

30 DAYS OF
PRAYER *for our*
COLLEGE
STUDENTS

Parent Edition

by Rebekah Freed

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, DCE
Director of Student Development
Concordia University, Nebraska

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.

Day 1 - Grace

“May God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord.” (2 Peter 1:2 NLT)

Grace is something we easily take for granted. Often in Christian communities grace is only talked about in terms of the salvation Jesus bought for us on the cross. We talk about how we are saved by grace, which is crucial and important, but we also can live by grace. Grace not only makes it possible for us to live in heaven with God for ever, but can also sustain us each and every day!

Pray today that God would reveal how amazing His grace really is to your child. Ask Christ to help your student both receive grace and communicate grace in their interactions with all those they meet this year. Pray for grace in their relationships... grace to overcome failures... grace to make wise decisions in the midst of temptations and grace to get back up again when they fall. Pray that grace would be the standard to which they hold themselves and others. As the verse above says, pray that as God gives them more and more grace, that they would grow in their knowledge of Jesus Christ.

EXTRA: Here's an example of how you might personalize the daily scriptures throughout this study for your child. Try it for the days to come:

“May God give (child's name) more and more grace and peace as he/she grows in his/her knowledge of God and Jesus our Lord.” (2 Peter 1:2 NLT)

Day 30 - Trust God Above All

"This is what the Lord says: 'Cursed is the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord. That person will be like a bush in the wastelands; they will not see prosperity when it comes. They will dwell in the parched places of the desert, in a salt land where no one lives. But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.' " (Jeremiah 17:5-8 NIV)

Trust is something that is hard for all of us. This is probably due mostly to the fact that we've all had our trust broken by someone throughout our lives and it makes us doubt if there is anything or anyone worth trusting, even God. As we see in the passage above though, a life of trust is really a beautiful life! Can you imagine resting in a life without fear or worries, a life in which we never fail to get done what God is calling us to? THAT is a life of trust. While many things are important, I think the main thing God desires from us, is to simply trust him. Trust is especially difficult for young adults because the future is so unknown. Finishing school, starting a career, getting married, having kids... all of this is swirling around in the minds of college students, sometimes all at once. Pray today that your student would simply be able to trust in the midst of all of that. Ask God to reveal His faithfulness to your child and give them a heart to trust Him no matter what life brings.

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!



www.youthESource.com
a resource of LCMS Youth Ministry