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Underwood's "Praying for girls: Asking God for the things they need most" (book review)

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Book Reviews



Underwood, T. L. (2017). *Praying for girls: Asking God for the things they need most*. Minneapolis: Bethany House. 204 pp. \$13.99. ISBN 9780764219603

Uncertain how to pray for your daughter as she navigates growing up in today's culture? Teri Lynne Underwood's book *Praying for Girls: Asking God for the Things They Need Most* affords readers a springboard for prayerfully guiding girls through the challenges they face in their everyday lives. Laying the groundwork with scripture references, the author enjoins readers to pray over their girls' identity, their heart and mind, relationships, and life purpose by providing a ready reference of prayers for these specific areas.

That said, the work is more than just a book of prayers. While it is not a parenting handbook, it explores some of the challenges that girls encounter as they develop and mature in this present culture. It also illustrates how mothers can speak to that reality with biblical truth. Each chapter includes a section just for moms, offering vignettes from the author's own life experiences that anchor the chapter's theme. Underwood complements the prayers in the book with recommendations of age-appropriate activities for mothers and daughters, exercises that help reinforce the biblical truth examined, and make them relevant and applicable to your girl's daily life.

Teri Lynne Underwood is a ministry speaker and Bible study leader who frequently contributes to parenting blogs and leads an online community that invests in praying for girls.

Reviewer

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