

# A Prayer for Your Child's Emotions



Father, I thank you for your indwelling presence in my child's life that inhabits his/her emotions. Thank you, Lord, because your presence in my child's life helps him/her to take full control of his emotions.

I declare that he/she will not be held captive by negative emotions such as anger, guilt, fear, jealousy, bitterness, hatred and sorrow. Help my child always remember that anger is lodged in the bosom of fools and may my child's spirit not be crushed in moments of despair and discouragement.

Lord, I ask that you set my child free from negative emotions that seek to grow deep roots in his/her heart. I declare that feelings of fear, sorrow, anxiety and hopelessness will not overwhelm my child to the point of depression. Today, I break the power of depression over my child's life and declare that he/she will not be mentally or emotionally depressed.

I pray also that my child's mind will not always dwell on the wrong done to him/her. But that he/she will let forgiveness take its full course to heal his/her broken heart. I release my child from every form of malicious and manipulative behavior. I release him/her from every form of bitterness, anger, jealousy, and pain that seeks to stop him/her from living his/her best life in God.

Lord, I thank you for setting my child free from every form of fear and anxiety. I declare that you my child do not have the spirit of fear but God's spirit, love, power and a sound mind. I speak into your spirit (insert name) that you will not be frightened or dismayed in any season of your life. Your heart will not be troubled or overcome with grief and you will not be driven by fleshly and lustful desires.

Lord, I ask that you guard my child's mind from negative thoughts that can affect him emotionally. Help him/her to always set his mind and emotions on things that are above and not things on the earth. I pray that my child will always choose self-control and with the help of the Holy Spirit restrain himself/herself when emotions run high.

Today, I speak God's word over you my child. You will not be burdened with guilt and shame in any season of your life. Your mistakes and errors will not cause you to run away from God but will direct your path towards God.

May God's love be shed abroad afresh in your heart today. May God's love in you fill your heart with deep compassion and empathy for others. I declare that your life will always radiate peace to those around you because God has filled your heart with his peace.

I declare that your emotions will be spirit-driven and always be in alignment with God's nature and character. The fruits of the spirit will be evident in your life for all to see. Thank you father for an emotionally stable child who is filled with the Spirit of God. Amen!