



# THE PRAYER CLOSET

Equipping & Encouraging Believers  
In Prayer

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## PRAYING FOR PARENTS



The Word of God declares that you are to honor your father and mother, "Honor your father and mother, that your days may be long upon the land which the LORD your God is giving you" (**Exodus 20:12**). I can just imagine that some of you are groaning as you read that verse of Scripture. You're probably thinking, "Honor my father and mother! You just don't know my father and mother! You just don't understand my situation."

The relationship between parents and children can be stretched and strained at various points in life. This becomes more of a reality as the child becomes an adult. There is a constant tension between living your life as an adult and honoring your parents. However, God does not put an "escape clause" in this verse of Scripture. He does not say, "Honor your father and mother until you are 18," "Honor your father and mother until you move out," or "Honor your father and mother unless you believe that they failed in their parenting." Honoring your parents is a lifelong responsibility before God.

What does it mean then to "honor" your father and mother? Honoring your parents means that you are to prize and cherish them. The word "honor" means to be weighty, to be heavy. Your parents should have an important place in your life. You are to value them as individuals.

Honoring your parents also means that you are to show respect for your parents. This commandment forbids rudeness and harshness with one's parents. It prohibits a haughty and critical spirit toward one's parents. God desires that you exhibit compassion and reverence for your parents both privately and publicly.

A final aspect of honoring your parents is showing affection for them. God desires that you express your love and appreciation to them. You can do this through your words and actions. He longs for you to exhibit kindness and warmth toward your parents.

The most powerful and practical way that you can honor your parents is by praying for them. In this article, I want to encourage you to pray fervently for your parent(s). If your parents have passed away, I would challenge you to pray for other parents and their children. You might consider praying for your children and their children. You can stand in the gap for other parents and children with these prayer pointers.

In this article, I want to share with you some motivations for praying for your parents. Then you will be provided with prayer pointers on how to pray specifically for your parents. My fervent prayer is that you will commit yourself to praying for your parents in fresh and new ways.

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## Why Should I Pray For My Parents?



*Praying for your parents enables you to fulfill God's commandment.* By praying for them, you are showing how much you value, love, and respect your parents. It will enable you to receive the power, the strength, and the wisdom to honor your parents. It is a practical way to put God's command into practice in daily life.

*At the same time, your praying for your parents can help you in your relationship to them.* By praying for them, you are preparing your heart and life to honor them and to have a healthy relationship with them. Fervent prayer is essential to having a healthy relationship between parents and children. It will open your mind and heart to God's wisdom and leading in your relationship to your parents. It can create compassion and perspective in your heart for your parents, especially in the midst of disagreement and a lack of understanding.

*Praying for your parents releases God's blessings and power into your parents' life.* As you pray for your parents, God works and moves in their lives. He sends His blessings. He turns his mighty power loose in their lives. This will bring help, hope, and change in your parents' lives. Your parents' greatest need is the blessing and power of God. They can experience these things as you pray for them.



## How Can I Pray For My Parents?



The following is a prayer guide that you can use to pray for your parents. These requests are based on the Word of God. You can plead them with confidence and expectation. You can use these requests to intercede for your parents or for parents that you know. If your parents have passed away, ask God to place parents on your heart that you can pray for on a regular basis.

- *Plead that God will grant you the grace and power to obey His command (Exodus 20:12).* God's commands should be turned

into prayer requests. This is God's desire for your life. Pray for His power to practice it in your personal life.

- *Ask God to bring your parent into a personal relationship with Jesus Christ (John 3:16, 6:44, and 14:6).* If your parent does not know Jesus Christ as his/her personal Lord and Savior, plead with God to draw him/her to Jesus in true faith and repentance.
- *Plead that your parent will have the assurance of salvation (1 John 5:13).* Pray that he/she will be assured of his/her right relationship with God. Ask that your parent will live in the hope and security of being made right with God through Jesus Christ.
- *Pray that your parent will hunger for God and His Word (Psalm 42:1-2).* Call on God to produce them in a yearning, an unquenchable thirst for Him. Ask that as your parent gets older, he/she will grow in his/her desire for God and His Word.
- *Ask that your parent will seek the Lord with all his/her strength on a daily basis (Colossians 4:2).* Pray that your parent will have a growing, vibrant prayer life. Ask that he/she will be consistent in spending time in prayer and God's Word.
- *Plead with God to strengthen your parent's faith in Him (Romans 10:17, Hebrews 11:6).* Pray that your parent's faith in God will grow deeper and stronger. Ask that your parent's faith will be an example to your family and to those around you.
- *Pray that your parent will surrender his/her aging fears to God (Psalm 37:25).* As your parent grows older, he/she will experience a number of fears. These are fears that relate to growing older and can be staggering. Call on God to ease those fears and to give him/her strength to stand against those fears.
- *Ask that God will reassure your parent with his/her presence (Psalm 37:28, 39-40).* Pray that your parent will experience God's presence as never before in his/her life. Ask that God's presence would comfort, help, and strengthen him/her.
- *Plead that your parent will be thankful, prayerful and filled with the peace of God (Philippians 4:6-7).* Ask that your parent

will not give in to ingratitude, grumbling, or complaining. Pray that he/she will be thankful in all things, praying over his/her concerns. By doing this, he/she can experience God's peace that passes understanding.

- *Pray that God will grant your parent the ability to adapt to the changes in his or her life (2 Corinthians 12:9).* This is especially true, as your parent(s) grow older. They will have to adapt to many changes. Ask God to pour out His grace in order that he/she can adapt to these changes.
- *Ask that your parent will be filled with the Spirit and sensitive to His leadings (Ephesians 5:18).* Plead that your parent will walk in the power and leading of the Holy Spirit on a daily basis.
- *Plead that you will notice when your parent needs you (Matthew 9:36).* Ask God to give you the compassion and discernment to know when your parent(s) needs you. Pray for the eyes of Jesus. Pray also that your parent(s) will practice tender honesty, sharing with you when they need you. Ask God to enable you to help them in a way that leaves their dignity intact.
- *Pray that your parent(s) will be faithful to God and His church (Hebrews 10:25).* Ask God to grant your parent the strength and help him/her to remain faithful.
- *Plead that your parent will be useful to the kingdom regardless of his/her age (Joshua 14:6-15).* At 85, Caleb still believed God and was a powerful example of faith to all the Israelites. Pray that your parent will be useful to God and His people no matter what age he/she is. Ask that he/she will have a place, a way to serve God and advance the kingdom. Plead that his/her faith will be an example to the church.
- *Ask God to supply all your parent's needs (Philippians 4:19).* You can do much for your parents. Yet, God and God alone has the power and the resources to supply and care for your parent. Ask Him to reveal His care and concern by supplying his/her needs, especially his/her financial needs.
- *Pray that God will strengthen and bless your parents' marriage (Ephesians 5:22, 25).* As your parents experience health

problems, disputes, losses, mid-life crises, successes, temptations, and work or retirement pressures, it will strain and stretch their marriage. Plead that God will help them to face these things together, trusting in Him and depending on Him. Ask God to use these things to strengthen their marriage. Pray that He will lead them toward each other rather than apart through the joys and troubles that they face. Ask that they will be gracious and generous with one another.

- *Plead with God to help your parent cope with loneliness (Psalm 130:5-6).* This is especially true if your parent is widowed or divorced. Pray that God will touch him/her, providing him/her with the grace and love to cope with the loneliness that he/she feels.
- *Pray that God will fill voids and losses in your parent's life with new or renewed goals (Matthew 6:33).* As your parents experiences voids and losses, plead with God to fill those with goals and experiences that He desires to give your parents. Pray that God will match their voids and losses with His goals and plans.
- *Ask God to help you make a list of noticeable worries that have surfaced in your conversations with your parent (Proverbs 2:6).* As you talk with your parent, listen for the noticeable worries that he/she has. Pray that God will give you discernment concerning these worries. Ask that He will enable you to discern the worries that your parent is experiencing. Then begin praying for each of these concerns. Call on God to act powerfully in each of these areas. Ask God to show you how you can alleviate these worries.
- *Release and repent of the grudges that you are holding against your parents (Ephesians 4:31-32).* Yield all of your grudges – serious or petty – to the Lord. Surrender them to Him. Release these things to the Lord. Do not cling to them. Do not make “emotional hostages” of your parents – refusing to show them respect and affection until they act in the way that you would like them to. Repent of these grudges and forgive your parent(s). Remember that forgiveness is an act of the