

PRAYER & STUDY GUIDE

The Power of
PRAYING[®]
for Your
Adult
Children

STORMIE
OMARTIAN



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**THE POWER OF PRAYING® FOR YOUR ADULT CHILDREN
PRAYER AND STUDY GUIDE**

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A supplemental workbook to
The Power of Praying for Your Adult Children
by Stormie Omartian,
for anyone interested in practical
group or individual study.

Contents

How Do I Begin?	7
Pray That Your Adult Children Will	
1. See God Pour Out His Spirit upon Them	11
2. Develop a Heart for God, His Word, and His Ways ...	23
3. Grow in Wisdom, Discernment, and Revelation	37
4. Find Freedom, Restoration, and Wholeness	47
5. Understand God's Purpose for Their Lives	55
6. Work Successfully and Have Financial Stability	63
7. Have a Sound Mind and a Right Attitude	71
8. Resist Evil Influences and Destructive Behavior	81
9. Avoid All Sexual Pollution and Temptation	97
10. Experience Good Health and God's Healing	107
11. Enjoy a Successful Marriage and Raise Godly Children	117
12. Maintain Strong and Fulfilling Relationships	127
13. Be Protected and Survive Tough Times	137
14. Recognize Their Need for God	151
15. Walk into the Future God Has for Them	157
Answers to Prayer	169

How Do I Begin?

I'm sure you already know that as a parent you never stop being concerned about your adult children. And I am also sure that this is exactly why you are reading this book—because you want to pray for your adult children powerfully enough to make a big difference in their lives. Well, the best way I know to do that is to deepen your own relationship with the Lord so you can enjoy greater power in your prayers. In order for that to happen, you need to study the Word of God, which will strengthen you, help you grow in faith, and give you a better understanding of who God is and what He wants to do in your adult children's lives as well as your own. I don't mean that you will necessarily know all the details of their lives and everything they are dealing with, but you *will* have greater insight from God's perspective as to how to pray effectively for them. Also, I want to help you make a habit of fortifying your prayers with Scripture, because this is a powerfully effective and excellent tool. This *Prayer and Study Guide* will help you to do all of the things I have mentioned above as you respond to every question or direction in each chapter. In the process you will also find the peace of mind God has for you, which you must have no matter what you or your adult children are facing.

What You Will Need

This *Prayer and Study Guide* is divided into a 15-week plan for use in personal or group study. You will need to have my book, *The*

Power of Praying for Your Adult Children to read along with this. The answers to many questions will be found in it. You will also need a Bible. I have referred to the New King James Version here, but you can use whatever translation you want. Just make sure the Bible you use is easy for you to understand.

How to Proceed

In group study, it is good to follow the order of this book so that everyone will literally be on the same page when you come together each week. In individual study, you do not have to proceed in order if you have pressing concerns that need to be prayed about immediately. However, whether you are in a group or reading this *Prayer and Study Guide* by yourself, go through the first four weeks in order before you do any of the others. The reason for this is that they are the foundation for all of the other chapters, and everything will progress more smoothly if these four areas are covered in prayer first. You will see what I mean when you get into it.

In a Group

When studying in a group, read the assigned chapter for the week in *The Power of Praying for Your Adult Children* and answer the questions in the corresponding chapter here in the *Prayer and Study Guide* on your own. When the group comes together, the leader will go over the questions and discuss what insights God has given each person as he or she feels led to share them. This will be a perfect time to pray as a group for your adult children. Group intercession is very powerful, so don't pass up the opportunity to do so. You don't have to share in detail about your child because, as an adult, he or she deserves privacy. But if there is a serious situation, I wouldn't hesitate to share whatever is necessary in order to tap into the power of group prayer, especially if it will rescue your son or daughter from dire consequences. Ask God to give you wisdom about that.

All that being said, each of these chapters are about preventative

prayer as well as restorative prayer. Your child doesn't have to have a problem in any of these areas in order to pray that he or she will not have one in the future. Every area of prayer focus mentioned in this book applies to anyone, and the prayers at the end of each chapter can be prayed over any adult child at any age.

The answering of each question that is of a personal nature is private and for your eyes only. The purpose of these questions is to help you determine your prayer focus and to better understand your own feelings about that subject as it relates to your adult children. Don't feel you *must* share the answers to these questions with the group unless you feel specifically led to do so for the purpose of group prayer or to help someone else better understand how to pray. The answers to the Bible-based questions are always good to share with one another—especially with regard to how those Scriptures enriched, enlightened, or fortified you, and how they influenced your prayers.

Your Role as an Intercessor for Your Adult Child

An intercessor prays for someone and makes it possible for that person to have a greater ability to respond to God. When you pray for your adult child, that makes you an intercessor for his or her life. It doesn't give *you* power *over* them, but it invites *God* to show His power *toward* them. No one else will ever intercede for your adult children with the fervency and consistency that you will. That's why your prayers of faith will have the power to affect their lives. And your knowledge of the Word of God that you will gain in this study and include in your prayers will help you to pray in greater faith so you can see amazing results. This prayer and Bible study is a wonderful opportunity to affect the lives of your adult children for eternity, as well as here and now.

WEEK ONE

Read the Introduction: “What Every Parent of an Adult Child Needs to Know” in *The Power of Praying for Your Adult Children*

Also read Chapter 1: “Pray That Your Adult Children Will See God Pour Out His Spirit upon Them.” (This is the longest reading assignment in the *Prayer and Study Guide*, but it is important to establish a strong foundation for both you and your adult children in the beginning.)

1. Of the SEVEN THINGS EVERY PARENT OF AN ADULT CHILD NEEDS TO KNOW (found on pages 6-30 in *The Power of Praying for Your Adult Children*, from here on known as “the book”), were there any that you especially needed to hear? Perhaps you suspected some of them, but you didn’t know for certain. Or you knew these things all along, but it helped you to hear it from someone else as well. Or perhaps you have never realized any of this before. It’s important to come to terms with each of these truths, so explain your reaction to each one below.

Truth 1—You Need to Know It Never Ends: Do you believe that being a parent of an adult child never ends and that you

always have a responsibility to pray for him or her? How do you feel about that challenge? (See pages 6-9 in the book.) Explain.

Truth 2—You Need to Know You Can't Fix Them: Do you believe that you can't "fix" your adult children? How do you feel about that? Does knowing this free you from feeling that you must try to do something to change them? (See pages 9-11 in the book.) Explain.

Truth 3—You Need to Know God Can Change Everything: Do you believe that God can change things in your adult child's life in response to prayer? Do you believe without a doubt that God will hear your prayers for your adult children and can deliver you from any fear you have concerning them? Do you believe

that God is greater than your adult child's needs and that your prayers have power? (See pages 12-16 in the book.) Explain.

Truth 4—You Need to Know You Must Stop Blaming Yourself: Do you believe that you must stop blaming yourself for anything that has gone wrong in your adult child's life? Are there ways in which you blame yourself for things that have happened—or have *not* happened—to any one of your adult children? (See pages 16-19 in the book.) Explain.

Truth 5—You Need to Know You Have to Forgive: Do you believe that you must forgive your adult children for anything they may have done to hurt or disappoint you? Do you need to

forgive your adult child's other parent(s) for anything, as well as forgive anyone who has hurt your adult child? Do you believe you need to forgive yourself for any way in which you feel you could have been a better parent? Are any of these a challenge for you right now? (See pages 19-25 in the book.) Explain.

Truth 6—You Need to Know There Is Only One Perfect Parent: Do you believe that there has only been one perfect parent and that it is our Father God? Do you find it easy or difficult to relate to God as your heavenly Father? (See pages 25-27 in the book.) Explain.

Truth 7—You Need to Know You Can Wholeheartedly Say, “For This *Adult* Child I Prayed”: Do you believe that you have thoroughly covered your adult children in prayer in the past? If so, how have you seen answers to your prayers? If not, write out a prayer asking God to help you learn to pray in power for them from now on. (See pages 27-30 in the book.)

2. Have you ever dedicated your child to God? If not, write out the prayer of dedication found on page 28, second paragraph, in the book. If you have already dedicated your child to God in the past, write out the prayer of rededication to God that is found on page 28, third paragraph. Add your own words as you would like.

Matthew 7:7-8

Ephesians 3:20-21

5. Pray the prayer on page 31 in the book. Include any specifics about yourself as a parent and your relationship with each of your adult children that you want God to hear from your heart. Write them out below.

6. Read Luke 11:11-13. In the two verses prior to verses 11-13, Jesus makes it clear that God wants us to keep praying—that is, keep “asking,” “seeking,” and “knocking.” And the reason He does is because He wants to give good gifts to His children. If earthly fathers give good gifts to their children, how much more will our heavenly Father give good things to us—*His* children—when we ask Him? What is the gift mentioned here in verse 13 that is the greatest gift our heavenly Father will give us when we ask?

How much would you do for your adult children if they asked you to do something for them? Do you believe that *God* would do as much for them? Would He do as much for *you*?

7. Read Acts 1:8. What does an outpouring of the Holy Spirit bring into your life?

God wants to give His power to those who seek it in their lives. He wants to share His power with us so it is released into situations and lives when we ask for it in prayer. God wants you

to invite Him to work in power in your adult children's lives. How would you especially like to see the power of the Holy Spirit move in your adult children's lives today?

8. Read Acts 2:38-39. What is the requirement that must be fulfilled before receiving the gift of the Holy Spirit?

To whom was this promise made? Does that include you and your adult children?

9. Read the following Scriptures, and beside each one write down what gift or blessing the Holy Spirit can bring to your adult child's life.

John 16:13

Luke 12:12

1 Corinthians 2:12

Romans 15:13

1 Corinthians 12:3

John 14:26

Romans 5:5

Ephesians 1:13-14

10. Pray the prayer on pages 40-41 in the book. What other requests for your adult child would you like to include in this prayer? Write them out below.
