

MEN WHO COVER

PRAYER RESOURCE

SCRIPTURES FOR FAMILY INTERCESSION

When you need help finding words to pray.

COVER YOUR FAMILY. STRENGTHEN THE MAN. FIND YOUR BROTHERS.

WELCOME

You Do Not Need Impressive Words.

This resource is designed for the moments when you know you want to pray, but you are not sure where to begin. Use the Scripture references as anchors. Bring the people you love before God by name. Then pray honestly, in your own words.

You do not need impressive language. You need an honest heart, the willingness to show up, and the humility to trust God with what you cannot control.

"The prayer of a righteous person is powerful and effective." - James 5:16

HOW TO USE THIS RESOURCE

READ. NAME. PRAY.

1. READ

Read the Scripture references slowly. Pay attention to what they reveal about God, about you, or about the situation.

2. NAME

Make your prayer specific. Who are you praying for? What are they facing? What concerns you?

3. PRAY

Use the Scripture to guide your prayer. You do not have to repeat the verse word for word. Pray its truth in your own words.

EXAMPLE - James 1:5, when your child needs wisdom

NAME: My daughter is facing a decision, and I am concerned about the direction she may take.

PRAY: Father, You invite us to ask You for wisdom. Give my daughter wisdom as she makes this decision. Help her recognize what is right. Give me wisdom too - wisdom to know when to speak, when to listen, and how to support her without trying to control her decision.

QUICK FIND

WHAT ARE YOU PRAYING ABOUT TODAY?

MY WIFE	Peace • Strength • Wisdom • Purpose • Protection
MY MARRIAGE	Love • Communication • Conflict • Forgiveness • Faithfulness
MY CHILDREN	Identity • Wisdom • Friendships • Decisions • Faith • Protection
MY HOME	Peace • Words • Conflict • Forgiveness • Unity
WORK & PROVISION	Work • Financial Wisdom • Planning • Contentment • Anxiety
FAMILY CRISIS	Fear • Sickness • Grief • Trouble • Restoration • Uncertainty
ADULT CHILDREN	Decisions • Relationships • Faith • Independence • Your Role
FUTURE GENERATIONS	Faith • Legacy • Character • What Continues • What Changes
MYSELF	Wisdom • Patience • Self-Control • Humility • Courage
WHEN I DON'T KNOW WHAT TO PRAY	Specific Situations • Common Struggles

PRAYING FOR YOUR WIFE

Praying For Your Wife

A wife of noble character is her husband's crown. - Proverbs 12:4

WHEN SHE NEEDS STRENGTH

Scriptures: Isaiah 40:29-31; Psalm 46:1; Philippians 4:13

Pray for: Strength for what she is carrying, rest where she is weary, and your ability to recognize where she may need support.

WHEN SHE NEEDS PEACE

Scriptures: Philippians 4:6-7; John 14:27; Isaiah 26:3

Pray for: Peace in her mind, clarity amid pressure, and freedom to talk honestly about what concerns her.

WHEN SHE NEEDS WISDOM

Scriptures: James 1:5; Proverbs 3:5-6; Proverbs 2:6

Pray for: Wisdom in her decisions, discernment in relationships, and confidence to follow what is right.

WHEN SHE NEEDS PURPOSE

Scriptures: Ephesians 2:10; Psalm 139:13-16; Proverbs 31:25-26

Pray for: Confidence in who God created her to be, courage to use her gifts, and freedom from comparison.

WHEN SHE NEEDS PROTECTION

Scriptures: Psalm 121:7-8; Psalm 91:1-2; 2 Thessalonians 3:3

Pray for: Protection in body, mind, relationships, travel, work, and the unseen pressures she may carry.

PRAYING FOR YOUR MARRIAGE

Praying For Your Marriage

Above all, clothe yourselves with love. - Colossians 3:14

WHEN YOU NEED MORE LOVE

Scriptures: 1 Corinthians 13:4-7; Ephesians 5:25; Colossians 3:12-14

Pray for: Love that is patient, practical, sacrificial, and visible in ordinary moments.

WHEN COMMUNICATION IS HARD

Scriptures: James 1:19; Proverbs 15:1; Ephesians 4:29

Pray for: Listening before reacting, honest words without contempt, and courage to have difficult conversations well.

WHEN CONFLICT KEEPS REPEATING

Scriptures: Ephesians 4:26-27; Romans 12:18; Proverbs 17:14

Pray for: Wisdom to interrupt destructive patterns, humility to own your part, and patience to repair rather than win.

WHEN FORGIVENESS IS NEEDED

Scriptures: Colossians 3:13; Ephesians 4:31-32; Matthew 6:14

Pray for: A soft heart, honest repentance, healthy boundaries, and grace to release bitterness without ignoring what needs repair.

WHEN TRUST NEEDS STRENGTHENING

Scriptures: Proverbs 12:22; 1 Corinthians 13:7; Psalm 15:1-2

Pray for: Truthfulness, consistency, accountability, faithfulness, and the patience required to rebuild trust over time.

PRAYING FOR YOUR CHILDREN

Praying For Your Children

Children are a heritage from the Lord. - Psalm 127:3

FOR THEIR IDENTITY

Scriptures: Psalm 139:13-16; Ephesians 2:10; 1 Peter 2:9

Pray for: A secure sense of worth, freedom from destructive comparison, and confidence rooted in who they are becoming.

FOR WISDOM & DECISIONS

Scriptures: James 1:5; Proverbs 2:6-11; Proverbs 4:5-7

Pray for: Discernment, wise choices, teachability, and the ability to recognize consequences before acting.

FOR FRIENDSHIPS & INFLUENCE

Scriptures: Proverbs 13:20; 1 Corinthians 15:33; Proverbs 27:17

Pray for: Healthy friendships, courage to walk away from harmful influence, and relationships that sharpen rather than diminish them.

FOR FAITH

Scriptures: Deuteronomy 6:6-7; Psalm 78:4; 2 Timothy 1:5

Pray for: A faith that becomes personal, thoughtful, resilient, and visible in the way they live.

FOR PROTECTION

Scriptures: Psalm 121:7-8; Isaiah 54:13; Proverbs 3:21-26

Pray for: Protection in travel, school, online spaces, relationships, health, and moments when you cannot be physically present.

PRAYING FOR YOUR HOME

Praying For Your Home

Let the peace of Christ rule in your hearts. - Colossians 3:15

FOR PEACE IN THE HOME

Scriptures: Colossians 3:12-15; John 14:27; Romans 12:18

Pray for: A calmer atmosphere, emotional safety, and your own ability to lower rather than increase tension.

FOR THE WORDS SPOKEN THERE

Scriptures: Ephesians 4:29; Proverbs 15:1; Proverbs 18:21

Pray for: Words that build, correct without humiliating, and create room for honesty.

WHEN CONFLICT ENTERS THE ROOM

Scriptures: James 1:19-20; Proverbs 17:14; Matthew 5:9

Pray for: Self-control, fair listening, de-escalation, and willingness to repair after disagreement.

FOR FORGIVENESS & RESTORATION

Scriptures: Colossians 3:13; Ephesians 4:32; 1 Peter 4:8

Pray for: Repentance where needed, grace without denial, and restoration that is truthful and healthy.

FOR UNITY

Scriptures: Psalm 133:1; Romans 15:5-6; Philippians 2:2-4

Pray for: Shared purpose, mutual respect, and the ability to care about one another's needs.

PRAYING ABOUT WORK & PROVISION

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The plans of the diligent lead surely to abundance. - Proverbs 21:5

FOR YOUR WORK

Scriptures: Colossians 3:23; Proverbs 22:29; Ecclesiastes 9:10

Pray for: Integrity, skill, diligence, healthy opportunity, and freedom from making work your identity.

FOR FINANCIAL WISDOM

Scriptures: Proverbs 21:5; Proverbs 22:7; Luke 14:28

Pray for: Planning, restraint, honest decisions, wise use of debt, and courage to face the numbers clearly.

WHEN YOU ARE UNDER PRESSURE

Scriptures: Matthew 6:31-34; Philippians 4:6-7; Psalm 37:5

Pray for: Freedom from panic, clarity about the next responsible step, and trust without passivity.

FOR CONTENTMENT

Scriptures: Philippians 4:11-13; 1 Timothy 6:6-8; Hebrews 13:5

Pray for: Gratitude, freedom from comparison, and wisdom to distinguish needs from wants.

FOR BALANCE

Scriptures: Mark 6:31; Ecclesiastes 3:1; Psalm 127:2

Pray for: Boundaries that protect health and family presence, and wisdom to know when enough work is enough for today.

PRAYING WHEN YOUR FAMILY IS IN CRISIS

Praying When Your Family Is In Crisis

God is our refuge and strength, an ever-present help in trouble. - Psalm 46:1

WHEN FEAR TAKES OVER

Scriptures: Psalm 46:1-3; Isaiah 41:10; Psalm 56:3-4

Pray for: Calm in the middle of uncertainty, wise action, and freedom from decisions driven only by fear.

DURING SICKNESS

Scriptures: Psalm 103:1-5; James 5:14-16; Isaiah 40:29

Pray for: Healing, good medical care, endurance, wise decisions, and support for everyone carrying the strain.

IN GRIEF

Scriptures: Psalm 34:18; Matthew 5:4; 2 Corinthians 1:3-4

Pray for: Comfort, permission to grieve honestly, supportive people, and strength for the practical demands that continue.

WHEN YOU DO NOT KNOW WHAT HAPPENS NEXT

Scriptures: Psalm 121; Proverbs 3:5-6; Lamentations 3:22-23

Pray for: Clarity for the next step, patience with uncertainty, and grace to live one day at a time.

FOR RESTORATION AFTER TROUBLE

Scriptures: Joel 2:25; Isaiah 43:18-19; Psalm 147:3

Pray for: Healing from what happened, wisdom about what must change, and hope that does not deny the damage.

PRAYING FOR ADULT CHILDREN

Praying For Adult Children

Trust in the Lord with all your heart. - Proverbs 3:5

FOR THEIR DECISIONS

Scriptures: James 1:5; Proverbs 3:5-6; Proverbs 16:9

Pray for: Wisdom, humility, consequences that teach rather than destroy, and your own ability to advise without controlling.

FOR THEIR RELATIONSHIPS

Scriptures: Proverbs 13:20; 1 Corinthians 13:4-7; Romans 12:10

Pray for: Healthy friendships, wise romantic relationships, respect, boundaries, and courage to leave what is harmful.

FOR THEIR FAITH

Scriptures: Psalm 119:9-11; Colossians 2:6-7; Philippians 1:6

Pray for: A mature faith that can ask hard questions, withstand pressure, and become personally owned.

FOR THEIR INDEPENDENCE

Scriptures: Genesis 2:24; Proverbs 22:6; Galatians 6:5

Pray for: Responsibility, wise stewardship, emotional maturity, and your grace to let them carry what belongs to them.

PRAYING FOR FUTURE GENERATIONS

Praying For Future Generations

One generation commends your works to another. - Psalm 145:4

FOR FAITH TO CONTINUE

Scriptures: Deuteronomy 6:6-7; Psalm 78:4-7; 2 Timothy 1:5

Pray for: Faith that is demonstrated, discussed, questioned, practiced, and handed forward with integrity.

FOR CHARACTER

Scriptures: Micah 6:8; Galatians 5:22-23; Proverbs 10:9

Pray for: Integrity, compassion, courage, self-control, and strength that does not depend on image.

FOR WHAT SHOULD CONTINUE

Scriptures: Philippians 4:8-9; Psalm 112:1-2; Proverbs 20:7

Pray for: Healthy family strengths, stories, practices, and values worth passing on.

FOR WHAT SHOULD CHANGE

Scriptures: Ezekiel 18:20; 2 Corinthians 5:17; Romans 12:2

Pray for: Freedom from destructive patterns, courage to name what is unhealthy, and wisdom to build something better.

PRAYING FOR YOURSELF

Praying For Yourself

Keep a close watch on yourself. - 1 Timothy 4:16

FOR WISDOM

Scriptures: James 1:5; Proverbs 2:6; Proverbs 4:7

Pray for: Clear judgment, teachability, discernment, and wisdom about when to act, speak, wait, or ask for help.

FOR PATIENCE

Scriptures: James 1:2-4; Proverbs 14:29; Galatians 5:22

Pray for: A slower reaction, endurance with people and process, and freedom from frustration controlling your tone.

FOR SELF-CONTROL

Scriptures: Proverbs 25:28; 1 Corinthians 9:25; 2 Timothy 1:7

Pray for: Discipline in speech, habits, appetites, anger, spending, and the private choices that shape public life.

FOR HUMILITY

Scriptures: Philippians 2:3-4; James 4:6; Proverbs 11:2

Pray for: Willingness to learn, apologize, receive correction, and stop needing to be the strongest person in every room.

FOR COURAGE

Scriptures: Joshua 1:9; 2 Timothy 1:7; Psalm 27:1

Pray for: Courage to have the conversation, make the responsible decision, ask for support, and do what is right even when it costs you.

WHEN YOU DON'T KNOW WHAT TO PRAY

When You Don'T Know What To Pray

The Spirit helps us in our weakness. - Romans 8:26

WHEN ALL YOU HAVE IS A NAME

Scriptures: Romans 8:26-27; Psalm 139:1-4; Matthew 6:8

Pray for: Say the person's name before God. Ask for what you know they need. Then entrust what you do not know to God.

WHEN YOU FEEL NUMB

Scriptures: Psalm 42:5; Psalm 62:8; Mark 9:24

Pray for: Honesty instead of performance. Tell God what you actually feel - including the absence of feeling.

WHEN YOU ARE ANGRY

Scriptures: Psalm 4:4; Ephesians 4:26-27; James 1:19-20

Pray for: Truth about what happened, self-control before action, wisdom about boundaries, and freedom from revenge.

WHEN YOU ARE WAITING

Scriptures: Psalm 27:14; Isaiah 40:31; Lamentations 3:25-26

Pray for: Patience, endurance, discernment, and grace to keep living responsibly while the answer is not yet clear.

WHEN WORDS WILL NOT COME

Scriptures: Romans 8:26; Psalm 46:10; Psalm 131:2

Pray for: Permission to be quiet. Sit before God, breathe, name the person or situation, and let silence become prayer.

CLOSING

Keep Showing Up in Prayer.

You will not always have the perfect words. You will not always understand what the people you love are carrying. But you can keep showing up - listening, naming them before God, praying Scripture, and becoming more intentional in the way you love them.

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