

The background of the cover is a soft-focus image of green grass and leaves. At the top, several bright green leaves are visible, some in sharp focus and others blurred. The bottom half of the image is dominated by a field of tall, green grass blades, also softly blurred. The overall color palette is a range of greens, from vibrant lime to deep forest green, with a bright, airy feel.

# Blessings *for* Baby BOOMERS

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A 15-Day Prayer Guide to Receiving  
God's Grace and Strength

Senior  
Resource



# A Prayer for the Elderly

By [\*Emma Danzey\*](#)

Lord,

Thank you so much for the ability to pray on behalf of those who have lived years before us. We are grateful for their knowledge and experiences. God, we pray for those who do not know you and never made a decision to accept You as Savior. Would you help them to know today that it is not too late and they are not too far gone? Give them the courage to trust what You have promised that anyone who calls on Your name will be saved. Help them to notice their aging bodies and take immediate action for their spiritual condition. Reveal Your love to them and help them to become Your children.

We pray over those who feel forgotten today, whether this is intentional or unintentional from their family and friends. God, would you give them a sense of being seen by You even when they feel alone? Would you help those in their lives to remember to reach out and visit? Give them confidence in their identity and purpose in You. Help them to find joy in the everyday regardless of circumstances. We ask that their awareness of Your

presence would be so great that they do not feel alone but know that You are always with them. We ask that their prayer lives would be lively and rich. We pray for them to know You deeply.

God, we pray for those who are just trying their best each day to serve You despite ailments and frustrations. Would you remind them that they are valuable to Your kingdom's work today and always? Would you grow their **faith** and trust in You through this and provide incredible ministry opportunities for them? Help them to feel wanted and useful in the body of Christ. Give them ministry platforms in this season of their lives.

Lord, we pray over those who are caring for the elderly. We pray for family members, neighbors, friends, and nurses who spend their time investing in the health and well-being of these people. We pray for them to have grace, understanding, compassion, and kindness. Bless these people who choose to honor You, Lord, in their love of others. Thank You for their calling and passion to love those who are often forgotten.

We pray for strength and wisdom in decision-making for the elderly. We ask that you would make living arrangements, healthcare, and community clear for them. Give them the best quality of life possible. We ask for Your peace to transcend their understanding and as they prepare to meet You in eternity, would you give them an even greater boldness to share Your gospel and proclaim the truth of your love to those around them? Bless them with rest, renewal, and strength. Help them to give themselves grace each day and to find their joy in You.

Thank you for the elderly people who You have placed in our lives. Help us to honor them today and every day. Amen.



# A Prayer for When Your Elderly Parents Need You

By [Molly Law](#)

Dear Lord,

I pray for all of the ailing parents out there. I pray for their children who suddenly find themselves on the other end of the natural order. I pray that you will give them comfort and strength as they navigate the diagnosis, treatment, and living arrangements.

I pray that you give us patience when the disease takes over and changes our parents. Be with us as the role reversals of life throw us off balance. Lord, I pray that even in the midst of this one loss, we remember the time we have to love. Thank you for this time that has grown even more important. I pray that we will focus on the present good and not the future bad.

Father, we all know that anything is possible for you. We know you have the power to heal. I believe in your miracles. We also know that your ways are higher and mysterious. Lord, our parents love you and will one day be with you forever in heaven. I pray that will give all of us peace and solace to rest in that knowledge.

I pray for the parents who are not saved that they will come to know you and that their children will show them the way. So, I pray that whatever may happen, whether you choose to heal them or not — if there is a cure in their lifetime — I pray that your will be done in all of our circumstances.

Thank you, Lord, for parents — our mothers and our fathers — thank you for their wonderful and unique lives with us and our families. Thank you for this time we have with them. Thank you for being with us through these difficult times.

There are no words to describe this particular grief. Grieving in intervals of layers lost until they are ultimately gone. Please guide us through the toll this takes on our mental, physical, and spiritual health. I pray for every child having to parent a parent. I pray for the parents who are suffering from any disease or pain. I pray for your comfort and healing in all circumstances.

We love and trust you with all of our hearts, our Healer, our Savior.

In [Jesus'](#) name, Amen.



# A Prayer to God, Our Healer, for Healing for Our Loved Ones

By [Meg Bucher](#)

“...and the people all tried to touch him, because power was coming from him and healing them all.” - [Luke 6:19](#) NIV

God,

You are our healer. The greatest reflection of Your love was Jesus coming down from heaven, not only to be present among us, but sacrifice His life for us on the cross. Through His gift of grace, we are able to be healed beyond what is possible on this earth. Sometimes, in the depths of what we don't even realize is ailing, you reach in and make us whole again. We pray for healing in the depths of those we care for. May we find love and purpose far beyond this world, and bravely place our trust in You rather than cower in the all of things there are to be afraid of in this world. We pray for healing from ailments

and sickness that we can see and feel now, and from the sin that is hidden in us. You know all, see all, and care for all in Your perfect love.

In Jesus' Name,

Amen



# A Hedge of Protection Prayer

By [Meg Bucher](#)

“But the Lord is faithful, and he will strengthen you and protect you from the evil one.” - 2  
Thessalonians 3:3

God, we come to You with the fears of this world in prayer for Your protection. Each day holds unknown conclusions, and so we run to You, our all-knowing God. For the answers we do not have and the worry that threatens to consume our days, we ask Your provident hand of peace to stretch out over us. Remind us You are sovereign, that nothing happens out of Your control. For the tragedy we witness daily, and fear it will invade our own lives, provide an unexplainable calm and upholding of our faith. Help us to care well for those you have put us in charge of, Father, even in frightening times.

In Jesus' Name,

Amen.



# A Prayer for God to Stretch Our Minutes

By [\*Meg Bucher\*](#)

“He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.” - Ecclesiastes 3:11

God, stretch our minutes, today. The daily grind begs us to overfill it. Protect us from being consumed by busyness, and slow our pace to prayerfully notice You in all transitions. Help us to pause, and teach our children to pause, in order to reflect gratefully on all we have to fill our days. We pray all we do brings honor and glory to You, and our children see You in the way we manage our time. When we're tempted to be in an angry rush, slow our state. Only You know how many minutes we are allotted on this earth. We don't want to waste any. Help us to teach our children to be good stewards of their time.

In Jesus' Name,

Amen.



# A Prayer for Abounding Grace

By: [David Mathis](#)

Lord, thank you for your abundant, abounding grace. Thank you that we don't have to earn a drop of the mighty river of grace that flows freely for us today. Thank you for the unexpected, unmerited favor you've showered on my life. Help me put myself in the path of your love and grace. Help me not neglect the disciplines I need to meet with you regularly and to drink from the water of life. Thank you for your rich love. Amen.



# A Prayer for Personal Healing

By [Rebecca Barlow Jordan](#)

God, you know me so well. You created me. You know the number of hairs on my head, and you even know the thoughts conceived in my heart before I ever vocalize them. You've told us to come to you and ask for every need of life. You are [Jehovah-Rapha](#), the God who heals, and you have the final word on my destiny, the number of years I'll live and serve you on earth.

I'm coming to you today as your child, longing to hear from you and asking for your divine healing. There's so much I don't understand about life. But I do know that with one touch, one word, you can make me whole. Please forgive me of my sins, cleanse me of my unrighteousness, and begin your healing from the inside out

I don't always know what your will is Lord, especially in times like now, when I desperately seek your face. I offer you no promises, no bargains, no deals to exchange for my health.

I simply bow my heart before you to tell you the desire of my heart: that I want to spend as many years as I can loving you here, loving others, and wanting to become more like you. However you choose to accomplish that is up to you—and okay with me. If you use doctors to provide healing, give them wisdom to know what to do. Regardless of how you accomplish it, the healing you give is always miraculous. And you deserve all the praise. I absolutely believe you have the power to heal. You demonstrated that on earth, and you still heal in miraculous ways today. Even when my faith is weak, you say it is enough, and my love for you is strong. And I know you already hold my heart and life in your hands. It's up to you. If I can bring you more glory through healing, then that's what I ask for. That's what I desire.

But if your answer is no, or not now, I know that your grace is sufficient for me. Ultimately, I want your will to be my will. I look forward to spending an eternity with you. But Lord, if you have planned still more for me to do here on this earth, I not only need and want your physical healing, Lord, but a thorough, deep-down cleansing and strengthening—a whole-hearted renewal of all that I am. Because all that I am is yours. Use this trial to strengthen me from a “what-if” faith to a “no-matter-what” faith. And no matter what, I choose to honor you and give you glory.

In Jesus's name, Amen.



# Praying for God's Compassion and Concern

By [Tamela Turbeville](#)

Dear God, we know you are aware of the suffering of your children. You hear the cries of your people. You listened to the Israelites in Egypt and saw their pain. Then You had compassion on them and delivered them from bondage. Lord, Father, hear our cries. Have compassion and concern for our loved ones who are sick and in pain. Deliver them from the bondage of suffering, and we will give you the glory.

The Lord said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.

([Exodus 3:7](#))



# Praying for Patience to Endure

By [Tamela Turbeville](#)

Father God, we are not able to endure hardship for too long. Our strength to persevere in difficulty is actually our weakness, but we know where we are weak, you are strong. Lord, please grant to our loved ones suffering illness, pain, and discomfort forbearance. Give them the ability and strength to await healing patiently, because we know healing will come soon.

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ([2 Corinthians 4:17](#))



# Praying for Encouragement

By [Tamela Turbeville](#)

Father God, train our eyes on You. Fix the focus of our loved ones on who You are, the Great Physician, Healer, Redeemer. Encourage the ones we love who can only see difficulties, to look toward you. We rejoice in knowing that our current situation is temporary. Let this truth encourage those who are ill and waiting for healing. May they focus on the eternal and not the fleeting, keeping our eyes on You.

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. ([2 Corinthians 4:18](#))



# Praying for Freedom from Worry

By [Tamela Turbeville](#)

Dear God, when we are not well, we worry and despair. How will we take care of our lives, our responsibilities? But Jesus reminds us not to worry. For you feed the sparrows and dress the lilies of the field. Father, we ask today that you would provide for the needs of our loved ones who are ill and suffering. Whatever they need, You can supply. We trust you to care for us, and we give you thanks for every perfect gift.

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? ([Matthew 6:26-27](#))



# A Prayer for Peace that Transcends Understanding:

By [\*Meg Bucher\*](#)

Abba Father,

You are all-knowing, holding the world as we know it in your compassionate care. Through your Son, Jesus, you made a way for peace to dwell in and among us. Yet we lose sight of it so quickly. At the first crumble of our comfort, we let our trust start to cave in. Peace seems lost when we don't feel secure. Help us, Father, to believe beyond our fleeing feelings.

Let your truth reign over our circumstances. Stretch our fickle memory to recall your great grace in the hour of desperate need. Let Paul's inspired words become the framework for our everyday prayers. Calling on you not just in dire straits, but involving you intimately in all of our days.

Lord, we pray your Word now:

[“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.](#)

Father, let the richness of this truth saturate every crevice of our lives: our professions, hobbies, families, friendships, communities, and churches. Our feelings are fickle, and we ache to feel your presence, God. We pray for more of you. Let your truth permeate our thought life and propel us to move boldly, honoring you in all we do:

Root us in love, Father. Let it guide our every action and lead us to take full ownership of peace. Help us to develop a faith strong enough to withstand trials with grace and authenticity. We’re not promised it will be an easy road. There will be times, we know, where peace seems to have deserted us. In those moments, remind us to hit our knees and cry out to You. The God of the universe and creator of all, you are capable of shifting our minds and hearts to remember the peace we have in Christ. When we’re tempted to follow fleeting trails that promise a false sense of security, let us hear clearly the voice and conviction on the Holy Spirit. May we not just to hear, but obey, go where you lead us, and do what you call us to do:

Almighty God, you are close to the brokenhearted. you shield us all day long. We can cast all anxiety distracting us from peace onto you, because you care for us. You are mighty to save. You are love defined. In Christ, we can walk through turmoil gripping peace by the hand. Great, wonderful, and incredibly gracious are you, Yahweh.

Now, to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.” ([Ephesians 3:20-21](#) ESV)

In Jesus' Name,

Amen.



# A Prayer of Blessing for Mothers & Grandmothers

By [Rebecca Barlow Jordan](#)

Dear Lord,

Bless every mother and every grandmother with the finest of your spiritual blessings today. Confirm in her heart and spirit the work of her hands and the love that she has so freely given to those children under Your care. Validate her worth daily so she has no reason to doubt whether she is loved, valued, and cherished in the eyes of her Heavenly Father.

Create in her a deep sense of your protection and trust, so that worry and fear will disappear as she places her loved ones into Your care. Let her know that every prayer she has prayed and every encouraging word she has spoken on behalf of her children/ grandchildren has been transformed into sweet, fragrant offerings before Your throne.

Whisper deep within her spirit the sweet words she longs to hear from You—that nothing can ever separate her from Your love. Help her to nestle daily into the promises of Your Word, standing with faith on the things You declare are true. Let her know that You reward faithfulness, but that true success doesn't lie in her accomplishments or accolades. Let her rest in the knowledge that she has done all she can—and that she and those she loves—truly belong to you. Bless her with a servant spirit so she can teach her own the joy of hearing one day, “Well done!”

Remove any guilt, false or real, and replace them with Your amazing grace and forgiveness. Help her see her children or grandchildren through Your eyes, knowing that in Your hands is the safest place they can ever be. Calm every doubt, and strengthen her confidence in the Only One who can bring good out of any situation.

Teach her that she cannot meet every need of her child's life, but that You can. Give her wisdom and guidance to train those precious children in Your path, and then to leave the results to You, Lord. Help her to love without limitations, to [pray without ceasing](#), and to live without regrets. Bless her with such a sweet dependency on You that she will acknowledge her inadequacies, yet recognize and accept Your reward of praise—and Your sense of pleasure in having her as Your own beloved child.

Where prayers may still seem unanswered, and dreams are not yet realized, open her eyes to see beyond this world to a Hope that never disappoints, and to a Father who will never leave or abandon her. Give her the courage to persevere even in the most difficult moments of her life. Bless her with honesty, integrity, and a playfulness that shows her children she is human, yet unswerving in her desire to know You.

Let her joy be contagious; let her passion be pure, and let her life overflow with all the blessings she deserves—on special days, and on every day of her life.

In Jesus's name,

Amen



# Prayer for Married Couples

*By Dr. James Dobson*

Father, we are so thankful that we will one day leave life's troubles behind and enter the joy of eternity with You. In the meantime, help us redeem the time for Your glory, confident that You are ready to work out Your divine purposes in every moment. Amen



# A Prayer to Help Me Evaluate My Priorities

*By [Kristine Brown](#)*

Dear Lord,

Lately I've been feeling out of sync, and I've been distracted by all the things on my schedule. I need the help of the Holy Spirit today. Search my heart, Lord. Reveal anything in my life or on my schedule that needs to change.

When I look at my calendar, I get discouraged. I haven't been putting you first, which has thrown everything else off balance. I am starting anew right now, coming to you each morning in prayer to evaluate my priorities. Help me to see what's most important according to your truth. As I bring each decision before you, guide me with your wisdom in how I spend my days.

Even in the midst of struggles or busy seasons, help me remember to enjoy this life you've given me. I will also give myself grace when I notice I'm out of alignment with you. Because you are always there, ready to give my heart the reset it needs. Thank you, Father, for filling me with wisdom and teaching me to number my days.

In Jesus' name I pray, Amen.



# A Prayer for When You Feel All Alone

By [Christina Fox](#)

Dear Father in Heaven,

I come before you today with a heart heavy with loneliness. I feel like there's no one who cares, no one with whom I can share the real me. I even feel alone in a crowd of people, like I'm the only one in the room.

Will I ever feel like I belong somewhere? Will I ever feel connected to others? Will I always feel like an outsider?

Even as I pray these words I know I must confess that I've forgotten what I know to be true. I've forgotten that I am never alone. Because of Jesus' sacrificial death for me, I have become your child. You have adopted me into a forever family. I'm no longer an orphan wandering alone in the wilderness. Because of Jesus, I am part of a family that is as large as the number of stars in the sky. And as your child, I can come to you whenever I want. I have unlimited access to my Abba, my Father.

Forgive me also for trying to fill my loneliness with counterfeit gods, false substitutes, and temporary pleasures. Nothing and no person can fill the void in my heart that was made for you alone.

Help me to seek you in my loneliness. Help me to find my comfort, not in things, but in the love Jesus secured for me at the cross. I know that you will never leave me or forsake me. Help me in my unbelief. Help what I know to be true to be what my heart lives out as truth.

I pray for others who are lonely that you would show them their need for Jesus, the only perfect Friend. Help them to know that he will never leave them, reject them, or turn away from them. I pray that you would use me to encourage the lonely with the love you've given me.

Help me also to do the things I don't feel like doing--becoming a part of a community of believers, participating and using my gifts, encouraging others, serving and giving of myself. These are all hard to do when I feel this weight of loneliness. But then I remember Jesus and how everyone left him alone in his final hour. And how you had to turn your back on him when my sin was placed on him. That was true loneliness and because of Jesus, I will never have to feel that separation that he experienced. May his great love for me propel me to love and serve and join, even when I am hurt, alone, and wounded.

Give me gospel joy even in my aloneness. Blanket me with your grace and loving kindness to ward off the chill of rejection and loss of friends and family. Help me to feel your presence and trust that you are always with me. May this season of loneliness draw me ever closer to you.

Because of Jesus I pray, Amen.



# A Prayer for Relief of Stress and Anxiety

By [\*Rebecca Barlow Jordan\*](#)

Lord Jesus, the stresses in my life often reach a dangerous proportion—or so it seems. My body, mind, and spirit struggle to keep up physically, mentally, and yes, spiritually. Some days anxiety stalks me like a deceitful predator, and the temptation to worry draws me in. I know better, but some days the challenges outweigh the truths buried inside. My trust in You fades into the background, giving fear and concerns permission to discourage me.

In those moments of apprehension, help me remember that I belong to You, and that You are not the author of fear or anxiety, but the giver of love and a sound mind. Teach me Your ways to respond to problems by giving thanks in them. Your Word assures me that You are always there with me. You are the Blessed Controller of all things, and nothing escapes Your attention in my life. You have

given me every tool and spiritual blessing to fight against those things that try to steal my peace. You've promised that when I'm stressed and burdens are trying to weigh me down, I can come to You. You will give me sweet rest!

Whether the anxiety stems from work, parenting, finances, physical issues, or even world conditions, You are there, Lord, to shoulder the weight. Teach me to recognize the stressful trials as tools for you to shape me and rearrange me. Through those difficult times, You will teach me patience, enlarge my faith, and help me see things I couldn't see earlier—if I will only let You. When I'm clueless as to what to do, Lord, I want to turn to you first, not last.

Forgive me for trying to handle things on my own, Lord. The need to be in control sometimes gets a stronghold on my life. That only makes things worse. I want to trust You more and see things from Your perspective, not my own. No one makes me feel uptight, angry, or stressed, and no one forces me to react negatively. I choose to respond according to my beliefs. Do I believe You are in control? Do I believe You created all things and hold all things in Your Hand? Do I believe You are truly good? When an anxious thought creeps in, help me to stop and relax, to take that thought captive, and to turn apprehension into a calm prayer for deliverance. Revamp my belief system, Lord. Show me a new way to handle life according to Your Way.

No matter what issues I am dealing with; no matter how big the problems or situations, I'm laying them all at Your feet today. Turn these potentials for stress into lessons for growth and trust. When I can't see any possible solutions, I choose to believe that You are working things out for my good—in Your own

time, as you have in the past. Show me what to do, or what not to do. As I focus on You, remembering Your promises and Your words, I believe You will fill me with a peace that is beyond all understanding.

In Your precious name,

Amen



# A Prayer for Inspiration

By [Whitney Hopley](#)

“God, I need your guidance right now. So many thoughts are running through my mind that I can’t focus on what I’m trying to do. Keep me from getting sidetracked or stuck. Please give me the focus I need to perceive your messages to me, so I can be inspired with new ideas about where to go from here with this task. Thank you for refreshing my mind with your wisdom as I focus on listening to you. Amen.”



# Praying for God's Rest

*By [Debbie McDaniel](#)*

We find rest in the shadow of the Almighty today and every day. We trust you Lord and find refuge under your powerful shield of protection. We believe your angels surround us and we thank you for your loving care over our lives.

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” Surely he will save you from the fowler’s snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart...For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent. “Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.” [Psalm 91:1-4, 11-16](#)



# Praying for Hope in God Alone

By [Debbie McDaniel](#)

We choose to set our eyes on you dear Lord, for you are gracious and loving. You forgive us for our sins, you guard and protect our lives. Our hope is in you alone!

“To you, O Lord, I lift up my soul, in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me...My eyes are ever on the Lord, for only he will release my feet from the snare. Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish. Look on my affliction and my distress and take away all my sins. See how numerous are my enemies and how fiercely they hate me! Guard my life and rescue me; do not let me be put to shame, for I take refuge in you. May integrity and uprightness protect me, because my hope, Lord, is in you.” [Psalm 25:1-2, 15-21](#)

*Congratulations! You've just spent 15 days praying for guidance to follow God and trust His miraculous plan for your life! We hope that over the past few days God has renewed, revived, restored and strengthened your love and faith! Through this prayer guide we hope you now have renewed your relationship with Christ. Abide in Him through the calm moments and the storms that come up throughout daily life. We'd also love to hear from you—how has this helped you? How did this challenge help you grow closer to God? Head over to our Facebook community and let us know that you completed the challenge and how it's helped you!*



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