





## Praying For Your Spouse


Here are some practical ways you can pray for your spouse. The focus may change depending upon whether you are praying for your husband or wife, but take them as general guidelines. If you have additional time, look up the Scripture passages to further enhance your prayers.


 Pray that they would know God's will for their life, pleasing him in all respects and bearing fruit in every good work (Colossians 1:9-10).


 Pray that God would give them the strength to lead, time to know their family well, and a passion to manage their own home (Joshua 1:7; John 10:14; 1 Timothy 3:4).


 Pray that God would bless their work and show them how to daily honor him in their attitude and spirit (Psalm 90:16-17; Daniel 6).


 Pray that their physical health and stamina will be high (Isaiah 40:28-31).


 Pray that they will love God with all of their heart, soul, mind, and strength and hate evil (Mark 12:30; Psalm 97:10).


 Pray that they would be quick to hear, slow to speak, and slow to anger (James 1:19).


 Pray that they would meditate day and night on God's Word, pray without ceasing, and stay faithful to Christ to the end (Psalm 1:1-3; Psalm 119:18, 73; 1 Thessalonians 5:17; Hebrews 12:1-2).


 Pray that they would develop strong relationships with other godly people and build a wall of strength to lean on in difficult times (Ephesians 4:24-25; Hebrews 10:24).


 Pray that they would be a wise steward of the family finances and all that you possess, remembering that all things belong to God and are entrusted to us for His purposes (Matthew 6:19-21; Luke 16:10-13).


 Pray that God would protect them physically, mentally, and spiritually (Psalm 28:7-9; Psalm 41; John 17:15; 2 Thessalonians 3:3).


 Pray that they will be free from worry and guilt over things they are not responsible over or in control of (Matthew 6:25-34; Luke 12:22-32).


 Pray that their agenda and tasks would all be done today with the realization they are working for God, not for others (Colossians 3:17, 23-24).


 Pray that they would not gossip or spend time with those who do (Proverbs 20:19; 1 Timothy 3:11).

 Pray that they would have discernment and wisdom to protect themselves from those who would deceive or defraud them (1 Timothy 2:14; James 1:5-8).

 Pray that they would be a witness for Jesus Christ in all that they do today (Matthew 5:13-16).

 Pray that they would live a godly lifestyle and be able to teach and model this for the whole family (Deuteronomy 6; Psalm 78:5-7).

 Pray that they would exhibit the fruit of God's Spirit which is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23).

 Pray that they would grow in the grace and knowledge of our Lord and Savior Jesus Christ and exhibit His humility in serving others (1 Peter 3:18; Philippians 2:3-5).

## Praying for Yourself as a Husband

“Lord, create in me a clean heart and renew a right spirit within me (Psalm 51:10). Show me where my attitude and thoughts are not what You would have them to be, especially toward my wife. Convict me when I am being unforgiving. Help me to let go of any anger, so that confusion will not have a place in my mind. If there is behavior in me that needs to change, enable me to make changes that last. Whatever You reveal to me, I will confess to You as sin.

“Make me a man after Your own heart. Enable me to be the head of my home and family that You created me to be.

“Lord, show me how to really cover my wife in prayer. Enable me to dwell with her with understanding and give honor to her so that my prayers will not be hindered (1 Peter 3:7). Renew our love for one another. Heal any wounds that have caused a rift between us. Give me patience, understanding, and compassion. Help me to be loving, tenderhearted, and courteous to her—just as You ask me in Your Word (1 Peter 3:8). Enable me to love her the way that You do.

“Lord, I pray that You would bring my wife and me to a new place of unity with one another.

“Make us be of the same mind. Show me what I need to do in order to make that come about. Give me words that heal, not wound. Fill my heart with Your love so that what overflows through my speech will be words that build up, not tear down. Convict my heart when I don't live Your way. Help me to be the man and husband that You want me to be.”

*(Taken from The Power of a Praying Husband, by Stormie Omartian, 2001 Harvest House Publishers)*

## Praying for Yourself as a Wife

“Lord, help me to be a good wife. I fully realize that I don’t have what it takes to be one without Your help. Take my selfishness, impatience, and irritability and turn them into kindness, long-suffering, and the willingness to bear all things. Make me patient, kind, good, faithful, gentle, and self-controlled. Give me a new heart and work in me Your love, peace, and joy (Galatians 5:22-23). Only You can transform me.

“Show me where there is sin in my heart, especially with regard to my husband. I confess the times I’ve been unloving, critical, angry, resentful, disrespectful, or unforgiving toward him. Help me to put aside any hurt, anger, or disappointment I feel and forgive him the way You do—totally and completely, no looking back. Make me a tool of reconciliation, peace, and healing in this marriage.

“Make me my husband’s helpmate, companion, champion, friend, and support. I release my husband from the burden of fulfilling me in areas where I should be looking to You. Help me to accept him the way he is and not try to change him. I leave any changing that needs to be done in Your hands, fully accepting that neither of us is perfect and never will be.

“Bring unity between us so that we can be in agreement about everything (Amos 3:3). May the God of patience and comfort grant us to be like-minded toward one another, according to Christ Jesus (Romans 15:5). Make us a team, not pursuing separate, competitive, or independent lives, but working together, overlooking each other’s faults and weaknesses for the greater good of the marriage. Help us to pursue the things which make for peace and the things by which we can build up another (Romans 14:19).

*(Taken from The Power of a Praying Wife, by Stormie Omartian, 1997 Harvest House Publishers)*

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*“So wherever you assemble, I want men to pray with holy hands lifted up to God, free from anger and controversy. And I want women to be modest in their appearance. . . for women who claim to be devoted to God should make themselves attractive by the good things they do.”*

1 Timothy 2:8-10 (NLT)



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