

30 DAYS PRAYING FOR YOUR MARRIAGE

DAY 1 Pray that your spouse would put his or her relationship with God above all other relationships, including yours. Pray your spouse would have a burning desire to know the Lord more closely and surrender all of his or her life to him. Pray for your relationship with God – that you would not hold your spouse to expectations that only God can fill.

LUKE 10:27 He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’ ; and, ‘Love your neighbor as yourself.’

PSALM 84:12 Lord Almighty, blessed is the one who trusts in You.

PSALM 105:4 Look to the Lord and His strength; seek His Face always.

DAY 2 Pray for spiritual growth in your marriage. Pray that your spouse would be deeply rooted in the Word, that he or she would bear much fruit for the kingdom of God. Pray your spouse would grow into a leader in your church, family and community, and lead others to a stronger relationship with Christ by his or her example. Pray for your own spiritual walk, that you would be rooted in Christ, strengthened in faith and overflowing with thankfulness.

COLOSSIANS 2:6-7 So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.

JOHN 15:8 This is to my Father’s glory, that you bear much fruit, proving you are My disciples.

DAY 3 Pray for devotion to spiritual disciplines. Pray for consistent study of Scripture, memorization of the Word, and other spiritual disciplines like prayer, tithing, fasting, etc. Pray that you and your spouse would not be discouraged in the pursuit of God but would run the race of faith with endurance all your lives.

HEBREWS 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

ACTS 20:24 However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.

EPHESIANS 4:22-24 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

DAY 4 Pray that God would bless the work of your hands, that you would enjoy your work and see God glorified in the many facets of your jobs, callings and pursuits. Pray against making an idol or identity out of work. When you work or your spouse’s work is toilsome, pray for endurance and perspective.

PSALM 90:17 May the favor of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands.

COLOSSIANS 3:23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

DAY 5 Pray God would grow your fellowship with other believers. Pray that God would bring godly community into your lives, men and women who will lead you both closer to God and not away from him. Pray for selflessness on your part as your spouse spends time with friends, even if that means sometimes sacrificing time with you.

1 JOHN 1:7 But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin.

HEBREWS 13:16 Do not forget to do good and to share with others, for with such sacrifices God is pleased.

COLOSSIANS 3:16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

DAY 6 Pray for humility. Pray that you would humbly admit when your desires have turned into expectations that you are unfairly holding over your spouse. Repent of these unrealistic expectations and pray that God would give you a heart that is less centered on self and more focused on serving God and your spouse. Pray for your spouse to also let go of self-centered thinking.

EPHESIANS 4:2 Be completely humble & gentle; be patient, bearing with one another in love.
ROMANS 12:16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be self-centered.

COLOSSIANS 3:18-19 Wives, submit yourselves to your husbands, as is fitting in the Lord. Husbands, love your wives and do not be harsh with them.

DAY 7 Pray for your role together as parents, that there would be unity in dealing with difficult choices and situations. Pray that where you have differing opinions, God would help you reach consensus. If you do not have children, pray for your influence in the lives of younger men and women in your church and community.

PROVERBS 22:6 Start children off on the way they should go, and even when they are old they will not turn from it.

DEUTERONOMY 6:6-7 These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

DAY 8 Pray for romance. Pray that your spouse would know the ways you receive love and actively seek to show you love in those ways. Pray you could do the same for your spouse. Pray that you would not lean on your spouse to fill a place in your heart that only God can fill.

PROVERBS 19:14 Houses and wealth are inherited from parents, but a prudent wife is from the Lord.

ECCLESIASTES 4:12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

DAY 9 Pray for your Christian witness as a couple. Pray you would be bold in evangelizing, that together you would have courage to talk to neighbors, community members and coworkers about your faith. Pray that your family would be a reflection of the gospel, that your interactions with others would be grace-filled and loving.

1 PETER 3:15 But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

MATTHEW 5:16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in Heaven.

DAY 10 Pray for your weaknesses. Ask the Lord to give you both clarity to see where you need to rely more on Him. Pray your spouse would not be ashamed of his or her weaknesses but see them as an opportunity to grow closer to God. Pray that God would give you wisdom

to be able to call out weaknesses with humility, grace, and truth, and to have your own weaknesses illuminated without defensiveness.

2 CORINTHIANS 12:9-10 But He said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

ISAIAH 40:29-31 He gives strength to the weary and increases the power of the weak. Even the young grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

DAY 11 Pray for your strengths. Pray you both would not be prideful about areas of strength, but that you would bless others by stewarding your gifts and talents faithfully. If your husband or wife doesn’t know what their strengths are, pray they would gain clarity and seek to encourage them in those strengths.

1 PETER 4:10 Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.

ROMANS 12:4-6 For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith.

DAY 12 Pray that you could be quick to forgive hurts. Pray that you would let go of bitterness quickly. Pray for your spouse to understand the ways he or she has hurt you in the past, perhaps repeatedly. Pray your spouse would repent of his or her actions and learn from his or her mistakes. Pray for God’s love to fill your heart and give you the grace you need to move forward in a positive direction.

MATTHEW 6:14-15 For if you forgive other people when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

ISAIAH 43:25 God says: I am He who blots out your transgressions, for My own sake, and remembers your sins no more.

DAY 13 Pray that your spouse would be quick to forgive you. Pray he or she would let go of bitterness quickly. Pray you would understand how you have hurt him or her in the past, perhaps again and again. Pray a repentant prayer to God over areas you have hurt your spouse. Ask for your spouse’s forgiveness.

ACTS 3:19 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,

1 JOHN 1:9 If we confess our sins, God is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.

DAY 14 Pray for any areas of disagreement you’re facing. Petition God to give you unity and clarity to move forward. Pray you can handle conversations about things you disagree on without petty bickering. Pray a prayer of repentance for any sinful responses you’ve had toward your spouse, and then go to your spouse and ask for forgiveness.

EPHESIANS 4:1-3 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

PROVERBS 17:14 Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.

DAY 15 Pray for any big decisions you have coming up. Whether it's a prospective new job, moving, parenting choices or caretaking responsibilities—any decisions you have in the future, lay them at God's feet. Ask God to reveal any red flags or reasons you shouldn't move forward. Pray for peace about your decision together as a couple.

JAMES 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

PROVERBS 4:6-7 Do not forsake wisdom, and she will protect you; love her, and she will watch over you. The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.

DAY 16 Pray for those in leadership in your life. Pray for your spouse's bosses, his or her mentors and Bible study leaders. Pray for the people your spouse looks up to and admires. Pray these leaders would consistently show your spouse the gospel. If any of these people do not reflect Christ's love, pray that your spouse would not be tempted to imitate them and would find other godly people to look up to instead. Pray all these things for the leaders in your life as well.

PROVERBS 18:24 One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

PROVERBS 12:26 The righteous choose their friends carefully, but the way of the wicked leads them astray.

DAY 17 Pray for any upcoming medical appointments. Pray for any chronic issues—that God would grant healing or continued endurance for the health issues you or your spouse face. Pray your spouse would let go of any habits that make his or her health worse. Pray for your doctors – that they would have wisdom and kindness toward you both during appointments.

PHILIPPIANS 4:19 And my God will meet all your needs according to the riches of His glory in Christ Jesus.

PSALM 107:19-21 Then they cried to the LORD in their trouble, and He saved them from their distress. He sent out His word and healed them; He rescued them from the grave. Let them give thanks to the LORD for His unfailing love and His wonderful deeds for mankind.

PSALM 103:2-4 Praise the LORD, my soul, and forget not all His benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with His love and compassion.

DAY 18 Pray for the emotional health of your marriage. Pray you can both acknowledge feelings- both good and bad. If there is any emotional pain in your spouse's life, pray God would bind up those wounds and that your spouse would find the help he or she needs to work through them. Pray for sensitivity to your spouse's feelings and guidance for talking to him or her about emotional issues.

PHILIPPIANS 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PSALM 147:3 He heals the brokenhearted and binds up their wounds.

DAY 19 Pray for any temptations to sin or persistent sin issues either of you currently face. Pray for sin to be seen with clarity. Confess your own insufficient means to do battle against the enemy and pray for God to bring about real, lasting change in your hearts. Pray you would both love obeying Jesus more than whatever is tempting you.

MARK 14:38 Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

JAMES 1:13-18 When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Don't be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the Heavenly lights, who does not change like shifting shadows. He chose to give us birth through the Word of truth, that we might be a kind of firstfruits of all He created.

1 CORINTHIANS 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.

DAY 20 Pray for both of your roles in your church. Pray to serve faithfully and humbly, pray for ministry opportunities that meet real needs in your church body and also allow you both to use your gifts and talents. Pray for the relationships you have with the people you do ministry with and for - that any disagreements or misunderstandings would be handled with grace and kindness.

1 SAMUEL 12:24 Be sure to fear the LORD and serve Him faithfully with all your heart; consider what great things He has done for you.

ROMANS 12:11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

JAMES 4:1-7 What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. Or do you think Scripture says without reason that He jealously longs for the spirit He has caused to dwell in us? But He gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble." Submit yourselves, then, to God. Resist the devil, and he will flee from you.

DAY 21 Pray for patience. Pray for God to give you both fresh eyes toward the things that often drive you crazy or frustrate you about one another. Pray for gratitude for all the wonderful qualities in your spouse- and that God would help you focus on those things moving forward. Also, pray for patience toward yourself- that you wouldn't be too hard on yourself but see yourself rightly in light of who God is. If there is something you are both waiting or longing for, pray that God would bring good fruit from your patient waiting.

1 Corinthians 13:4-5 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Proverbs 14:29 Whoever is patient has great understanding, but one who is quick-tempered displays foolishness.

Ephesians 4:2 Be completely humble and gentle; be patient, bearing with one another in love.

Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

DAY 22 Pray for money management. Pray God would give you both wisdom for how to handle financial responsibilities. Pray for thoughtfulness as you work together to create a budget, pay off bills, and spend for needs. Pray you would be aligned on tithing and stewarding your money for God's Kingdom. Pray for any areas where you disagree about spending or saving money, that God would give you clarity and agreement.

MATTHEW 6:21 For where your treasure is, there your heart will be also.

MALACHI 3:10 Bring the whole tithe into the storehouse, that there may be food in My house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.

ROMANS 13:8 Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

HEBREWS 13:5 Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.

DAY 23 Pray for cultivating passions: for the things God has created in you both to love and enjoy. Pray for a vision for how you can both help the other pursue the things you love in such a way that God is glorified. Help your spouse see how his or her passions are a gift from God.

ECCLESIASTES 8:13 Yet because the wicked do not fear God, it will not go well with them, and their days will not lengthen like a shadow.

1 CORINTHIANS 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

DAY 24 Pray for fidelity. Pray you would both know and feel the seriousness of your wedding vows. Pray you both would not entertain lustful thoughts but take all thoughts captive for Christ. Ask God to establish a relationship of mutual trust and honesty between you both.

2 CORINTHIANS 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

PROVERBS 20:6-7 Many claim to have unfailing love, but a faithful person who can find? The righteous lead blameless lives; blessed are their children after them.

DAY 25 Pray for your dreams. The ones you’ve never shared, the ones that you and your spouse talk about together. Surrender those dreams to God. Ask God to give you clarity and peace about your dreams. Ask God for patience as you wait for your dreams, and peace for the dreams that must change or be set aside for a while.

PROVERBS 16:3 Commit to the Lord whatever you do, and He will establish your plans.

PSALM 20:4 May He give you the desire of your heart and make all your plans succeed.

PROVERBS 16:9 In their hearts humans plan their course, but the Lord establishes their steps

DAY 26 Pray for any idols in your lives – in your work, hobbies, free-time activities. Ask God to convict you both of any idolatry. Often, idolatry is at the root of our greed, jealousy, anger, and so on. Ask for God to illuminate areas of your lives where you are putting anything (even your marriage!) as a greater priority than knowing and loving God. Pray God would reorient your hearts to seek Him above all things. Ask God for wisdom in how to help your spouse overcome the idols in his or her life.

PSALM 115:4-8 But their idols are silver and gold, made by human hands. They have mouths, but cannot speak, eyes, but cannot see. They have ears, but cannot hear, noses, but cannot smell. They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats. Those who make them will be like them, and so will all who trust in them.

COLOSSIANS 3:5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

MARK 8:36 What good is it for someone to gain the whole world, yet lose their soul?

DAY 27 Pray for the relationships with both of your families. Where there is any unresolved conflict, ask God to step in and soften hearts. Where there is any unhealthy dependence or distance, ask the Lord to help create healthy, appropriate boundaries. If there is a history of abuse or any unsettled pain or trauma, ask God for grace and wisdom for getting your spouse the support he or she needs.

GENESIS 2:22-24 Then the Lord God made a woman from the rib He had taken out of the man, and He brought her to the man. The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

EXODUS 20:12 Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.

PROVERBS 11:29 Whoever brings ruin on their family will inherit only wind, and the fool will be servant to the wise.

DAY 28 Pray for your sex life. Pray you could both lovingly pursue one another in an intimate way. If sex is a struggle, ask God to give you both humble, gracious patience with and for each other. Ask God for courage to talk about any uncomfortable, shame-filled or painful thoughts and experiences that keep you from being fully intimate with your husband or wife.

PROVERBS 5:18-19 May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love.

1 CORINTHIANS 7:1-6 Now for the matters you wrote about: "It is good for a man not to have sexual relations with a woman." But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. I say this as a concession, not as a command.

DAY 29 Pray God would strengthen your marriage for the years ahead. Pray he would grow you closer through any trials you face. Pray that the fruit of the Spirit would prevail during hardships. Take some time to pray for each element of the fruit of the Spirit-- peace, love, joy, faithfulness, patience, kindness, goodness, gentleness and self-control—pray for abundance in these areas, and for the Lord to strengthen you both in areas of weakness.

1 CORINTHIANS 13:4-7 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

GALATIANS 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

DAY 30 Pray that you could partner with your spouse to faithfully spread the gospel. Take a moment to thank God for your marriage. Recall and give thanks for the blessings God has given you both. Recall and praise Him for any trials God has faithfully seen you both through. Ask God to help you both see how you might share the gospel with your children, your neighbors, your coworkers, your community, and the greater world. Ask for hearts that long to share the good news of Christ's death for our sins and the resurrection hope you now have.

MATTHEW 19:4-6 "Haven't you read," He replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

ACTS 20:24 However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.

PSALM 105:1 Give praise to the LORD, proclaim His Name; make known among the nations what He has done.