

## A powerful prayer for those we love

by Barb Jurgens



If you're like me, you probably stay in touch with your kids through phone calls, emails, and Facebook. All of us seem to do this even more in troubling times such as these. We like knowing what's happening in their lives, but sometimes they don't tell us. How are we to know if they're struggling in a relationship, fighting exhaustion, unhappy with their work, or dealing with physical or mental problems?

When my children were young, and there didn't seem to be enough minutes in a day, I repeated the same brief prayer: "God bless my kids and keep them safe." Then one day a friend of mine (a church mentor) suggested I take the

time to use Scripture as a basis for my prayers. I soon learned there is power in taking the time to match up my requests with God's own heart, as revealed in His Word.

One of these petitions was based upon verse 37 in Matthew chapter 22. We find that we are to "*Love the Lord your God with all your heart, with all your soul, and with all your mind.*" Jesus called it the first and greatest commandment. So, I concluded that loving God with every part of their heart, soul, and mind was the key to my children's spiritual success. If this was the case, then everything else—attitudes, decisions and actions—would fall into line.

Jesus follows this verse by saying: "*And the second is like it: Love your neighbour as yourself.*"

It's wonderful to see how my children are reaching out to others, be it delivering a hot meal to a mother just arriving home with her newborn, helping a fragile senior with lawn cutting and gardening, solving audio-visual problems for seniors who are not technologically savvy, picking up groceries for a neighbour who has mobility issues and is housebound, or having regular phone visits with those who are alone or in an unhealthy condition.

I still pray this passage for my kids—and now for my grandchildren too!

*"And above all these...put on love, which binds everything together in perfect unity."*

(Colossians 3:14)