

One Minute Prayers for Parents

BREATH OF LIFE - AN ANCIENT RHYTHM

Parenting a child with chronic illness, chronic pain, mental illness, or disability is filled with joy, worry, hope, overwhelm, laughter, sadness, loss, and often, grief. There are moments of laughter and wonder, and others marked by desperately whispered prayers.

Pairing our breathing with Scripture reminds us that God's is with us—*always*. As you inhale, pray the first portion of the Scripture. As you exhale, complete the verse. If your mind is scattered, repeat the prayer slowly several times, letting the words steady your heart and settle your soul.

BREATH PRAYERS FROM SCRIPTURE

Lord, You know what I need before I even ask You. (Matthew 6:8, paraphrased)

Peace I leave with you; my peace I give you. (John 14:27)

The Spirit of God has made me; the breath of the Almighty gives me life. (Job 33:4)

My soul finds rest in God alone. (Psalm 62:1)

When I am afraid, I will trust in you. (Psalm 56:3)

I cried to my God for help ... He heard my voice ... (Psalm 18:6)

Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with My righteous right hand. (Isaiah 41:10 HCSB)

May your unfailing love be my comfort ... (Psalm 119:76)

My help comes from the Lord, the maker of heaven and earth. (Psalm 121:2)

He heals the brokenhearted and binds up their wounds. (Psalm 147:3)

I cried to the Lord ... He answered by setting me free. (Psalm 118:5)

Whatever he opens, no one will shut. Whatever he shuts, no one will open. (Isaiah 22:22 EHV)

Live by the Spirit...keep in step with the Spirit. (Galatians 5:25)

GIVE ME STRENGTH

Heavenly Father, give me strength today. Help me respond with patience, kindness, and wisdom. Guide my words, choices, and actions. Remind me to be gentle and tenderhearted and give me peace as I care for my family. In Jesus's name, Amen.

I NEED YOU, LORD

Lord, when I am stretched thin, please fill me with peace. When I am weary, please grant me rest. When the news isn't what we expected, please whisper hope to my heart. When fear takes hold, please break its chains. I need you, Lord, every hour of every day. Amen.

GRANT ME CLARITY AND WISDOM

Heavenly Father, when the choices are complicated, grant me clarity and wisdom. When emotions run high, remind me to pause before I react. When the weight of care feels overwhelming, slow my thoughts, guide my hands, and steady my heart. In Jesus' precious name, amen.

COMFORT MY HEART

Heavenly Father, I am carrying a pain too deep for words. My heart aches for my child. These hours seem endless as we wait for answers, and the days feel miles long. How I long to hear my child laugh again, to smile, to be carefree, and to run with delight. Comfort my heart, Lord, as I comfort my child. In Jesus' name, amen.

YOU ARE OUR HOPE AND STRENGTH

Lord, You are our hope and strength, the author of this story. Only You know each page and every chapter from beginning to end. Let our lives bring You glory, and our story encourage others. Thank you, Lord, for the gift of today, amen.

HELP US, JESUS

Jesus, my child is facing a medical crisis, and my mind is reeling, trying to make sense of everything I've seen and heard. I feel shaken and overwhelmed, and I am at a loss. I don't know what to pray, except, "Help us, Jesus. Help us, please!" Amen.

HELP ME RELINQUISH CONTROL

Lord, help me open my hands and lay this burden at Your feet. You are my refuge. With You I am safe. Sustain me with Your hope and comfort me with You tender compassion. Help me to relinquish control, Lord, again and again and again. In Your holy name, amen.