

A Prayer for You

From the article “Breaking Unhealthy Family Patterns: How to Build a New Legacy With Christ”

Father, You know my family. You know the good in it and the parts that hurt, the love that was real and the things that should never have happened.

I'm not here to accuse anyone. I'm here because I keep seeing things in me that I didn't choose and don't want to pass on. Search me, God. Show me what I learned that isn't from You — the reactions, the silences, the fears, the beliefs about myself that I absorbed before I could question them.

Thank You that I'm not doomed to repeat anything. Thank You that in Christ I am a new creation, and that You are patient with slow change. Renew my mind where old thinking still runs on its own. Give me the honesty to notice a pattern in the moment, and the humility to stop mid-sentence and choose differently.

Teach me to apologise to the people in my house. Teach me to speak encouragement out loud instead of assuming they know. Teach me to handle conflict instead of avoiding it or winning it. Where I need help beyond myself — wise counsel, real community, a counsellor — lead me to it and give me the courage to go.

I can't guarantee what my children will choose, and I lay that down with You. But make our home a place where they see You honoured, where mistakes are met with grace, and where prayer is normal.

Let something new begin here. In Jesus' name, amen.

Amen.

Scripture to sit with (KJV)

Joshua 24:15

Romans 12:2

2 Corinthians 5:17

Deuteronomy 6:6-7

Psalms 139:23-24