

CALEB & STEFANIE ROUSE

The Waiting Season

Prayer Guide

10 Scripture rooted prayers for the Christian woman believing for marriage

A NOTE FROM US

You Are Not Waiting Alone.

This guide was written for you. The woman who is praying, believing, and sometimes wondering if God is listening.

He is.

These ten prayers are not magic words. They are invitations to bring the real, honest, sometimes messy contents of your heart before the God who already knows them. Pray them out loud. Write them in your journal. Return to the ones that hit hardest.

This season is not a punishment. It is a preparation. And prayer is where that preparation begins.

With love,

Caleb & Stefanie Rouse

When You Feel Lonely

“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

DEUTERONOMY 31:8

Father, tonight the loneliness feels heavy. I won't pretend it doesn't. There are moments when I look around at the lives of the people I love, and I feel like I'm standing on the outside of something I was made for.

But Your Word says You go before me. That You are with me. That You have not left me here alone, even when it feels that way.

So right now, in this moment, I ask You to make Your presence more real to me than the empty seat beside me. Fill the spaces in my life that only You can fill. Remind me that You are not withholding love from me. You are the source of it.

Help me to stop measuring my worth by my relationship status and start measuring it by what You say about me. I am loved. I am seen. I am not forgotten.

I trust You with this ache.

In the name of Jesus, Amen.

When You Wonder If Something Is Wrong With You

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

EPHESIANS 2:10

Lord, I’ll be honest. Sometimes I hear a voice that says there must be something fundamentally wrong with me. That if I were more beautiful, more easy going, more something, this wouldn’t be so hard.

I know that voice is not Yours. But some days it is very loud.

So I come to You and ask You to replace that lie with Your truth. You made me on purpose. You did not make a mistake when You made me. I am Your handiwork and You do not make things that are unworthy of love.

Help me to see myself the way You see me. Not through the lens of who hasn’t chosen me, but through the lens of the God who chose me before I was born.

Silence the voice of shame in my life, Lord. Replace it with Yours.

In the name of Jesus, Amen.

For Healing From Past Relationships

“He heals the brokenhearted and binds up their wounds.”

PSALM 147:3

Father, I carry things from my past that I haven't always known what to do with. Hurt that went deeper than I admitted. Words that were spoken over me, or to me, that I'm still healing from. Relationships that ended and left me with questions I never got answers to.

I bring all of it to You today.

I don't want to carry old wounds into my next relationship. I don't want to punish someone who hasn't hurt me for the pain caused by someone who did. So I ask You, Lord, be the healer You promised to be. Go into the places I've kept closed and bring Your light in.

Show me what I'm still holding onto. Give me the courage to grieve what needs to be grieved and release what needs to be released.

I want to arrive whole, or at least honest about where I'm still healing. Do that work in me, Lord.

In the name of Jesus, Amen.

For Patience When the Wait Feels Too Long

“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles.”

ISAIAH 40:31

God, I'm going to be honest with You because You already know. I'm tired of waiting. I have prayed this prayer before. I have trusted before. And yet here I am, still in the same place, still asking the same question.

I don't say this to complain. I say it because I believe You can handle my honesty.

Renew my strength today. Not just strength to endure but strength to trust. Help me to believe that Your timing is not a punishment but a promise. That what You are building in me and for me is worth the wait, even when I can't see it.

Lift my eyes off the calendar and back onto You. Let patience do its perfect work in me. Not a defeated, resigned patience, but an active, faith filled one.

I choose to wait on You.

In the name of Jesus, Amen.

For Clarity on What You Actually Want

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

PROVERBS 3:5 to 6

Lord, sometimes I realize I've been so focused on wanting someone that I haven't stopped to ask You, or myself, what I actually want. What kind of man. What kind of marriage. What kind of life.

Give me clarity. Not a checklist born out of fear or past hurt, but a genuine, Spirit led picture of what You have designed me for and who You have designed me to be with.

Help me to know the difference between the standards I should hold and the walls I've built out of self protection. Give me the wisdom to know what to release and what to stand firm on.

And above all, align my desires with Yours. I don't just want a husband. I want the right one. The one You chose. Lead me, Lord.

In the name of Jesus, Amen.

For Contentment in This Season

“I have learned, in whatever state I am, to be content.”

PHILIPPIANS 4:11

Father, Paul said he learned contentment, which means it didn't come naturally. That gives me hope, because it doesn't come naturally to me either.

Teach me the same lesson. Not the kind of contentment that pretends everything is fine, but the deep, grounded kind that says: I trust the One who holds my future, so I can be fully present in my today.

Help me to stop living in a future that hasn't happened yet and missing the life I have right now. Let me build friendships, pursue purpose, grow in faith, and enjoy the gifts of this season, even the quiet ones.

I want to look back on this time and know I didn't waste it wishing it away. Teach me contentment, Lord.

In the name of Jesus, Amen.

For the Courage to Do the Inner Work

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

PSALM 139:23 to 24

God, I pray the prayer of David today, even though it scares me a little. Search me. Know my heart. Show me the things in me that are quietly working against the love I want.

Give me the courage not to look away from what You show me. It's easier to focus on finding the right person than it is to become the right person. I know that. And I ask You to help me do the harder thing.

Reveal the patterns. The defenses. The places where I still need to grow. Not to shame me but to set me free. I want to be a woman who walks into her marriage whole, honest, and ready.

Lead me in the way everlasting.

In the name of Jesus, Amen.

For Protection From the Wrong Relationships

“Above all else, guard your heart, for everything you do flows from it.”

PROVERBS 4:23

Lord, I ask You to guard my heart. Not just from people who mean me harm, but from the ones who seem good but aren't right. From the relationships that are comfortable but not purposeful. From the connections that feel like love but pull me away from You.

Give me discernment. Help me to recognize red flags I would otherwise rationalize. Give me the strength to walk away from what isn't right, even when walking away is painful.

I don't want to settle out of loneliness. I don't want to choose someone simply because they chose me. I want to choose wisely, with a clear head and a guarded heart.

Protect me, Lord. From others and from myself.

In the name of Jesus, Amen.

For the Man You Are Believing For

“The prayer of a righteous person is powerful and effective.”

JAMES 5:16

Father, I want to pray for him today, even though I don't know his name yet.

Wherever he is, protect him. Grow him. Heal him from whatever he's been through. Draw him close to You in this season so that when we find each other, he is the man You designed him to be.

If he is discouraged, encourage him. If he is lost, guide him. If he is healing, speed the process. Prepare his heart for the woman You've made me to be, just as You are preparing my heart for him.

Let our paths cross in Your timing, in Your way. And let both of us be ready when they do.

I trust You with him, Lord.

In the name of Jesus, Amen.

A Prayer of Surrender

“Commit your way to the Lord; trust in him and he will do this.”

PSALM 37:5

Lord, I surrender this.

I surrender the timeline I had in my head. The age I thought I'd be married by. The plan I made that didn't account for Your plan. I release my grip on all of it and place it in Your hands, which are far more capable than mine.

I don't always understand what You're doing. But I trust who You are. And I choose today, again, and maybe for the hundredth time, to believe that You are good, that Your plans for me are good, and that the story You are writing is better than the one I would have written for myself.

I am Yours. This desire is Yours. This season is Yours.

Have Your way in me.

In the name of Jesus, Amen.

You are not waiting alone.

Come back to these prayers as often as you need. There is no prayer God is tired of hearing from you. He is not weary of your asking. He is waiting for you to ask.

This season has a purpose. Keep going.

*With so much love,
Caleb & Stefanie Rouse*

“Being confident of this, that he who began a good work in you will carry it on to completion.”

PHILIPPIANS 1:6