

SHOOTING Arrows

Praying for the next generation

“Like arrows in the hand of a warrior,
so are the children of one’s youth.”

Psalms 127:4



Identity &
Self-Worth



Mental Health
& Anxiety



Peer Pressure
& Influence



Social Media
& Comparison



Academic &
Career Uncertainty



Family, Faith &
Relationships



Purpose, Calling
& Destiny

24-7 PRAYER FOR REVIVAL

29 June – 5 July 2026

Young people between the ages of twelve and eighteen are maturing from childhood into adulthood. It is a precious season of growth, learning, exploration and increasing independence, nurtured by the wise counsel and loving support of parents and other trusted adults. Yet, in a broken world, it can also be one of the most challenging periods of their lives.

The following is the reality that youth face daily:

- **Adolescent depression has increased from 24% to 37% globally**, with family conflict recognised as a significant contributing factor.
- **40%** of teenagers are uncertain about their future careers.
- Only **1 in 5 adolescents** reports having a clear sense of purpose in life.

This week, let us pray for the next generation, that the Holy Spirit will turn their eyes away from the world and fix their gaze upon the Lord Jesus, that they may behold the lovingkindness in His eyes.

MONDAY 29 JUNE 2026

IDENTITY AND SELF-WORTH

"Before I formed you in the womb I knew you; before you were born I sanctified you..." (Jeremiah 1:5).

One in seven adolescents worldwide experiences a mental health disorder, while many struggle with body image concerns and social media comparisons, affecting their identity, belonging and self-worth.

Let us pray

- ✠ Pray for **godly mentors, teachers and influencers** to faithfully share God's truth with young people seeking their identity in Christ.
- ✠ Pray for **positive peer influence** that encourages them to value themselves as God does and find their security in Him.
- ✠ Ask the Lord to reveal **His perfect love**, that they may walk confidently as His beloved children.

Practical Tip

Reach out to a struggling young person with compassion. Listen to their story in a safe, accepting environment where they feel valued and free from judgment.

TUESDAY 30 JUNE 2026

ANXIETY AND MENTAL HEALTH PRESSURES

"Let not your heart be troubled; you believe in God, believe also in Me." (John 14:1).

Anxiety disorders are the most common adolescent mental health condition, **affecting 4.1% of 10-14-year-olds and 5.3% of 15-19-year-olds worldwide.**

Let us pray

- ✠ Pray for young people facing **anxiety, depression and other mental health challenges**, that the Lord's comfort will bring peace, hope and delight to their souls (Psalm 94:19).
- ✠ Pray that they will lean on the Holy Spirit, our Comforter and Helper, when they feel weak or overwhelmed, trusting Him to lead them in all truth.

Practical Tip

Create a small prayer card with encouraging Scriptures such as Psalm 94:19, John 14:1 and Philippians 4:6-7. Share it with a young person and encourage them to read the verses aloud whenever they feel anxious or overwhelmed.

WEDNESDAY 1 JULY 2026

PEER PRESSURE AND FITTING IN

"You are the salt of the earth... You are the light of the world." (Matthew 5:13a,14a).

41% of teenagers report feeling pressure to fit in socially, while nearly 90% say they have experienced peer pressure at some point during adolescence.

Let us pray

✠ Pray unceasingly for **Christian teenagers to honour the Lord**, bear spiritual fruit and shine as witnesses who draw others to Him (Colossians 1:10–12; Matthew 5:16).

✠ Pray for **young people facing peer pressure to speak openly with their parents** and for parents to listen, guide and support them with wisdom and love.

Practical Tip

Encourage a young person to share about the pressures they face at school, in sport or online. Listen attentively without immediately offering solutions. Offer to pray with him/her about their God-given gifts, character and strengths.

THURSDAY 2 JULY 2026

SOCIAL MEDIA COMPARISON

I will praise You, for I am fearfully and wonderfully made; marvelous are Your works and that my soul knows very well. (Psalm 139:14).

Nearly **half of teenagers (48%)** feel pressured by social media to look a certain way, contributing to lower self-esteem and poorer mental well-being.

Let us pray

✠ Pray for **young people to be discerning** and selective about the social media content and influencers they follow online.

✠ Pray also for **teenagers to build meaningful social connections** beyond social media and to explore hobbies, interests, sports and book clubs that foster healthy friendships and personal growth.

Practical tip: Encourage a young person to take a weekend break from social media and spend that time engaging in activities they enjoy, such as reading, sport, art, music or serving others. Afterwards, discuss how the break affected their thoughts, emotions and sense of self-worth.

FRIDAY 3 JULY 2026

ACADEMIC AND CAREER UNCERTAINTY

And to one he gave five talents, to another two and to another one, to each according to his own ability... (Matthew 25:15a).

20.4% of young people are not in employment, education or training, while 272 million remain out of school worldwide.

Let us pray

- ✠ Pray for youth to discover their **God-given gifts and talents** (1 Peter 4:10).
- ✠ Also ask that they will have **deep reverence for God and His ways** (Proverbs 2:1-12); that He will instil in them the desire to attain knowledge.

Practical tip: Invite a young person to spend a day with you at your workplace. Ask about their hopes, dreams and future aspirations. As you listen, look for opportunities to encourage them, pray for God's guidance over their life and, where appropriate, walk alongside them as a mentor.

SATURDAY 4 JULY 2026

FAMILY AND RELATIONSHIP CHALLENGES

...know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. (Ephesians 3:19).

Family conflict is a major contributor to emotional and relational struggles among adolescents, affecting their sense of security, belonging and overall mental wellbeing.

Let us pray

- ✠ Pray for teenagers in single-parent and child-headed households, that they will **cast their burdens on the Lord and find comfort in His care** (Matthew 11:28-30; 1 Peter 5:7).
- ✠ Pray for families with strained relationships to **know the Lord Jesus as the Prince of Peace**, extending forgiveness and experiencing emotional healing.

Practical tip

Consider inviting a young person from a single-parent or child-headed household to join your family for a meal, an outing or a special occasion. Simple acts of kindness can help them experience a sense of belonging and support.

SUNDAY 5 JULY 2026

FINDING PURPOSE AND DIRECTION IN LIFE

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. (Jeremiah 29:11).

More than 1 in 5 young people worldwide are not in employment, education or training, creating **uncertainty about their future direction and opportunities.**

Let us pray

✠ Pray for **young people to seek God's will for their lives**, to discover their God-given gifts and calling and to follow Him in wholehearted obedience.

✠ In the face of economic uncertainty and limited opportunities, **pray for young people to resist dishonest gain and destructive influences and to walk in wisdom, integrity and perseverance.**

Practical tip

Invite a young person to shadow you at work. Introduce them to different career paths and encourage volunteering, entrepreneurship or holiday jobs to develop skills, a strong work ethic and purpose.
