



A Prayer of Blessing and Empowerment for Your Wife

As a Christian husband you most likely pray with your wife before you go to bed at night. You probably pray about your kids, your health, your finances, your business, and much more. Most of our prayers tend to focus on our problems and our needs which is all fine and good but falls woefully short of the depth and breadth of what our prayer experience can be.

Several years ago, while I was meditating on how to improve my prayer life God directed me to use the hand as a framework for praying for my wife and my children. Immediately I was struck with how simple and beautiful this prayer was and how profoundly it affected my wife and children. Since then, I have prayed "The Hand Prayer" of blessing with many people and always found it to be a powerful experience for me and those that I prayed for. I can't recommend it enough!

So, what is "The Hand Prayer"?

"The Hand Prayer" is a simple format that walks you through a sequence, from thumb to pinky, with logical word associations as follows.

The Hand Prayer Model

1. Thumb Affirmation
2. Index Finger Direction
3. Middle Finger Challenge
4. Ring Finger Commitment
5. Pinky Finger Strength

The Hand Prayer is super flexible and works beautifully. You will find that this prayer naturally flows from your Heavenly Father through you to your wife. Pray about how you should pray and what you should pray, and God will show you the way!

I promise that you and your wife will be blessed by this prayer of blessing. And don't be surprised if both of you don't shed a few tears as you embrace each other in prayer. If you feel a bit intimidated by praying like this, you might consider writing it out. But no matter how awkward you might feel it will be powerful!

The Hand Prayer Example

1. The Thumb of Affirmation

Dear Father in Heaven, I thank you for giving me _____, to be my life companion. She is my most cherished possession here on this earth. She is truly a priceless treasure. And yet, as much as I love her, I know that you love her much more than I ever could. You have known her since she was conceived. You knit her together in her mother's womb. You created her with incredible talents and gifts. May she know you and praise you all the days of her life. May she know her true identity in you.

2. The Index Finger of Direction

Today, as she goes through her day, may she hear and know your "Still Small Voice". May she be teachable and follow your guidance. May she give clear and patient direction to our children, training them up in the instruction of the Lord. May I listen to her voice of wisdom as she also hears my voice of reason.

3. The Middle Finger of Challenge

During the day my wife may hear negative self-talk (zingers) that comes from the "father of lies". May she take these destructive thoughts captive and replace them with the truth of your word. May she keep these thoughts down with the thumb of encouragement because she knows who she is in you... a daughter of God who is more than a conqueror!

4. The Ring Finger of Commitment

Today I know that my wife is tired and at times may feel like giving up. May she firmly believe that you will not give up on her and that as her husband I will not give up on her either. I will never leave her or forsake her. And because of these assurances may she be resolute in her commitment to you Lord, our marriage, and our children.

5. The Pinky Finger of Strength

I know that my wife has been struggling with _____. May she see your strength being made perfect in her weakness. May this be her testimony as she grows in her faith and trust in you. Today may she be filled with your Holy Spirit and produce a bountiful crop of the fruit of love, joy, peace, patience, kindness, goodness, and self-control. May she feel the embrace of your loving arms today. Amen



A Prayer of Blessing and Empowerment for Your Son/Daughter

The prayer for your son/daughter doesn't need to be written out but it can be. I suggest that you follow an easy format to guide your words such as "The Hand Prayer" that I developed over the past several years. I like it and have found that it works beautifully. This prayer should flow from your Heavenly Father through you to your son. Pray about how you should pray and what you should pray, and God will show you the way! I promise that you will be blessed by giving this prayer of blessing.

The Hand Prayer Model

1. Thumb Affirmation
2. Index Finger Direction
3. Middle Finger Challenge
4. Ring Finger Commitment
5. Pinky Finger Strength

Beginning the Prayer

Dear Heavenly Father, You are the one and only Perfect Father. You are the Creator, Sustainer, Savior and King of this world. And my son and I are your children. Thank-you for giving me the honor of being the earthly father of _____, my beloved son/daughter in whom I am well pleased. Father, now as I give this blessing to my beloved son/daughter, I ask that your holiness and power flow from you through me at this special moment.

1. The Thumb of Affirmation and True Identity

Give praise and thanks to God for giving you such a wonderful son/daughter. Proclaim who God says he/she is.... and who you say he/she is. Describe some of his top character qualities.

This is my beloved son in whom I am well pleased. Matthew 3:17

2. The Index Finger of Direction and Correction

I see that _____ is humble and teachable and takes correction and direction. He/she shows wisdom, discretion, and maturity. He wants to do the right thing and be obedient. And when he/she makes mistakes he/she owns up to them and makes things right. Pray that he/she listens respectfully when his/her mother and I give direction.

And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52

3. The Middle Finger of Challenge and Opposition

He/she understands that there is a struggle between good and evil in his/her heart and mind.

When Satan comes against him/her and tells him he/she is not strong, not smart, not valuable, etc. he/she takes these thoughts captive and replaces them with God's word and his/her true identity in Christ Jesus. He/she is not controlled by his/her emotions and keeps negative thoughts and words down with the thumb of encouragement. He/she faces challenges, opposition, and temptation with courage. Whatever test and trials come his/her way he/she knows that you are fighting alongside him/her to win the battle! He/she is not alone! Also describe any character traits that need to be strengthened.

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. Matthew 4:1

4. The Ring Finger of Commitment and Endurance

Commitment, don't quit, God won't quit. You as his dad will never quit on him either! He is strong and will persevere through difficulty and never give up!

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6

5. The Pinky Finger of Strength through Weakness

God promises to provide strength through his weakness so that he may bring glory to God. So, whatever he may be struggling with it will become his strength and his testimony and witness for what God has done in his life.

Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord. Matthew 25:21

Closing of the Prayer

This is the final blessing. Speak from the heart, make it real, making sure to declare a bright and joyful future. Let him feel your love and strength flow through these closing lines.

AMEN



The Father's Love Letter to You

My Child,

You may not know me, but I know everything about you.... Psalm 139:1

I know when you sit down and when you rise up.... Psalm 139:2

I am familiar with your ways.... Psalm 139:3

Even the very hairs of your head are numbered.... Matthew 10:29-31

For you were made in my image.... Genesis 1:27

In me you live and move and have your being.... Acts 17:28

For you are my offspring.... Acts 17:28

I knew you even before you were conceived.... Jeremiah 1:4-5

I chose you when I planned creation.... Ephesians 1:11-12

You were not a mistake, for all your days are written in my book.... Psalm 139:15-16

I determined the exact time of your birth and where you would live.... Acts 17:26

You are fearfully and wonderfully made.... Psalm 139: 14

I knit you together in your mother's womb.... Psalm 139:13

And brought you forth on the day you were born.... Psalm 71:16

I have been misrepresented by those who don't know me.... John 8:41-44

I am not distant and angry, but am the complete expression of love.... 1 John 4:16

And it is my desire to lavish my love on you.... 1 John 3:1

Simply because you are my child, and I am your father.... 1 John 3:1

I offer you more than an earthly father ever could.... Matthew 7-11

For I am the perfect father.... Matthew 5:48

Every good gift that you receive comes from my hand.... James 1:17

For I am your provider and I meet all your needs.... Matthew 6:31-33

My plan for your future has always been filled with hope.... Jeremiah 29:11

Because I love you with an everlasting love.... Jeremiah 31:3

My thoughts toward you are countless as the sand on the seashore.... Psalm 139:17-18

And I will rejoice over you with singing.... Zephaniah 3:17
I will never stop doing good to you.... Jeremiah 32:40
For you are my treasured possession.... Exodus 19:5
I desire to establish you with all my heart and all my soul.... Jeremiah 32:41
I want to show you great and marvelous things.... Jeremiah 33:3
If you seek me with all your heart, you will find me.... Deuteronomy 4:29
Delight in me and I will give you the desires of your heart.... Psalm 37:4
For it is I who gave you those desires.... Philippians 2:13
I am able to do more for you than you could possibly imagine.... Ephesians 3:20
For I am your greatest encourager.... 2 Thessalonians 2:16-17
I am also the Father who comforts you in all your trouble.... 2 Corinthians 1:3-4
When you are broken hearted, I am close to you.... Psalm 34:18
As a shepherd carries a lamb, I have carried you close to my heart.... Isaiah 40:1
One day I will wipe away every tear from your eyes.... Revelation 21:3-4
And I'll take away all the pain you've suffered on this earth.... Revelation 21:3-4
I am your Father, and I love you even as I love my son, Jesus.... John 17:23
For in Jesus my love for you is revealed.... John 17:26
He is the exact representation of my being.... Hebrews 1:3
He came to demonstrate that I am for you, not against you.... Romans 8:31
And to tell you that I am not counting your sins.... 2 Corinthians 5:18-19
Jesus died so that you and I could be reconciled.... 2 Corinthians 5:18-19
His death was the ultimate expression of my love for you.... 1 John 4:10
I gave up everything that I loved that I might gain your love.... Romans 8:31-32
If you receive the gift of my son Jesus, you receive me.... 1 John 2:23
And nothing will ever separate you from my love again.... Romans 8:38-39
I have always been Father, and will always be Father.... Ephesians 3:14-15
My question is.... Will you be my child?.... John 1:12-13 I am waiting for you.... Luke 15:11-32

Love, Your Dad, Almighty God

