will be like a garden that has plenty of water. You will be like a spring whose water never runs dry.

– Isaiah 58:11

Come to me, all you who are tired and are carrying heavy loads. I [God] will give you rest.

– Matthew 11:28





Dear Father God,

I'm so exhausted!

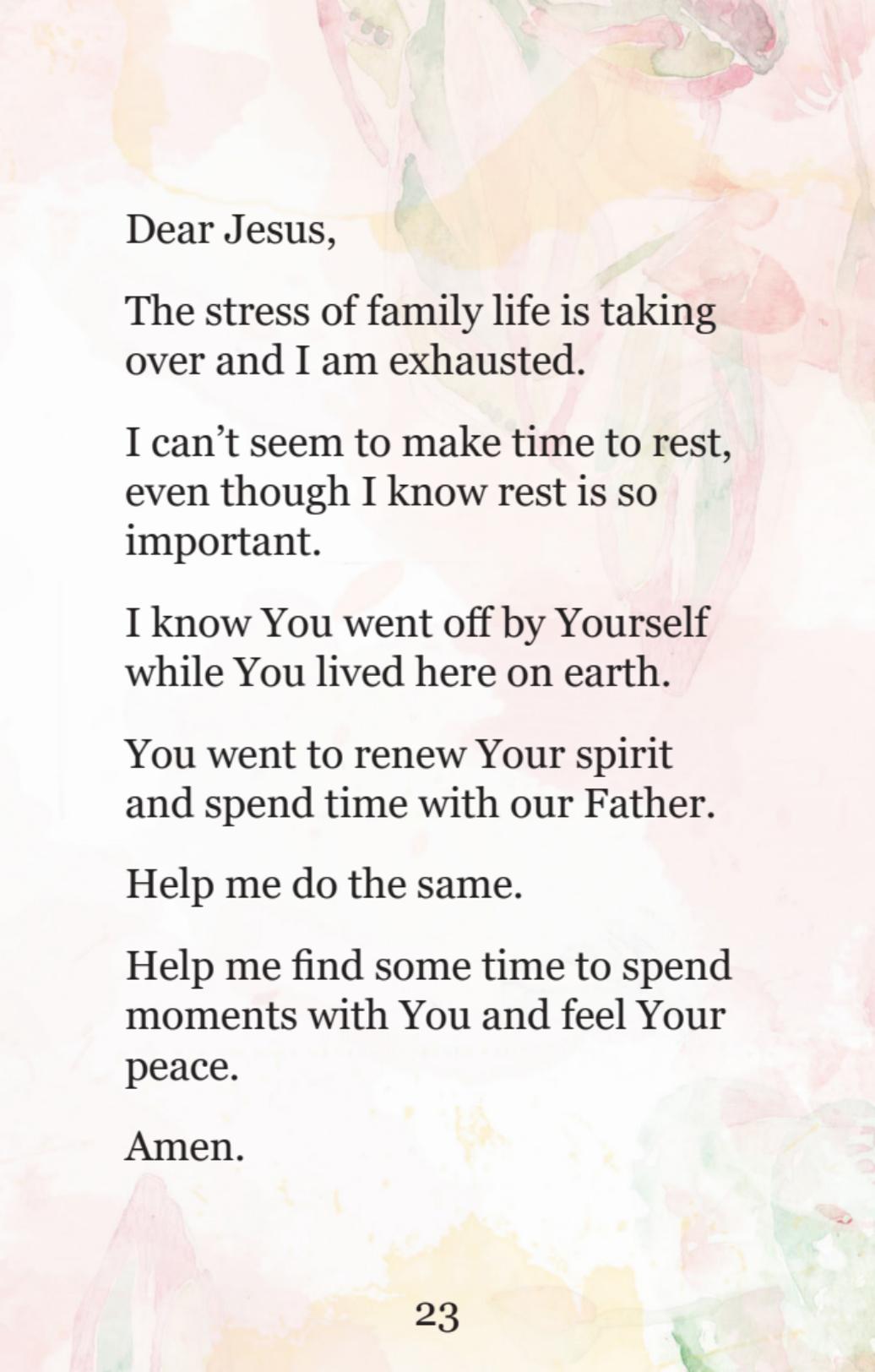
I can't seem to keep up with all the demands of family life lately.

I'm not sure if it's because I'm stressed or if there are just so many things to take care of, but I am tired.

I am struggling with so much "busy."

Give me the strength to talk to those around me and ask for help.

Amen.



Dear Jesus,

The stress of family life is taking over and I am exhausted.

I can't seem to make time to rest, even though I know rest is so important.

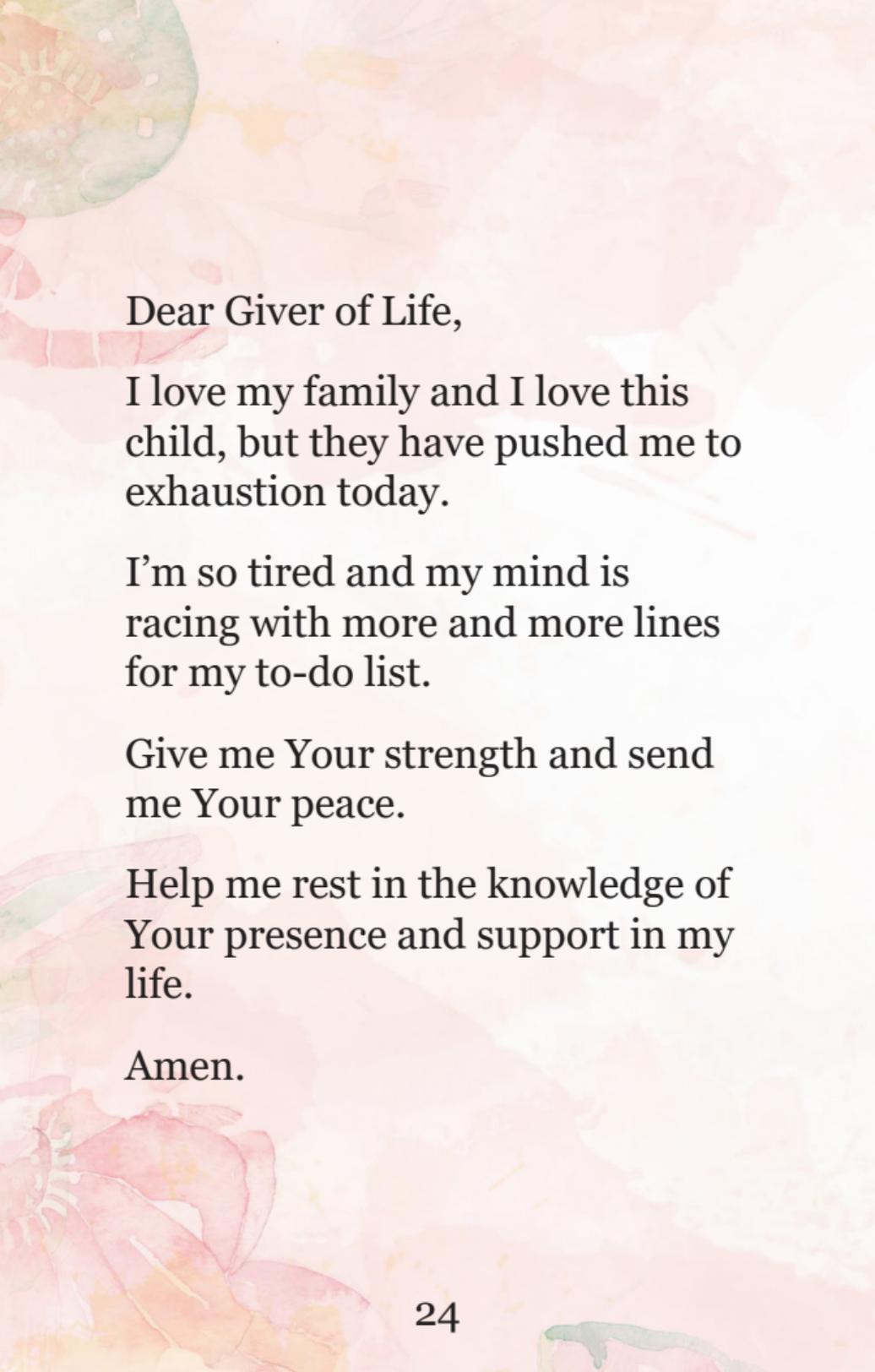
I know You went off by Yourself while You lived here on earth.

You went to renew Your spirit and spend time with our Father.

Help me do the same.

Help me find some time to spend moments with You and feel Your peace.

Amen.



Dear Giver of Life,

I love my family and I love this child, but they have pushed me to exhaustion today.

I'm so tired and my mind is racing with more and more lines for my to-do list.

Give me Your strength and send me Your peace.

Help me rest in the knowledge of Your presence and support in my life.

Amen.

Overwhelmed

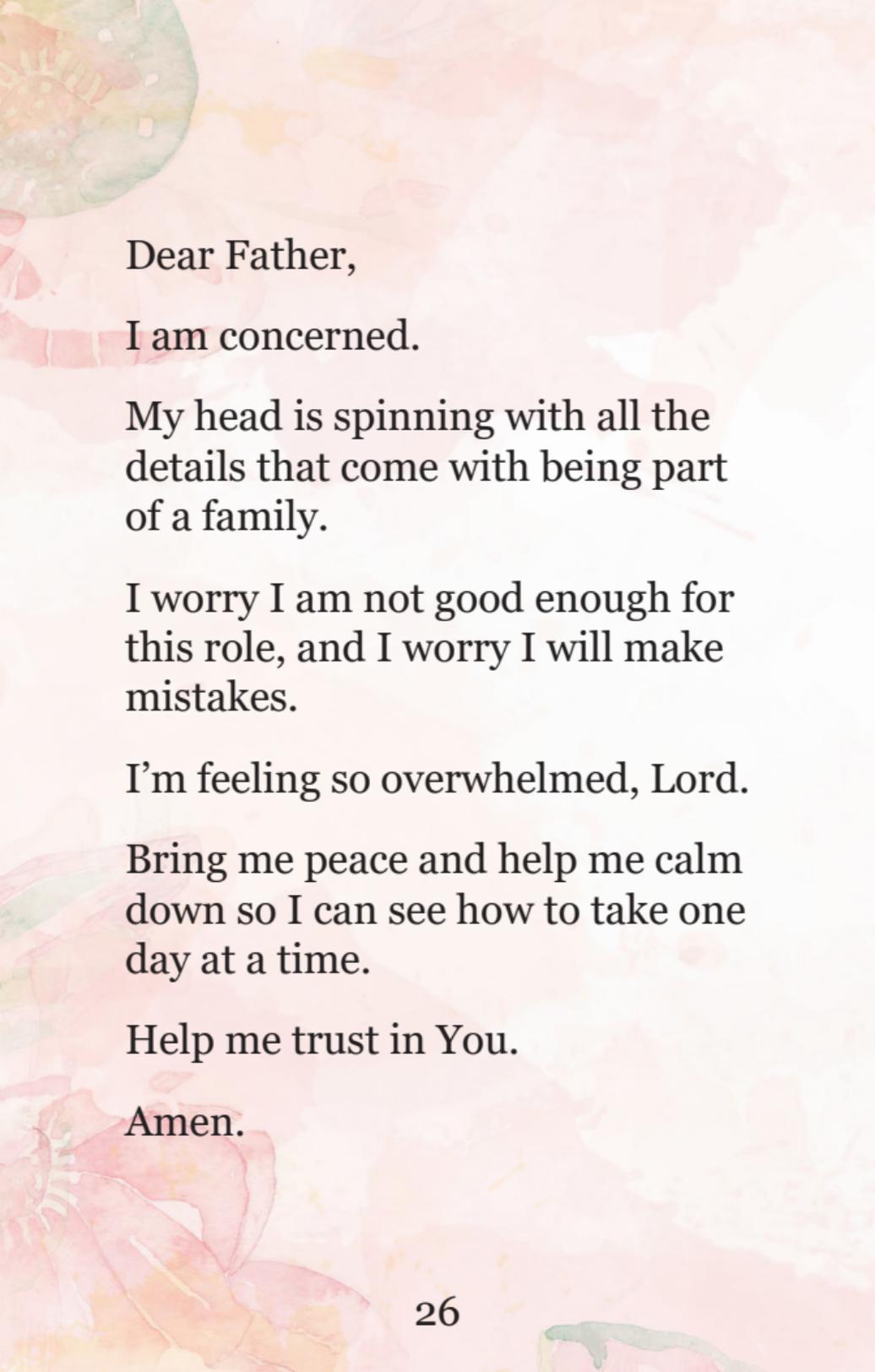
The LORD gives strength to His people. The LORD blesses His people with peace.

– Psalm 29:11

It is surely true that I find my rest in God. He is the God who saves me.

– Psalm 62:1





Dear Father,

I am concerned.

My head is spinning with all the details that come with being part of a family.

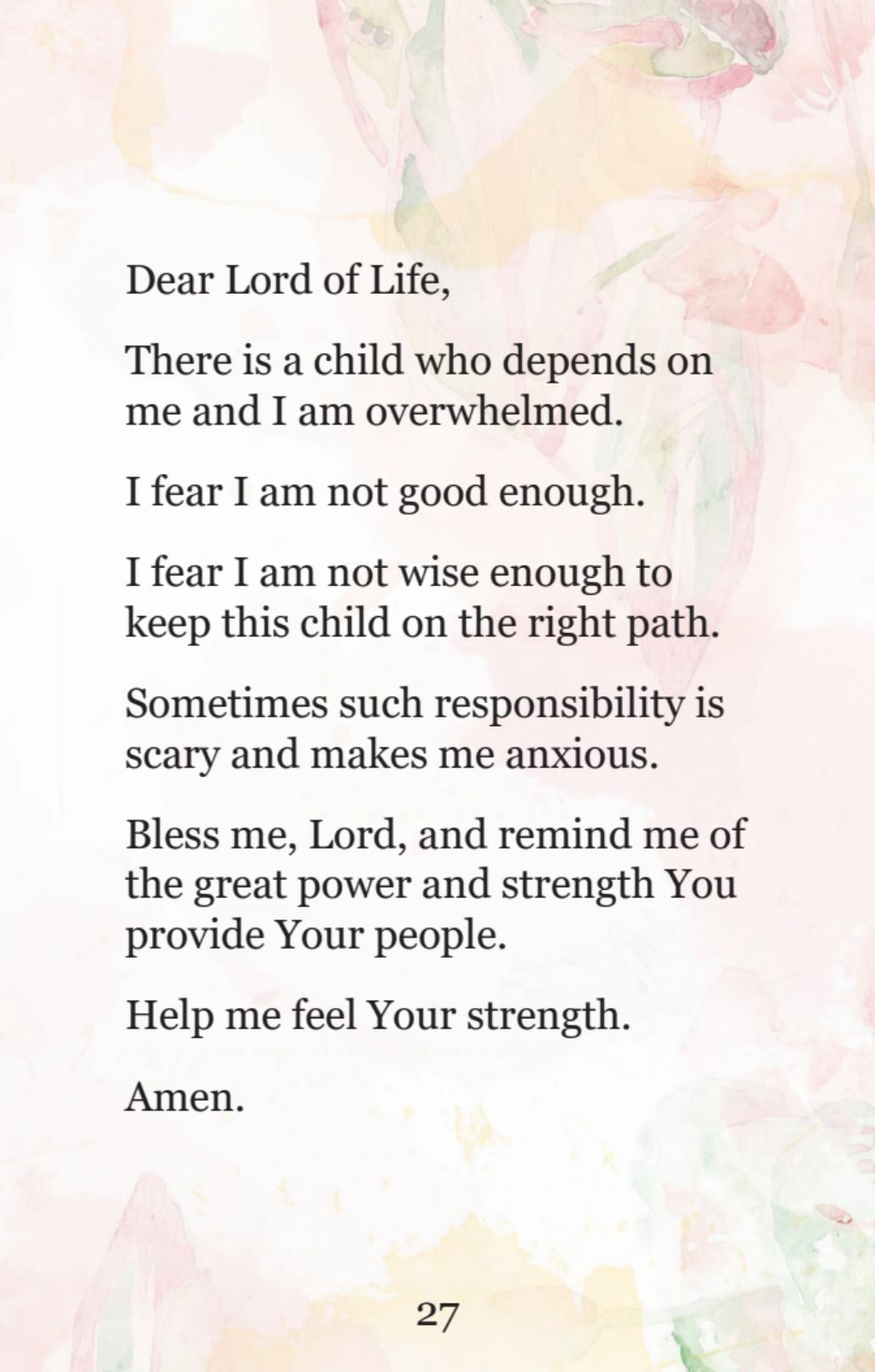
I worry I am not good enough for this role, and I worry I will make mistakes.

I'm feeling so overwhelmed, Lord.

Bring me peace and help me calm down so I can see how to take one day at a time.

Help me trust in You.

Amen.



Dear Lord of Life,

There is a child who depends on
me and I am overwhelmed.

I fear I am not good enough.

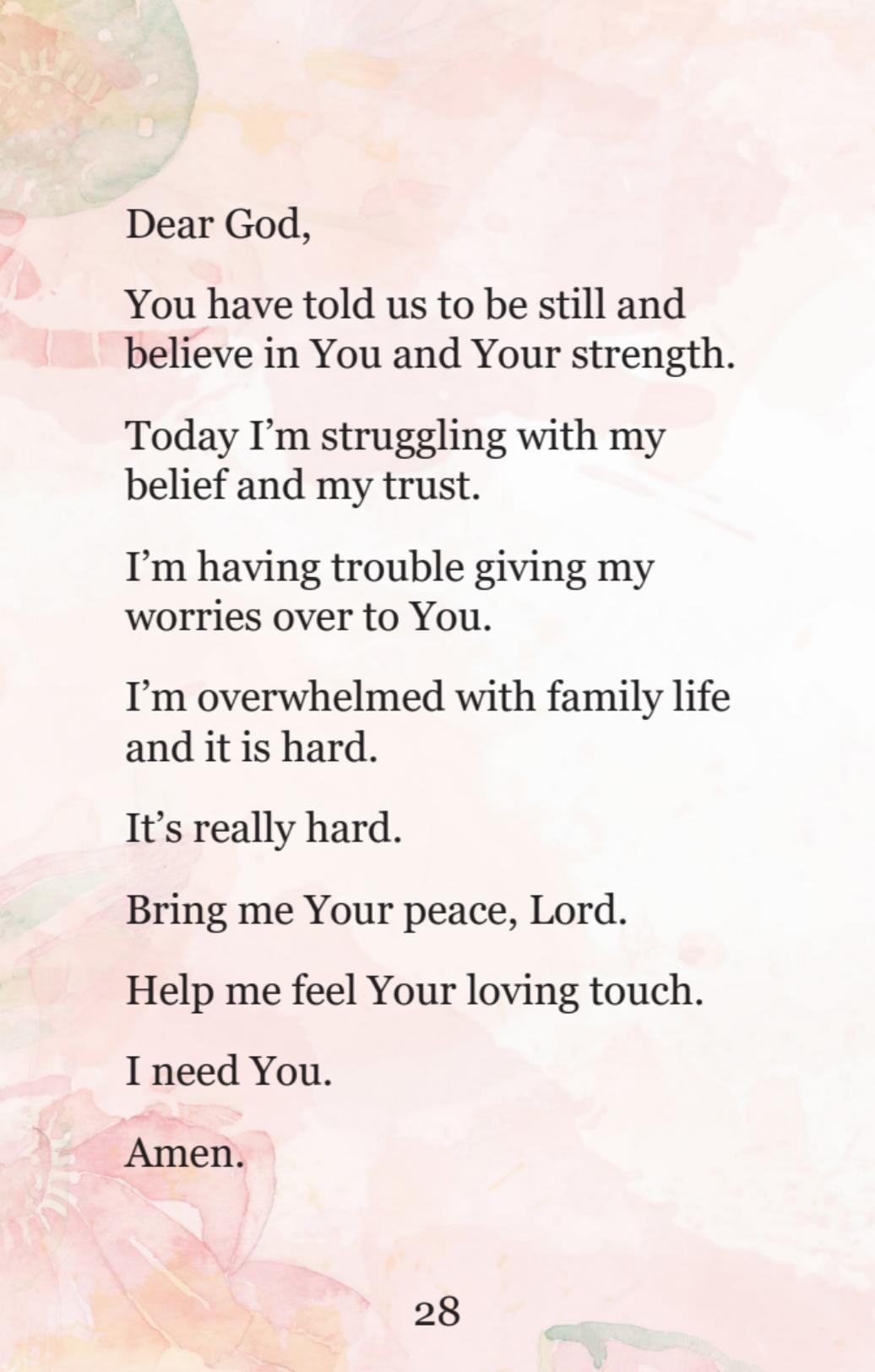
I fear I am not wise enough to
keep this child on the right path.

Sometimes such responsibility is
scary and makes me anxious.

Bless me, Lord, and remind me of
the great power and strength You
provide Your people.

Help me feel Your strength.

Amen.



Dear God,

You have told us to be still and
believe in You and Your strength.

Today I'm struggling with my
belief and my trust.

I'm having trouble giving my
worries over to You.

I'm overwhelmed with family life
and it is hard.

It's really hard.

Bring me Your peace, Lord.

Help me feel Your loving touch.

I need You.

Amen.

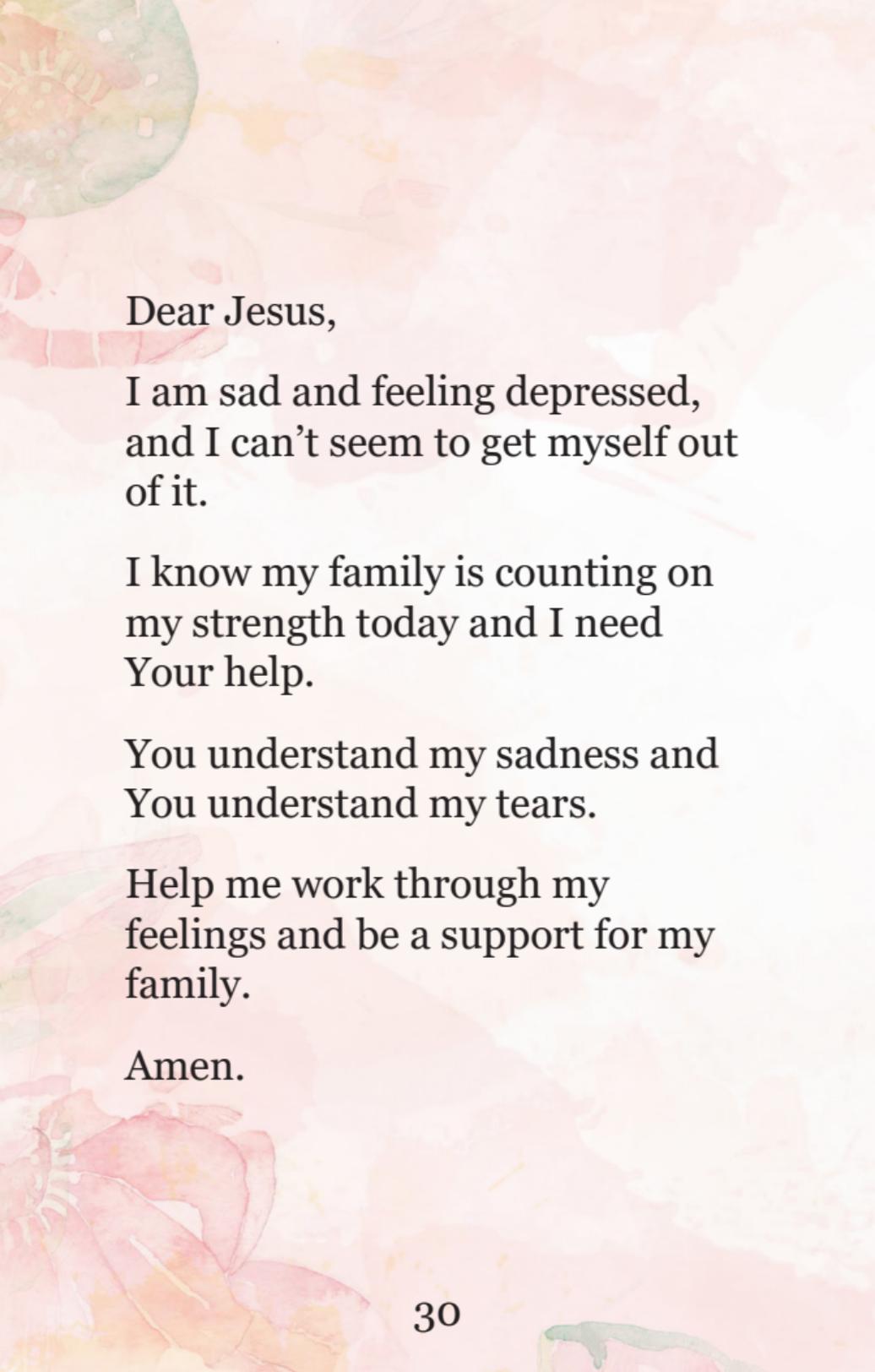
Sad/Depressed

The LORD Himself will go ahead of you. He will be with you. He will never leave you. He'll never desert you. So don't be afraid. Don't lose hope.

– Deuteronomy 31:8

My body and my heart may grow weak. God, You give strength to my heart. You are everything I will ever need.

– Psalm 73:26



Dear Jesus,

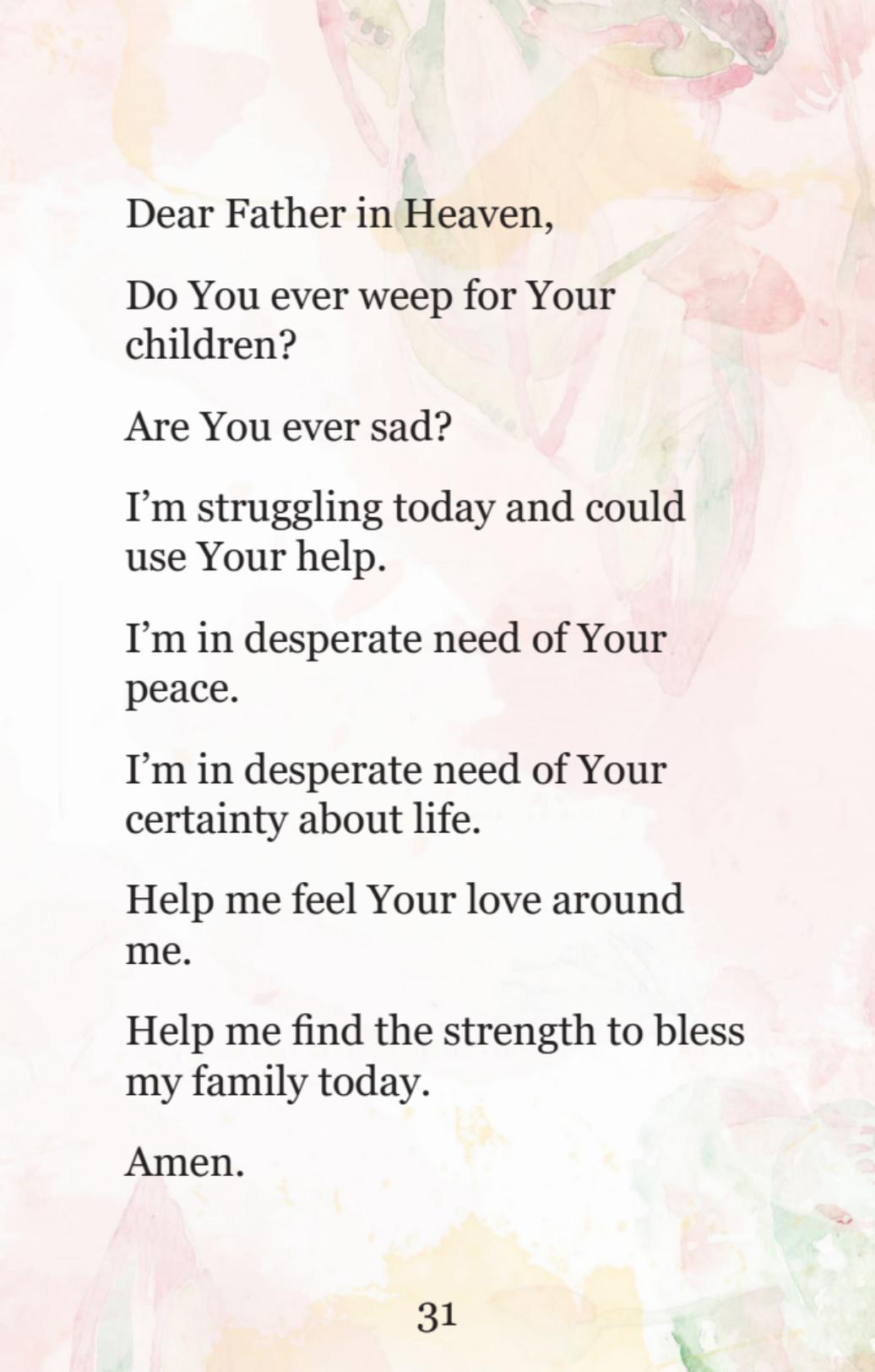
I am sad and feeling depressed,
and I can't seem to get myself out
of it.

I know my family is counting on
my strength today and I need
Your help.

You understand my sadness and
You understand my tears.

Help me work through my
feelings and be a support for my
family.

Amen.



Dear Father in Heaven,

Do You ever weep for Your children?

Are You ever sad?

I'm struggling today and could use Your help.

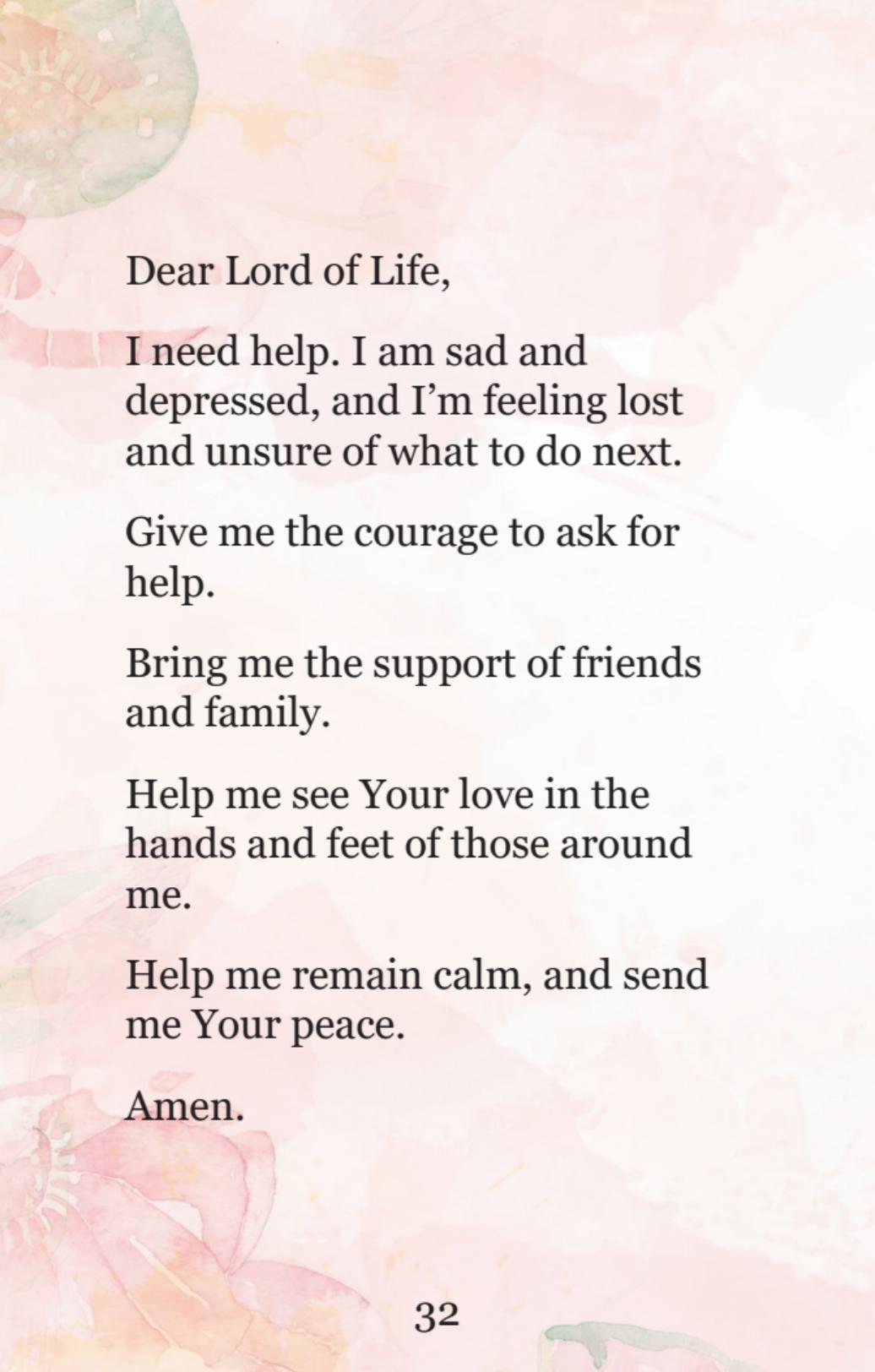
I'm in desperate need of Your peace.

I'm in desperate need of Your certainty about life.

Help me feel Your love around me.

Help me find the strength to bless my family today.

Amen.



Dear Lord of Life,

I need help. I am sad and depressed, and I'm feeling lost and unsure of what to do next.

Give me the courage to ask for help.

Bring me the support of friends and family.

Help me see Your love in the hands and feet of those around me.

Help me remain calm, and send me Your peace.

Amen.



you are
awesome,
Lord



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