



*prayers
for my
chosen
child*

**A PRAYER JOURNAL
FOR
ADOPTIVE & FOSTER MOMS**

BY LYNETTE EZELL

Bringing home our three adopted children has truly been one of life's greatest joys. But It didn't take long for me to realize being a loving mamma wasn't enough to heal the loss and painful past my children harbored. I knew we needed the daily guiding of the Holy Spirit and healing only Jesus could bring.

This little booklet contains the prayers I continue to pray over my children. The prayers are a simple beginning—you will have much more to add—but I hope you find it helpful on your journey of adoption or foster care. Never forget that prayer moves the hand of God and calms a parent's anxious heart; it sure has mine.

God truly builds the best families.

Joyfully,

Lynette Ezell

*"Because He bends down to listen,
I will pray as long as I have breath!"*

Psalm 116:2, NLT

introduction

“As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven” Nehemiah 1:4, ESV.

Nehemiah was cup bearer to the King of Persia, living in the confines of comfort and luxury as the walls of Jerusalem sat in ruin. When Nehemiah heard about the misery and affliction of God's children, his established life of predictability and order ended.

Nehemiah realized the first step towards healing for the people of God was prayer. He knew the Lord was calling him to engage the brokenness around him, but he also was wise enough to stop and pray before advancing this dark, spiritual battle.

The battle to rebuild the wall was exhausting and intense. There were days of hopeful rejoicing and times when they were deeply discouraged. The prophet of God describes working on the wall with one hand while holding his weapon with the other (Nehemiah 4:18).

I'm sure there were many moments when Nehemiah questioned this choice and grieved the comfort of his former life. Eventually, the walls of Jerusalem are rebuilt, and the people of God are restored. But through it all, Nehemiah places their future in God's hands. It was prayer and obedience that built those walls.

Isn't this where most of our chosen children are when they enter our lives? By no fault of their own, they were thrown into the crossfire of brokenness and destruction. They came to us fearful and emotionally spent, trying to survive a broken world. They don't possess the tools needed for restoration or healing; that's why the Lord merged our lives with theirs. And just like Nehemiah, we realized that only through prayer and dependence on the grace of God can we lead our children to wholeness.

Trauma doesn't tell time, and there can still be difficult seasons for the rest of your children's lives. Choosing to parent children from hard places is also an opportunity to surrender to a life of prayer. It's a lifelong privilege of daily laying your children before the Lord, so their walls are secure and grounded in Jesus. It's trusting in our good, good Father for a life of loving relationships, healing and living the full life God intended for them.

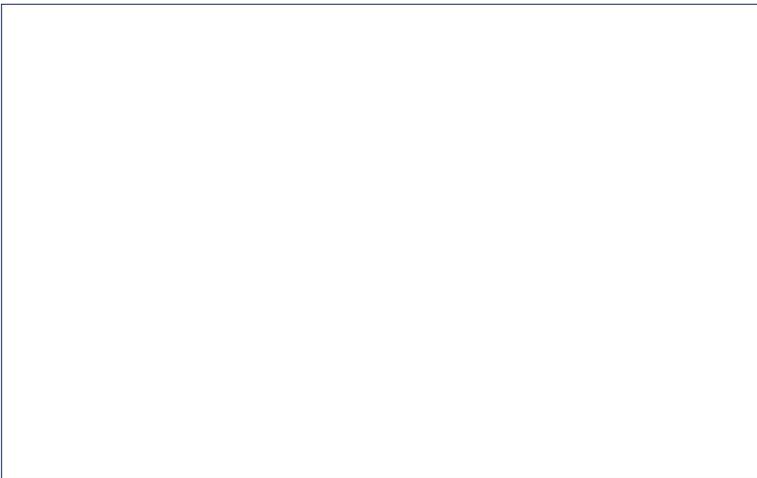
eternity

“...for in you the fatherless find compassion” (Hosea 14:3, NIV).

Father, I ask that _____ would come to know You as his/her Savior and love You passionately. Open the understanding of _____’s heart, so he/she will trust you eternally. Help this sweet one to believe Your word and surrender his/her life to you. Please give _____ the will to be faithful and follow the leading of Your Spirit all his/her days.

Father, You see me and know some days I struggle to portray Your acceptance and kindness to my dear chosen one. Even on my toughest days, shine through my weariness, so I lovingly model You, eternal Lord. You have placed this child under my care, and more than anything I want him/her to know You. May all that I say and do point him/her to You today. I know you love _____ unconditionally, and I entrust this child to You for all of eternity.

journal your prayers



truth to trust

“There is salvation in no one else, for there is no other name under heaven given to people by which we must be saved.”

ACTS 4:12, CSB

“For the Son of Man has come to seek and to save the lost.”

LUKE 19:10, CSB

“Jesus replied, ‘Truly I tell you, unless someone is born again, he cannot see the kingdom of God.’

JOHN 3:3, CSB

“If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”

ROMANS 10:9, CSB

“For we must all appear before the judgment seat of Christ, so that each may be repaid for what he has done in the body, whether good or evil.”

2 CORINTHIANS 5:10, CSB

“...your blood has ransomed people for God from every tribe and language and people and nation.”

REVELATION 5:9B, NLT

attachment

“Love each other with genuine affection, and take delight in honoring one another” (Romans 12:10, NLT).

Lord, teach us to love one another as a family. I pray _____ would attach to our family and learn to trust us as we trust You. Help him/her love and enjoy their siblings deeply—bind their hearts, Lord! Make them close and supportive of one another. Help _____ sleep peacefully and live confidently, knowing they are loved and safe. Give us all a heart of forgiveness and compassion towards one another.

Lord, help me be the adult in the room and not respond in anger should _____ react from pain or grief. Deepen my love for this precious one, and bind our hearts as mother and child. I ask for a close, fun and happy relationship with my dear chosen one. Please give us a long, beautiful life together, loving and enjoying one another. I trust You, Lord, to build our family for Your glory.

journal your prayers

truth to trust

“Those who know Your name will trust in You, for You, LORD, have never forsaken those who seek You.”

PSALM 9:10, NIV

“I will not leave you as orphans; I will come to You.”

JOHN 14:18, NIV

“Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.”

1 PETER 3:8, NLT

“Lord, you are my portion and my cup of blessing; you hold my future. The boundary lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance. I will bless the Lord who counsels me—even at night when my thoughts trouble me. I always let the Lord guide me. Because he is at my right hand, I will not be shaken.”

PSALM 16:5-8, CSB

“And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.”

EPHESIANS 4:32, CSB

healing for past

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” (Isaiah 26:3, NLT).

Father, help _____ to release his/her past pain and trust You for total healing. Return to this child the years the locusts have eaten, and restore his/her ability to trust and move forward. I pray my child’s mind would not be crippled by fear or dysfunction but that my dear chosen one would be focused, stable and fully renewed by Your presence. Make him/her clear-minded, able to learn and focus on Your Word. Specifically, I ask that past trauma would not define _____ or hold him/her back from serving You wholeheartedly.

Father, when bad memories or hurts from the past attempt to cripple my dear one, please give me the wisdom and help I need to lead him/her to wholeness in You. I ask you to heal _____ from his/her head to his/her toes, inside and out. Make me sensitive to this child’s needs, and awaken me to seek out help when needed. Lord, don’t let my pride get in the way of his/her healing—I surrender my precious child to You.

journal your prayers

truth to trust

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

HEBREWS 4:16, ESV

“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”

2 CORINTHIANS 10:5, ESV

“All your children shall be taught by the LORD, and great shall be the peace of your children.”

ISAIAH 54:13, ESV

“Being confident of this, he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

PHILIPPIANS 1:6, NIV

“See, I have engraved you on the palms of my hands.”

ISAIAH 49:16A, NIV

“But he was pierced because of our rebellion, crushed because of our iniquities; punishment for our peace was on him, and we are healed by his wounds.”

ISAIAH 53:5, CSB

a hope and a future

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him”
(1 Corinthians 2:9, NLT).

Thank you, Lord, that you have a hope and a future for _____ . Help him/her to live in that hope today and be brave to follow You all his/her days. Give this precious one the brave heart needed to move forward in Your perfect design for him/her. Don't let _____ become distracted by the things of this world, but to keep his/her eyes on You. Father, don't allow trauma, fear or scars keep _____ from the beautiful, perfect plan you have for his/her life.

I praise You, Lord, for I know you are already moving and working in my child's life. Some days that truth is cloudy and hard for me to see, but I trust the promises of Your word. I know you are for me, for my child and for our family—the enemy cannot defeat us. Help me to parent this child from the victory that is already ours in your Son, Jesus! And when doubt tries to overtake my mind, remind me of how far we have come and the faithfulness of Your presence. I praise You as the God of hope and new beginnings.

journal your prayers

truth to trust

“Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.”

EPHESIANS 3:20, NLT

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

JOHN 10:10, ESV

“And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.”

ROMANS 5:5, NLT

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

JEREMIAH 29:11, ESV

“Keeping our eyes on Jesus, the source and perfecter of our faith...”

HEBREWS 12:2A, CSB

“You are from God, little children, and you have conquered them, because the one who is in you is greater than the one who is in the world.”

1 JOHN 4:4, CSB

faithfulness

“For we walk by faith, not by sight” (2 Corinthians 5:7, ESV).

Lord, help _____ to trust that You are always faithful! Even though my precious one has suffered great loss, resolve in his/her mind that You can be trusted with every area of his/her life. Train him/her to run to You first and be totally dependent upon Your sweet presence and power. Increase _____’s faith in You, and equip him/her for kingdom work. I pray that _____ will trust You and Your word so deeply that a painful past will be no match for his/her faith in You.

Lord, help my own faith in You be solid and firm, despite the circumstances I am facing. You see me, Lord, and know the trials and uncertainties that attempt to grow distrust in this mother’s heart. Help my trust in You to be greater than all my fears. I open my hands before You, totally surrendered to Your will for my life and for my child. I trust You, Lord; keep me faithful until the end!

journal your prayers

truth to trust

“Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.”

PROVERBS 3:5-6, CSB

“Now without faith it is impossible to please God, since the one who draws near to him must believe that he exists and that he rewards those who seek him.”

HEBREWS 11:6, CSB

“Your statutes are my heritage forever; they are the joy of my heart. My heart is set on keeping your decrees to the very end.”

PSALM 119:111-112, NIV

“This is what the Sovereign Lord, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength.”

ISAIAH 30:15A, NIV

“The righteous will live by faith.”

GALATIANS 3:11B, NIV

“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”

ROMANS 8:28, NLT

“Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.”

JOHN 15:4-5, CSB

healthy relationships

“Unless the Lord builds the house, the builders labor in vain”
(Psalms 127:1a, NIV).

Dear Lord, I pray that _____ would have the wisdom and emotional wholeness to embrace healthy relationships. Despite the dysfunction he/she may have witnessed before joining our family, I ask You to move his/her heart to God-honoring relationships. Train my precious one to love others as You love and enjoy the unity of family and friends all of his/her days. I pray he/she will walk in purity and Spirit-led trust from this day forward. And as you call _____ to lead his/her own future family, I pray he/she will build their home upon You.

Dear Lord, I know you have called me to be the aroma of Your presence in our home. Help me to portray grace and unconditional love before my child. I want to be diligent in acts of kindness toward him/her, showing my chosen one he/she is valuable and honored in our family. And through the power of Your Spirit, help me model God-honoring relationships before my child.

journal your prayers

truth to trust

“And I pray this: that your love will keep on growing in knowledge and every kind of discernment, so that you may approve the things that are superior and may be pure and blameless in the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God.”

PHILIPPIANS 1:9-11, CSB

“For every house is build by someone, but God is the builder of everything. But Christ is faithful as the Son over God’s house. And we are his house, if indeed we hold firmly to our confidence and the hope in which we glory.”

HEBREWS 3:4&6, NIV

“Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock.”

Matthew 7:24, CSB

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.”

GALATIANS 5:22-23, CSB

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? For we are the temple of the living God.”

2 CORINTHIANS 6:14&16B, NIV

“And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work.”

2 CORINTHIANS 9:8, CSB

friendships

“The righteous choose their friends carefully” (Proverbs 12:26a, NIV).

Lord, direct my child’s heart toward Godly friends. I’m specifically asking You to build a strong group of community around his/her life. In school, in sports or whatever You lead our child to do, I pray my dear chosen one would point others to You. Please surround _____ with Jesus loving friends who will accept and support his/her trust in You. And please heal any loneliness or deceptive lies from the enemy that would lead my dear one to wander from the people of God. Build _____ into a loving and supportive friend, portraying the fruit of the Spirit in his/her life.

Lord, I ask You to give me wisdom in friendships and that my close relationships would be honoring to You. Remind me to look to You for acceptance and truth instead of putting friends in a role You never meant for them. Build kindness and love in my life, responding to others in grace and patience. Thank you for the friends who have supported and prayed for us through this journey of adoption or foster care; their sweet presence has encouraged and strengthened us.

journal your prayers



truth to trust

“The righteous choose their friends carefully.”

PROVERBS 12:26A, NIV

“Now may the God who gives endurance and encouragement grant you to live in harmony with one another, according to Christ Jesus, so that you may glorify the God and Father of our Lord Jesus Christ with one mind and one voice. Therefore accept one another, just as Christ also accepted you, to the glory of God.”

ROMANS 15:5-7, CSB

“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night.”

PSALM 1:1-2, NIV

“A friend loves at all times, and a brother is born for a time of adversity.”

PROVERBS 17:17, NIV

“Greater love has no one than this: to lay down one’s life for one’s friends.”

JOHN 15:13, NIV

“Iron sharpens iron, and one person sharpens another.”

PROVERBS 27:17, CSB

journal your prayers

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“Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.’ Then these righteous ones will reply, ‘Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison and visit you?’ And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’”

Matthew 25:34-40, NLT



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