



Scripture Prayers For Special Needs Parents

This list is intended for you to pray and reflect on one Scripture prayer a day.

Surrender. Lord, I thank you that you are our Good Shepherd. I thank you for gathering your lamb(s), ____ (*insert your child/childrens' name*) in your arms and holding them close to your heart. Thank you that you love and care for my child(ren) in ways that I cannot, and thank you that you also love and guide me as I parent the child(ren) you gave me. (Isaiah 40:11)

Rest. Lord, you are my shepherd, I lack nothing. You make me lie down in green pastures, you lead me beside quiet waters, you refresh my soul. You guide me along the right paths for your name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:1-4)

Strength. Lord, thank you that you give strength to the weary, and increase the power of the weak. I feel so ____ (*share honestly how you are feeling with God, He can handle it*). But my hope is in you, LORD, and you renew my strength. You help me to soar on wings like eagles, you help me to run this special needs parenting marathon and not grow weary, you help me to not give up. (Isaiah 40:29-31)

Power. Lord, I confess that this special needs parenting journey is hard and filled with challenges and I've pleaded repeatedly for you to ____ (*share what you've been praying for regarding your child(ren) and family and how you're feeling about it*). May your grace be sufficient for me, for your power is made perfect in my weakness. May I boast all the more gladly about my weaknesses, so that Your power may rest on me. (2 Corinthians 12:8-10)

Peace. Lord help me to not be anxious about ____ (*share any particular areas you are worried about with God*). But may I in every situation turn to prayer, and with thanksgiving

present my requests to you. May your peace, which transcends all understanding, guard my heart and mind. (Philippians 4:6-7)

Perseverance. God, help me to not become weary as I care for my child(ren) and family. Help me to persevere and serve them with love and may we reap a rich harvest. (Galatians 6:9)

Praise. Thank you that you created _____; you knit them in my/their mother's womb. I praise you because they are fearfully and wonderfully made; your works are wonderful, I know that full well. (*Praise God for specific things you love and appreciate about your child and praise God for His character and how you've seen Him working lately*). (Psalm 139:13-14)

Courage. God, help me to be strong and courageous, to not be terrified; to not be discouraged, and to know that will be with me every step of this special needs parenting journey. (Joshua 1:9)

Trust. Help me to surrender _____ to you, into your mighty hand, that you may lift _____ up in due time. Help me to cast all my anxieties and worries on you because you care for me and _____. (1 Peter 5:6-7)

God's Glory. Your Word says, "Jesus saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" "Neither this man nor his parents sinned," said Jesus, "but this happened so that the works of God might be displayed in him." May I embrace this truth that you do not want me to experience any guilt or condemnation regarding _____'s diagnoses or progress. May you be glorified in my child(ren) and in this special needs parenting journey I am on. (John 9:1-3, Romans 8:1)

God's Love. God, sometimes I find my child's struggles hard to bear, but then I remember that you yourself watched your unique and beloved child experience rejection and struggles and suffering, and it all was for a greater good and for your glory. Thank you for sending your son Jesus so that by His death on the cross we would be saved and have eternal life. (Ephesians 2:4-5, John 3:16)

God's Will. Oh Lord, sometimes my soul is overwhelmed to the point of death and I ask you to take _____ (struggle/challenge) from me. May I say as Jesus did, "Yet not what I will, but what you will." May I trust that your plan will bring you glory. (Mark 14:34-36)

Wisdom. When I face trials and challenges that come with life and with special needs parenting may I remember that there is an eternal purpose for it. I know that my faith is being tested and strengthened and the testing of my faith produces perseverance, which will help me grow in my faith. Pour out your wisdom God, so that I would learn all the things you want me to learn about you and your character. Thank you that I can ask you for anything, as you give generously to all without finding fault. (James 1:2-3)

Comfort. Thank you Father of compassion and the God of all comfort, who comforts us in all our troubles and is near to us in our brokenheartedness. Thank you that we can comfort others with the comfort we ourselves receive from you. *Guide me to other special needs parents or other people I can minister to with the comfort and wisdom you have given me. (2 Corinthians 1:3-5)

Brokenness. Oh Lord, this special needs parenting journey has brought _____ (*share honestly about any grief, anxiety, depression, loneliness, exhaustion, health issues or other challenges you have experienced in this journey*). I cry out, and you hear me, you deliver me from my troubles. Lord thank you for being close when I feel brokenhearted and for saving me when I feel crushed in spirit. (Psalm 34:17-18)

Marriage. God, please protect and bless our marriage. Help me and _____ (*insert spouse's name*) to be united in heart and action as we parent our child(ren) together, so that we will always fear you for our good and the good of our children. (*Lift up any specific prayer requests regarding your marriage and prayers for your spouse.*) (Jeremiah 32:39)

Fruitfulness. Lord, help me to grow in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. May I abide in you and bear much fruit for your kingdom. (Galatians 5:22-23, John 15:5)

Heart. Lord, sometimes I get so distracted by _____'s diagnoses and challenges that I forget to focus on his/her heart. Help me to focus not on _____'s appearance, behaviors, and diagnoses, but on his/her heart as you do. Help me to nurture _____'s heart, faith, gifts, and strengths, as well as care for their needs. (1 Samuel 16:7)

Contentment. Lord, I know what it is to be in need, and I know what it is to have plenty. Help me to learn the secret of being content in any and every situation, whether living in plenty or in want. I can do all things through you who gives me strength. Provide me with the strength to _____ (*Share areas where you need His help*). (Philippians 4:12-13)

Community. God, I ask that you would provide me with a godly friend(s) or *group in which we can spur one another on toward love and good deeds. May you provide opportunities for us to meet together and to encourage one another. (Hebrews 10:24-25)

Hope. God of hope, please fill me with all joy and peace as I trust in you, so that I may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

*We invite you to join us in the Facebook group *Christian Special Needs Moms Embracing This Special Life*, where you can share prayer requests and praises, and find and offer faith-based support, encouragement, and resources in a community with others who understand the challenges and victories of this special needs parenting journey.



Scripture Prayers For Your Special Needs Child(ren)

This list is intended for you to pray and reflect on one Scripture prayer a day.

Surrender. Lord, I thank you that you are our Good Shepherd and that you gather your lamb(s) ___ (*insert your child's/children's names*) in your arms and hold them close to your heart. Thank you that you love and care for my child(ren) in ways that I cannot, and thank you that you also love and guide me as I parent the child(ren) you gave me. (Isaiah 40:11)

Salvation. Oh Lord, I thank you that because of your great love for us, you made us rich in mercy, and made us alive with Christ even when we were dead in transgressions--it is by grace we have been saved. Thank you that you know ___'s heart and you love them. Thank you that in your infinite love and mercy and grace, you will meet ___ at his/her level of ability and you will welcome them into your family for eternity. May ___ hear your Word and believe you sent your son, Jesus, and have eternal life. (Ephesians 2:3-5, Psalm 145:9, John 5:24)

Faith. Lord, I pray that ___ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is your love and the love of Christ, and to know this love that surpasses knowledge—that ___ may be filled to the measure of all the fullness of God. (Ephesians 3:17-19)

Growth. Lord, I pray that you would help ___ grow in wisdom and stature and in favor with God and with man. (*Take some time to lift up specific ways you would like to see your child grow in each of these areas—wisdom/skills, physical health, spiritual growth, and social skills*). (Luke 2:52)

Speech. Your Word says that a word fitly spoken is like apples of gold in settings of silver. Every word that ____ says is a treasure, and I pray that you would help ____ grow in their speech and communication. *(Take some time to lift up specific ways you'd like to see your child's speech and communication grow and develop).* (Proverbs 25:11)

Future. Oh Lord, I confess I often worry about ____'s future. Help me to trust that you have a plan for ____, a plan to prosper and not to harm ____, a plan to give ____ a hope and a future. (Jeremiah 29:11).

Wisdom. God, help ____ grow in wisdom and understanding and in knowledge and skills. *(Take some time to pray for specific ways you want your child to grow in wisdom, and any skills or struggles you want them to grow and mature in.)* (Daniel 1:17)

Health. I pray that ____ may enjoy good health. *(Lift up any specific medical concerns and requests for your child's physical growth).* I pray that ____'s soul would be healthy as well. *(Lift up any specific requests for your child's physical and spiritual growth).* (3 John 1:2)

Love. May ____ love you Lord with all their heart and soul and mind and strength. And may ____ grow in their love for others as well. *(Lift up any specific prayer requests regarding your child's faith and their interactions with others).* (Mark 12:30-31)

Perseverance. God, ____ has to work harder than others to learn skills that come naturally to many others. Help ____ persevere and never tire of doing what is good. (2 Thessalonians 3:13)

Protection. I pray for ____'s protection. I can't always be there to watch and protect ____, but you can. Please cover ____ with your feathers, and under your wings may ____ find refuge; your faithfulness will be ____'s shield and rampart. (Psalm 91:4)

Peace. I pray that you would fill ____ with your peace. You have not given ____ a spirit of fear, but of power and of love and of a sound mind. Thank you that it is your peace you give to _____. Thank you that you do not give as the world gives. May ____'s heart not be troubled and may he/she not be afraid. At night, may ____ be able to lie down and sleep in peace, for you alone keep him/her safe. *(Lift up any particular fears, anxieties, or sleep issues you would like to see God work in your child).* (2 Timothy 1:7, John 14:27, Psalm 4:8)

Purpose. I pray for ____'s purpose. ____ is your masterpiece, created in Christ Jesus to do good works, which you prepared in advance for him/her to do. I pray that you would use ____ for your glory. Help me to see what you are doing in ____'s life and how I can help nurture his/her God-given skills for your glory. (Ephesians 2:10)

Self-Control. Help _____ to live a self-controlled, upright and godly life. (*Lift up any specific areas where you would like them to grow in self-control or godliness*). (Titus 2:11-12)

Victory. Help _____ to persevere and to experience victories. With your help _____ can advance against a troop, with you _____ can scale a wall. (*Lift up specific areas where you want your child to grow in skill and independence and to experience victory*). (Psalm 18:29)

Friendship. May you bless _____ with godly friends who will stick closer to _____ than a brother. Help _____ learn to be a good friend. (*Lift up any specific prayer requests regarding your child's social skills, friendships, mentors, church members, etc.*). (Proverbs 18:24)

Blessing. May you help _____ to flourish and may you bless _____ and keep them. May your face shine upon _____ and be gracious to him/her. May you give them peace. (Psalm 115:14-15, Numbers 6:24-25)

About the Author



Jenn Soehlin is a mother to two little lads who are precious blessings and who both have special needs. Her heart is to share encouragement and God's truths with moms who are also traveling the special needs parenting journey.

Jenn enjoys writing about faith, praying Scripture, and special needs parenting. She is the author of ***Embracing This Special Life: Learning to Flourish as a Mother of a Child with Special Needs.***

For more prayer and special need parenting resources and encouragement:

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