



Promises for Parents

16 VERSES FOR STRENGTH AND PEACE

Parenting is hard work and parenting children with chronic illness, mental illness, chronic pain, or disability adds unique and sometimes difficult challenges. What we do every day matters, for it is eternally significant.

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. (Isaiah 41:10)

For God is working in you, giving you the desire and the power to do what pleases him. (Philippians 2:13)

Children are a gift from the Lord; they are a reward from him. (Psalm 127:3)

I will teach all your children, and they will enjoy great peace. (Isaiah 54:13)

The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. (Psalm 28:7)

And **God will generously provide** all you need. Then you will always have everything you need and plenty left over to share with others. (2 Corinthians 9:8)

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. (Isaiah 40:31)

Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. (Colossians 2:7)

Blessed are those who trust in the Lord and have made the Lord their hope and confidence. (Jeremiah 17:7)

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. (Proverbs 3:5-6)

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. (Galatians 6:9)

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. (James 1:5)

Be strong and courageous! Do not be afraid or discouraged, for the Lord your God is with you wherever you go. (Joshua 1:9)

Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ. (Colossians 3:23-24)

For I can do everything through Christ who gives me strength. (Philippians 4:13)

And may the Lord our God show us his approval and make our efforts successful — yes, make our efforts successful! (Psalm 90:17)

PRAYERS FOR PARENTS

Dear Heavenly Father, please steady my shaken spirit. I am in pieces and on the verge of falling apart. My days are filled with things I feel unequipped to do. Sometimes I feel like a shell of the person I once was. Strengthen me, Lord, and fill me with peace. Spark a new joy in my heart and help me to see the beauty in my days as I care for my child/ren. Thank you, Lord, amen.

Father God, we thank You for the incredible gift and privilege of being parents. We ask for the patience, grace, and endurance to pursue parenthood with courage and conviction. Help us to turn to You in all circumstances knowing that You rejoice with us in the good days and grieve with us in the hard days. Help us to pour Your unconditional love into our children, showing them a life rooted in faith and truth. Thank You for being our strength and for Your unending love towards us. Amen.