

# 5-DAY PRAYER GUIDE FOR WHEN YOUR CHILD IS SICK

By: Vivian Bricker





# DAY ONE: A PRAYER FOR HEALING



The number one thing we want for our children when they are sick is healing. While God does not always heal our loved ones, He can help with their symptoms. Maybe your child is sick with a cold. Pray for God to help your child with their cough, runny nose, or headache.

Praying does not replace going to the doctor; however, it is *essential* to pray for your child. Doctors are placed here for a purpose and we would be wise to go to them ourselves as well as take our children to a pediatrician. There are many Christians who have differing views when it comes to doctors, but there is absolutely nothing wrong with going to a medical professional. In fact, taking your child to the doctor's office could be an answer to prayer.

**"Dear Jesus, please provide my child with healing. My child is very sick and I'm worried about them. Please ensure the doctor can help my child and give them the proper treatment they need. I ask You to help my child with their symptoms and provide relief as needed. I trust You, Lord. Amen."**



# DAY TWO: A PRAYER FOR COMFORT

No one feels comfortable when sick, and this is certainly true for a child. Being sick is scary and can make us moody, emotional, or scared. If your child is experiencing any of these mood changes, sit with them and be a source of comfort. It is understandable for you and your child to be worried, scared, and stressed. None of us enjoy being sick or seeing our child suffering. The good news is that *the Lord never leaves us*. We can go to Him and ask Him for His comfort. His beautiful grace and comfort will surround us as well as our child. You can also ask the Lord to give them comfort. Prayer goes a long way and can provide true peace into your child's heart. If you are unsure of what to pray, allow the Holy Spirit to guide you. Never doubt the Spirit's abilities. He can intercede for you when you are too worried to speak (Romans 8:26).

**"Dear Lord, my child needs comfort during this time. Please bless them with Your everlasting comfort. Being sick is scary for my child as well as myself. Please ensure we are both being comforted by Your love, Lord. I praise You, Amen."**

# DAY THREE: A PRAYER FOR SMILES

If there is one thing children stop doing when they are sick, it's smiling, whether they are babies, toddlers, or teenagers. This can be heartbreaking. The good news is that there can still be smiles even during days of sickness.

Spend time with your child and do what you know will make them smile. As they start feeling better, they will start smiling and even laughing again. It might take a little bit of time before our children are ready to smile again, but we can go ahead and start praying for them now. *God will provide them with smiles once again.*

Joy is a true blessing from the Lord, but sadly, we are not grateful for it until it is missing. When our child starts smiling again, we need to take special notice of these moments. We need to enjoy the beautiful times with our children and find good even in the dark times. Smiles will return once again; this present sickness can help us never take their smiles and joy for granted again.

**"Dear God, I miss my child's smile. They are sick and they are not feeling very good. Please help me to bring joy to their lives. Even during periods of sickness, I know we can find happiness in the little things. Please God, help my child to find something that makes them smile while they are walking through this illness. I praise You, Amen."**

# DAY FOUR: A PRAYER FOR SERENITY

When our child is struggling with an illness, we lack peace as parents. We need to pray for serenity and peace in our own lives. God does not want us to be overcome with worry to the point that we are not helpful for our child. Instead, He wants us to be at the top of our game in order to help them recover. This cannot happen apart from having a heart of serenity ourselves. It is too easy to become engulfed in the care of our children that we forget the importance of taking care of ourselves. If we neglect self care, we cannot be much help to our sick child. It is vitally important that we take time to go to God in prayer ourselves and to present our requests to Him. This way, we will be able to release worries to Him and ask for peace. We don't need to be afraid to be vulnerable; with God, we can be completely ourselves. We don't ever have to hide our feelings or fears from Him because He already knows each one. Trust Him with your pain, worries, and fears. He will give you the peace that surpasses all understanding (Philippians 4:6-7).

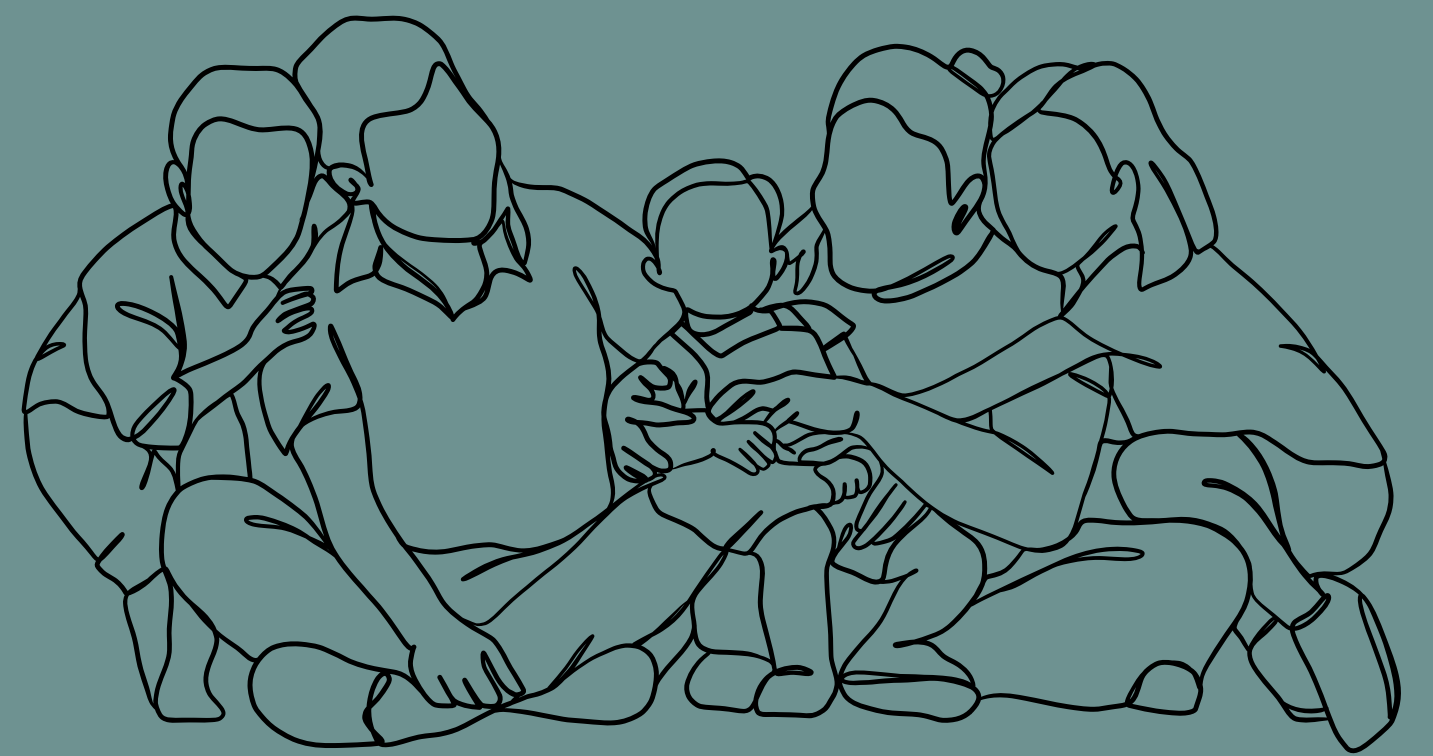
**“Dear Father, please bless my heart with serenity. I am overcome with worry and fear for my child. Please help me to be peaceful and calm in order to help my child to the best of my ability. Through your peace, I know I can find serenity. Thank You, Amen.”**

# DAY FIVE: A PRAYER FOR FUTURE WELLNESS

In the aftermath of sickness or a condition, it is common to still be worried over our child's health. After all, we just saw them go through a tough illness. It is understandable if we are concerned about future ailments. With a heart of worry and fear, we need to turn to the Lord. He will be able to calm our hearts and surround us with peace.

Our children will face many health scares throughout their lives, and sometimes, some of these health diagnoses might be permanent, such as depression, cystic fibrosis, or diabetes. When we start worrying about these chronic illnesses, we must turn to the Lord. He will be able to bring strength and comfort to our hearts.

**“Dear Jesus, I am worried about my child's future health. They might be diagnosed with a long-term illness, and I don't know how I will handle it. Please help my child be healthy and have wellness throughout their life. Even if they struggle at times, please provide them with health, Lord. Thank You, Amen.”**



# ABOUT THE AUTHOR:

**Vivian Bricker** loves Jesus, studying the Word of God, and helping others in their walk with Christ. She has earned a Bachelor of Arts and Master's degree in Christian Ministry with a deep academic emphasis in theology. Her favorite things to do are spending time with her family and friends, reading, and spending time outside. When she is not writing, she is embarking on other adventures.

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