

A FREE GIFT FROM THE MOM-NOTE

7

Days of Praying Scripture Over Your Kids

for the mom in the middle of it

"He tenderly leads those that have young."

ISAIAH 40:11



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@micahyursik · Joy for today ♥ Peace for tomorrow



BEFORE YOU START

You don't need the right words. You have His.

Praying Scripture over your kids just means taking a promise God already made and saying it back to Him with your child's name in it.

That's it. No eloquence required. It works at 5 a.m. with a coffee, in the car line, whispered over a crib, or out loud with a toddler on your hip. The Word does the heavy lifting — you just carry it into the room.

Each day has four small parts:

- ♥ **The verse.** Read it slowly. Maybe twice.
- ♥ **Pray it.** A short prayer built from the verse, with a blank for your child's name. Pray it as written or let it become your own.
- ♥ **Say it to them.** One short line you can speak right over your child — at breakfast, at bedtime, mid-meltdown. Whatever their age, it's landing.
- ♥ **Notice.** One line for what you saw God do, or what He said to you. Keep it tiny.

At the end there's a fridge page with all seven verses, and a one-page journal sheet — the simple way I renew my own mind on the hard days.



Let's begin.



Day 1

IDENTITY

Made on purpose

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

PSALM 139:14

PRAY IT

Father, You made _____ on purpose — every part, wonderfully. Before I ever held them, You knew them. Let _____ grow up knowing full well that they were made by You and loved by You, and let nothing the world says ever talk them out of it. Amen.

SAY IT TO THEM

"God made you, and He made you wonderful, _____."

NOTICE

Day 2

Taught by the Lord

"All your children will be taught by the Lord, and great will be their peace."

ISAIAH 54:13

PRAY IT

Lord, You promised that my children would be taught by You. So teach _____ — in the places I can't reach, in the moments I'm not there, in the middle of the night. Be their Teacher before I am. And give _____ great peace: a settled heart, a calm mind, deep sleep. Amen.

SAY IT TO THEM

"Jesus is with you, and He gives you peace. You can rest, _____."

NOTICE



Day 3

PROTECTION

Watched over

"The Lord will keep you from all harm — he will watch over your life; the Lord will watch over your coming and going both now and forevermore."

PSALM 121:7-8

PRAY IT

God, I can't be everywhere, but You are. Watch over _____ today — every step, every stair, every playground, every car ride. Keep _____ from harm. Guard their body, their mind, and their little heart. Watch over their coming and going, now and always. Amen.

SAY IT TO THEM

"God is watching over you everywhere you go, _____. You are safe with Him."

NOTICE

Day 4

GROWTH

Growing like Jesus

"And Jesus grew in wisdom and stature, and in favor with God and man."

LUKE 2:52

PRAY IT

Jesus, You were a child once too. Let _____ grow the way You grew — in wisdom, not just words; in a strong, healthy body; in favor with You and with the people around them. Give _____ kind friends, good teachers, and a heart that leans toward You as they get bigger. Amen.

SAY IT TO THEM

"You're growing big and strong and wise, _____ — just like Jesus did."

NOTICE

Day 5

HEART

A heart that trusts

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

PROVERBS 3:5-6

PRAY IT

Lord, give _____ a heart that trusts You — all of it, not just a corner. When they don't understand, let them lean on You. When they're older and choosing their own way, make _____'s paths straight. Start that trust now, while their heart is small and soft. Amen.

SAY IT TO THEM

"We trust God with our whole heart, _____. He knows the way."

NOTICE

Day 6

COURAGE

Brave because He's there

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

JOSHUA 1:9

PRAY IT

God, the world feels big to _____ — new rooms, loud noises, the dark, the drop-off. Make them strong and courageous, not because nothing is scary, but because You go with them wherever they go. Let _____ feel You close when I'm not. Amen.

SAY IT TO THEM

"You can be brave, _____, because God goes with you everywhere."

NOTICE

Day 7

FAITH

He finishes what He starts

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

PHILIPPIANS 1:6

PRAY IT

Father, You've already begun a good work in _____. I see glimpses of it. I'm confident — not in my parenting, but in You — that You will carry it all the way to completion. Draw _____ to Jesus early, keep them close, and finish what You started. Amen.

SAY IT TO THEM

"God started something good in you, _____, and He always finishes."

NOTICE



FOR THE FRIDGE

7 verses to pray over *our kids*

1 • Made on purpose

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Psalm 139:14

2 • Taught by the Lord

"All your children will be taught by the Lord, and great will be their peace."

Isaiah 54:13

3 • Watched over

"The Lord will keep you from all harm — he will watch over your life; the Lord will watch over your coming and going both now and forevermore."

Psalm 121:7–8

4 • Growing like Jesus

"And Jesus grew in wisdom and stature, and in favor with God and man."

Luke 2:52

5 • A heart that trusts

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Proverbs 3:5–6

6 • Brave because He's there

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9

7 • He finishes what He starts

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Philippians 1:6

Every day • Mom's verse

"He tends his flock like a shepherd: he gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young."

Isaiah 40:11

The blessing — say it over them at bedtime

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

Numbers 6:24–26

FOR MOM • A 5-MINUTE RESET

Renew *my mind*

The simple way I get un-stuck on a hard day. Don't overthink it.
Don't go deep. Just walk the four steps.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will."

ROMANS 12:2

1 GATHER

How am I feeling right now?

Just name it — no judging it, no fixing it. One or two honest lines is plenty. This isn't a deep dive; it's setting the table.

2 WHAT IF

What if something else were true?

Loosen the grip of the first thought. "What if this isn't the whole story..." "What if God is actually..."

3 ASK THE HOLY SPIRIT

What thought am I conforming to?

How do You want to renew my mind?

Then be quiet for a minute. Write what He says, even if it's one word.

4 CARRY IT

The truth I'm taking into today:



Hi, I'm Micah.

Mom of two little ones, still learning to hear God in the chaos. I made this because I needed it — and because I don't think you're supposed to do motherhood without His voice in the room.

Every Monday I send a short **Mom-Note**: one verse, one perspective shift, one prayer, and a few little joys. If this printable found you somewhere other than my page, you can get the note here:

micahyursik-dotcom.github.io

Joy for today ♥ Peace for tomorrow

@MICAHYURSIK ON TIKTOK

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