

Jeanie's Prayers for Her Husband

A note from Brian Helstrom
(Jeanie's husband)

Jeanie left these handwritten prayers and thoughts for me to find after she was gone. They relate to the areas of our marriage and relationship in which we made an effort to become one.

It appears to be a collection of the best stuff she encountered and gathered during her life. She held dear and lived with the content and it became who she was. She learned to pray into a spiritual reality that which she could not yet see. Her Father God led her in a deeply attuned relationship where her prayers were her life.

Without anybody knowing, she invested the last months of her life writing it down as you find it typed up here. It was certainly a surprise to find and receive it and a real blessing from the love of my life. She left me her best.

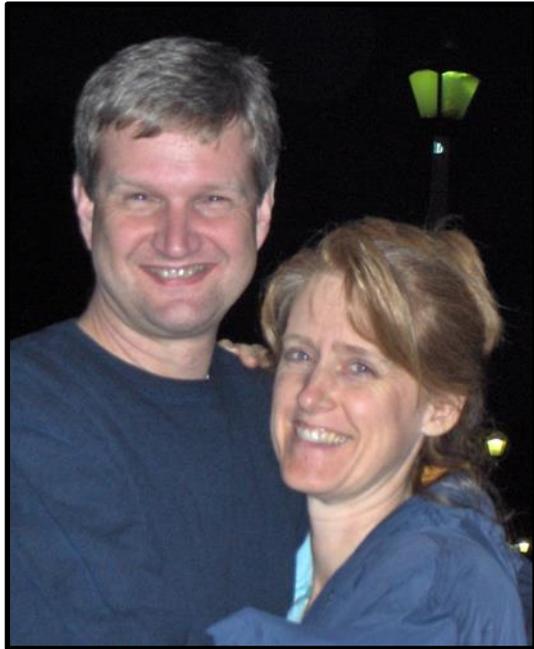
I think it may be of help to more than just me, so I pass it on to you.

I do not know how much was copied from other sources on scraps of paper, although I suspect most came from her mind, the Word of God, and from her heart.

You are free to copy and distribute it as a gift. You have my permission.

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1. His wife

Lord, help me to be a good wife and “not be weary in well doing” (Gal. 6:9). 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, longsuffering and the willingness to bear all things. Take my old emotions, habits, mindsets, automatic reactions, rude assumptions, and self-protective stance, and make me patient, kind, good, faithful, gentle, and self-controlled (Gal. 5:22-23). Give me a new heart and work in me Your love, peace and joy.

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 “be kind, tenderhearted, and forgiving to him, even as you for Christ’s sake have forgiven me” (Eph. 4:32). Help me to put aside any hurt, anger, or disappointment I feel and forgive him the way You do (“Forgive so the Father may forgive you” – Mark 11:25). You forgive totally, completely, no looking back. Make me a tool of reconciliation, peace and healing in our marriage. Help me to “follow after the things which make for peace, and things wherewith I may edify my husband” (Rom. 14:19). Enable us to communicate well and rescue us from the threshold of separation where the realities of divorce begin.

Make me my husband’s helpmate, companion, champion, friend, and support. “Through wisdom is a house built; and by understanding it is established; and by knowledge shall the chambers be filled with all precious and pleasant riches” (Prov. 24:3-4). Help me to create a peaceful, restful, safe place for him to come home to. Teach me how to take care of myself and stay attractive to him. Grow me into a woman who is rich in mind, soul and spirit.

I lay all my expectations at Your cross. 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 realize that in some ways he may never change, but at the same time, I release him to change in ways I never thought he could. I leave any changing that needs to be done in Your hands, fully accepting that neither of us is perfect and never will be. Only You, Lord, are perfect and I look to You to perfect us.

Teach me how to pray for my husband and make my prayers a true language of love. Where love has died, create new love between us. Show me what unconditional love really is and how to communicate it in a way he can clearly perceive.

“Grant that we be likeminded toward each other according to Christ Jesus: that we may with one mind and one mouth glorify God.” (Rom. 15:5-6) 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 may edify each other. May we be “perfectly joined together in the same mind and in the same judgment” (1 Cor. 1:10).

I pray that our commitment to You and to each other will grow stronger and more passionate every day. Enable my husband to be the head of the home as You made him to be, and show me how to support and respect him as he rises to that place of leadership. Help me to understand his dreams and see things from his perspective. Reveal to me what he wants and needs and show me potential problems before they arise. Breathe Your life into our marriage.

Make me a new person, Lord. Give me a fresh perspective, a positive outlook, and a renewed relationship with the man You’ve given me. Help me see him with new eyes, new appreciation, new love, new compassion, and new acceptance. Give my husband a new wife, and let it be me.

2. His sexuality

Lord, I pray that we make time for one another, communicate our true feelings openly and remain sensitive to what each other needs. Protect us from apathy, disappointment, criticism, busyness, unforgiveness and disinterest.

Keep us sexually pure in mind and body and close the door to anything lustful or illicit that seeks to encroach upon us. "It is your will that we should be sanctified, that we should avoid sexual immorality, that each of us should learn to control our own body in a way that is holy and honorable" (1 Thess. 4:3-5) Deliver us from the bondage of past mistakes. Remove from our midst the effects of any sexual experience – in thought or deed – that happened outside of our relationship. Take away anyone or anything from our lives that would inspire temptation to infidelity. I pray that we will desire each other and no one else. Show me how to make myself desirable and attractive to him and be the kind of partner he needs. I pray that neither of us will ever be tempted to think about seeking fulfillment elsewhere.

I realize that an important part of my ministry to my husband is sexual. Help me to never use it as a weapon or means of manipulation by giving and withholding it for selfish reasons. I commit this area of our lives to You, Lord. May it be continually new and alive. Make it all that You created it to be.

1 Cor. 6:13 – "Food for the stomach and the stomach for food" – but God will destroy them both. The body is not meant for sexual immorality but for the Lord, and the Lord for the body.

Prov. 5:15-19 – Drink waters out of your own cistern, and running waters out of your own well. Let your fountains be dispersed abroad, and rivers of waters in the streets. Let them be only your own, and not strangers with you. Let your fountain be blessed: and rejoice with the wife of your youth. Let her be as the loving hind and pleasant doe; let her breasts satisfy you at all times; and be ravished always with her love.

1 Cor. 6:18-20 – Flee fornication. Every sin that a man does is without the body; but he that commits fornication sins against his own body. What? Do you not know that your body is the temple of the Holy Spirit which is in you, which you have of God, and you are not your own? For you are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

3. His affection

Lord, I pray for open physical affection between my husband and me. Enable each of us to lay aside self-consciousness or apathy and be effusive (unrestrained, outpouring) in our display of love. May we not seek our own good but the good of each other (1 Cor. 10:24 & Phil. 2:4). Help us to demonstrate how much we care for and value each other. Remind us throughout each day to affectionately touch one another in some way. Help us to not be cold, undemonstrative, uninterested, or remote. "If we have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then may we make your joy complete by being like-minded, having the same love, being one in spirit and purpose." (Phil. 2:1-2) Enable us to be warm, loving, and adoring. Break through any hardheadedness on our part that refuses to change and grow. If one of us is less affectionate to the other's detriment, bring us into balance.

Where any lack of affection has planted a negative view of marriage in our children, or taught them an incorrect way of relating to a marriage partner, help us to model the right way so that they can observe it. Show us how to openly confess our errors to them and demonstrate our commitment to live differently.

Change our habits of indifference or busyness. May we not so take each other for granted that we don't make the effort to reach out and touch one another with affection. I pray that we will always "greet one another with a kiss of love." (1 Pet. 5:14) I know the transforming power of the Holy Spirit can make changes that last. I trust You to transform us and make us the husband and wife You called us to be.

4. His temptations

Lord, I pray that You would strengthen my husband to resist any temptation that comes his way. Stamp it out of his mind before it ever reaches his heart or personal experience. Lead him not into temptation, but deliver him from evils (John 3:16) such as adultery, voyeurism, pornography, drugs, alcohol, food addiction, gambling and perversion. Make him strong where he is weak. Help him to rise above anything that erects itself as a stronghold in his life. May he say, "I will set nothing wicked before my eyes; I hate the work of those who fall away; it shall not cling to me." (Ps. 101:3)

Lord, You've said that "whoever has no rule over his own spirit is like a city broken down without walls." (Pr. 25:28) I pray that my husband will not be broken down by the power of evil, but raised up by the power of God. Establish a wall of protection around him. Fill him with Your Spirit and flush out all that is not of You. Help him to take charge over his own spirit and have self-control to resist anything and anyone who becomes a lure. May he "abhor what is evil and cling to what is good." (Rom. 12:9) I pray that he will be repulsed by tempting situations. Give him courage to reject them. Teach him to walk in the Spirit so he will not fulfill the lust of the flesh.

1 Cor. 10:13 – "No temptation has seized you except what is common to man 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 stand up under it. Therefore, my dear friends, flee from idolatry."

James 1:13-14 – "Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempts he any man: But every man is tempted, when he is drawn away of his own lust, and enticed."

Rom. 13:13-14 – "Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature."

Gal. 5:19-21 – "Now the works of the flesh are manifest, which are these; adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God."

1 Tim. 6:9 – "But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition."

*lasciviousness – looseness; irregular indulgence of animal desires; lustfulness

*variance – difference that produces dispute or controversy; disagreement; dissension; discord

*emulations – the act of attempting to equal or excel in qualities or actions; rivalry; desire of superiority, attended with effort to attain it; striving to equal or do more than others to obtain carnal favors or honors

*seditions – local or limited insurrection in opposition to civil authority

*heresies – fundamental errors in religion, or errors of opinion respecting some fundamental doctrine of religion

*revellings – feasting with noisy merriment

*perdition – the utter loss of the soul or of final happiness in a future state; future misery or eternal death

*orgies – revels at feasts

*debauchery – excess in the pleasures of the table; gluttony; intemperance; but chiefly, habitual lewdness; excessive unlawful indulgence of lust

5. His mind

Lord, I pray for Your protection on my husband's mind. Shield him from the lies of the enemy. Help him to clearly discern between Your voice and any other and show him how to take every thought captive as You have instructed us to do (2 Cor. 10:3-5). May he thirst for Your Word and hunger for Your truth so that he can recognize wrong thinking. Give him strength to resist lying thoughts. Remind him that he has the mind of Christ. Where the enemy's lies have already invaded his thoughts, I invite the Holy Spirit to cleanse his mind. Lord, You have given me "authority over all the power of the enemy" (Luke 10:19). By that authority given to me in Jesus Christ I command all lying spirits away from my husband's mind. I proclaim that God has given my husband a sound mind. He will not entertain confusion, but live in clarity. He will not be tormented with impure, evil, negative, or sinful thoughts, but be transformed by the renewing of his mind, that he may prove what is that good and acceptable and perfect will of God (Rom. 12:1-2).

Enable him to "be strong in the Lord and in the power of his might" (Eph. 6:10). Help him to be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let his requests be made known to You; and may Your peace, which surpasses all understanding, guard his heart and mind through Christ Jesus (Phil. 4:6-8). And finally, whatever things are true, noble, just, pure, lovely, of good report, having virtue, or anything praiseworthy, let him think on these things.

Rom. 8:6 – The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.

Mark 12:30 – Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Rom. 7:23 – But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

Rom. 7:25 – I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God, but with the flesh the law of sin.

6. His purpose

Lord, I pray that my husband will clearly hear the call You have on his life. Help him to realize who he is in Christ and give him certainty that he was created for a high purpose. May the eyes of his understanding be enlightened so that he will know what is the hope of Your calling (Eph. 1:17-19).

Lord, when You call us, You also enable us. Enable him to walk worthy of his calling and become the man of God You made him to be (1 Thess. 1:11). Continue to remind him of what You've called him to and don't let him get sidetracked with things that are unessential to Your purpose. Strike down discouragement so that it will not defeat him. Lift his eyes above the circumstances of the moment so he can see the purpose for which You created him. Give him patience to wait for Your perfect timing. I pray that the desires of his heart will not be in conflict with Yours (Ps. 20:4). May he seek You for direction, and hear when You speak to his soul.

7. His priorities

Lord, I proclaim You Lord over my life. Help me to see You first every day and set my priorities in perfect order. Reveal to me how to properly put my husband before my children, family, friends, church and interests. Show me what I can do right now to demonstrate to him that he has this position in my heart. Mend the times I've caused him to doubt that. Tell me how to prioritize everything so that whatever steals away life, or has no lasting purpose, will not occupy my time.

I pray for my husband's priorities to be in perfect order as well. Be Lord and Ruler over his heart. Help him to choose a simplicity of life that will allow him to have time alone with You, Lord, a place to be quiet in Your presence every day. Speak to him about making Your Word, prayer and praise a priority. Enable him to place me and our children in greater prominence in his heart than career, friends, and activities. I pray he will seek You first and submit his all to You, for when he does I know the other pieces of his life will fit together (Matt. 6:33).

Phil. 2:4 – Each of you should look not only to your own interests but also to the interests of others.

Matt. 6:24 – No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money.

Matt. 13:45-46 – The kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it.

Matt. 4:10 – It is written, "Worship the Lord your God and serve him only."

8. His marriage

Lord, I pray You would protect our marriage from anything that would harm or destroy it. Shield it from our own selfishness and neglect, from the evil plans and desires of others, and from unhealthy or dangerous situations. May there be no thoughts of divorce or infidelity in our hearts. Set us free from past hurts, memories, and ties from previous relationships, and unrealistic expectations of one another. I pray that there be no jealousy in either of us, or the low self-esteem that precedes that. Let nothing come into our hearts and habits that would threaten the marriage in any way.

Unite us in a bond of friendship, commitment, generosity, and understanding. Eliminate our immaturity, hostility, or feelings of inadequacy. Help us to make time for one another alone, to nurture and renew the marriage and remind ourselves of the reasons we were married in the first place. I pray that my husband will be so committed to You, Lord, that his commitment to me will not waiver, no matter what storms come. I pray that our love for each other will grow stronger every day, so that we will never leave a legacy of divorce to our children.

Ecclesiastes 4:9-11 – Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falls; for he has not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone?

Malachi 2:15-16 – And did not he make one? Yet had he the residue of the spirit. And wherefore one? That he might seek a godly seed. Therefore take heed to your spirit, and let none deal treacherously against the wife of his youth. For the Lord, the God of Israel, says that he hates putting away: for one covers violence with his garment, says the Lord of hosts: therefore take heed to your spirit, that you deal not treacherously.

1 Cor. 7:10-11 – And unto the married I command, yet not I, but the Lord, let not the wife depart from her husband. But and if she depart, let her remain unmarried, or be reconciled to her husband; and let not the husband put away his wife.

Hebrews 13:4 – Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

9. His fatherhood

Lord, teach my husband to be a good father. Where it was not modeled to him according to Your ways, heal those areas and help him to forgive. Give him revelation of You and a hunger in his heart to really know You as his heavenly Father. Draw him close to spend time in Your presence so he can become more like You, and fully understand Your father's heart of compassion and love toward him. Grow that same heart in him for our children. Help him to balance mercy, judgment, and instruction the way You do. Though You require obedience, You are quick to acknowledge a repentant heart. Make him that way, too. Show him when to discipline and how. Help him to see that he who loves his children disciplines them promptly (Pr. 13:24). May he never provoke his "children to wrath, but bring them up in the training and admonition of the Lord" (Eph. 6:4). I pray we will be united in the rules we set for our children and be in full agreement as to how they are raised. I pray that there will be no strife or argument over how to handle them and the issues that surround their lives.

Give him skills of communication with our children. I pray he will not be stern, hard, cruel, cold, abusive, non-communicative, passive, critical, weak, uninterested, neglectful, undependable, or uninvolved. Help him instead to be kind, loving, soft-hearted, warm, interested, affirming, affectionate, involved, strong, consistent, dependable, verbally communicative, understanding, and patient. May he require and inspire our children to honor him as their father so that their lives will be long and blessed.

Lord, I know we pass a spiritual inheritance to our children. Let the heritage he passes on be one rich in the fullness of Your Holy Spirit. Enable him to model clearly a walk of submission to Your laws. May he delight in our children and long to grow them up Your way. Being a good father is something he wants very much. I pray that You would give him the desire of his heart.

Pr. 17:6 – Children's children are a crown to the aged and parents are the pride of their children.

Pr. 3:12 – ...the Lord disciplines those he loves, as a father the son he delights in.

Pr. 23:24 – The father of a righteous man has great joy; he who has a wise son delights in him.

Pr. 29:17 – Discipline your son and he will give you peace, he will bring delight to your soul.

2 Cor. 6:18 – "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."

10. His faith

Lord, I pray that You will give my husband an added measure of faith today. Enlarge his ability to believe in You, Your Word, Your promises, Your ways, and Your power. Put a longing in his heart to talk with You and hear Your voice. Give him an understanding of what it means to bask in Your presence and not just ask for things. May he seek You, rely totally upon You, be led by You, put You first, and acknowledge You in everything he does.

Lord, You've said that "faith comes by hearing, and hearing by the Word of God" (Rom. 10:17). Feed his soul with Your Word so his faith grows big enough to believe that with You all things are possible (Matt. 19:26). Give him unfailing certainty that what You've promised to do, You will do (Rom. 4:21). Make his faith a shield of protection. Put it into action to move the mountains in his life. Your Word says, "the just shall live by faith;" (Rom. 1:17) I pray that he will live the kind of faith-filled life You've called us all to experience. May he know with complete certainty "how great is Your goodness, which you have laid up for those who fear You, which You have prepared for those who trust in You" (Ps. 31:19).

James 1:6-8 – But let him ask in faith, nothing wavering. For he that wavers is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. Pray for us: for we trust we have a good conscience, in all things willing to live honestly.

Rom. 14:23 – And he that doubts is damned if he eat, because he eats not of faith: for whatsoever is not faith is sin.

Matt. 17:20 – And Jesus said unto them, "Because of your unbelief: For verily I say unto you, if you have faith as a grain of mustard seed, you shall say unto this mountain, remove hence to yonder place, and it shall remove, and nothing shall be impossible unto you.

Gal. 2:20 – I am crucified with Christ: nevertheless I live; yet not I, but Christ lives in me: and the life which I now live in the flesh I live by faith of the Son of God, who loved me, and gave himself for me.

Rom. 5:1 – Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.

11. His repentance

Lord, I pray that You would convict my husband of any error in his life. Let there be “nothing covered that will not be revealed, and hidden that will not be known” (Matt. 10:26). Cleanse him from any secret sins (Ps. 19:12) and teach him to be a person who is quick to confess when he is wrong. Help him to recognize his mistakes. Give him eyes to see Your truth and ears to hear Your voice. Bring him to full repentance before You. If there is suffering to be done, let it be the suffering of a remorseful heart and not because the crushing hand of the enemy has found an opening into his life through unconfessed sin. Lord, I know that humility must come before honor (Pr. 15:33). Take away all pride that would cause him to deny his faults and work into his soul a humility of heart so that he will receive the honor You have for him.

1 John 3:21-22 – Beloved, if our heart condemns us not, then we have confidence toward God. And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.

2 Tim. 2:24-26 – And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, in meekness instructing those that oppose themselves; if God will give them repentance to the acknowledging of the truth; and that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.

Ps. 32:3-5 – When I kept silence, my bones waxed old through my roaring all the day long. For day and night your hand was heavy upon me: my moisture is turned into the drought of summer. I acknowledge my sin unto you, and my iniquity have I not hid. I said, I will confess my transgressions unto the Lord; and you forgave the iniquity of my sin.

Ps. 139:23-24 – Search me, O God, and know my heart: try me, and know my thoughts: see if there be any wicked way in me, and lead me in the way everlasting.

Prov. 28:13 – He that covers his sins shall not prosper, but whoever confesses and forsakes them shall have mercy.

12. His obedience

Lord, You have said in Your Word that if we regard iniquity in our hearts, You will not hear (Ps. 66:18). I want You to hear my prayer, so I ask You to reveal where there is any disobedience in my life, especially with regard to my husband. Show me if I'm selfish, unloving, critical, angry, resentful, unforgiving, or bitter toward him. Show me where I haven't obeyed You or lived Your way. I confess it as sin and ask for Your forgiveness.

I pray that You would give my husband a desire to live in obedience to Your laws and Your ways. Reveal and uproot anything he willingly gives place to that is not of You. Help him to bring every thought and action under Your control (Titus 3:1-2). Remind him to do good, speak evil of no one, and be peaceable, gentle, and humble. Teach him to embrace the stretching pain of discipline and discipleship. Reward him according to his righteousness and according to the cleanness of his hands (Ps. 18:20). Show him Your ways, O Lord; teach him Your paths. Lead him in Your truth, for You are the God of his salvation (Ps. 25:4-5).

Make him a praising person, for I know that when we worship You we gain clear understanding, our lives are transformed, and we receive power to live Your way. Help him to hear Your specific instructions to him and enable him to obey them. Give him a heart that longs to do Your will and may he enjoy the peace that can only come from living in total obedience to Your commands.

Prov. 3:1-3 – My son, forget not my law; but let your heart keep my commandments: For length of days, and long life, and peace, shall they add to you. Let not mercy and truth forsake you: bind them about your neck; write them upon the table of your heart.

Prov. 28:9 – He that turns away his ear from hearing the law, even his prayer shall be abomination.

Jer. 7:23 – But this thing commanded I them, saying, Obey my voice, and I will be your God, and you will be my people: and walk ye in all the ways I have commanded you, that it may be well unto you.

Matt. 7:21 – Not every man that says unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that does the will of my Father which is in heaven.

13. His walk

“O Lord, I know the way of man is not in himself; it is not in man who walks to direct his own steps” (Jer. 10:23). Therefore, Lord, I pray that You would direct my husband’s steps. Lead him in Your light, teach him Your way, so he will walk in Your truth. I pray that he would have a deeper walk with You and an ever progressing hunger for Your word. May Your presence be like a delicacy he never ceases to crave. Lead him on Your path and make him quick to confess when he strays from it. Reveal to him any hidden sin that would hinder him from walking rightly before You. May he experience deep repentance when he doesn’t live in obedience to Your laws. Create in him a clean heart and renew a steadfast spirit within him. Don’t cast him away from Your presence, and do not take Your Holy Spirit from him (Ps. 51:10-11).

Lord, Your Word says that those who are in the flesh cannot please You (Rom. 8:8). So I pray that You will enable my husband to walk in the Spirit and not in the flesh and thereby keep himself “from the paths of the destroyer” (Ps. 17:4). As he walks in the Spirit, may he bear the fruit of the Spirit, which is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Gal. 5:22-23). Keep him on the Highway of Holiness so that the way he walks will be integrated into every part of life.

Eph. 4:1-2 – I therefore, the prisoner of the Lord, beseech you that you walk worthy of the vocation wherewith you are called.

Is. 33:15-16 – He that walks righteously, and speaks uprightly; he that despises the gain of oppressions, that shakes his hands from holding of bribes, that stops his ears from hearing of blood, and shuts his eyes from seeing evil; He shall dwell on high; his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure.

2 Cor. 7:1 – Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

Ps. 15:1-2 – Lord, who shall abide in your tabernacle? Who shall dwell in your holy hill? He that walks uprightly, and works righteousness and speaks the truth in his heart.

Ps. 101:6 – My eyes shall be upon the faithful of the land, that they may dwell with me; he that walks in a perfect way, he shall serve me.

14. His emotions

Lord, You have said in Your Word that You redeem our souls when we put our trust in You (Ps. 34:22). I pray that my husband would have faith in You to redeem his soul from negative emotions. May he never be controlled by depression, anger, anxiety, jealousy, hopelessness, fear, or suicidal thoughts. I know that You can deliver and heal, but use me as Your instrument of restoration. Help me not to be pulled down with him when he struggles. Enable me instead to understand and have words to say that will bring life.

Free him to share his deepest feelings with me and others who can help. Liberate him to cry when he needs to and not to bottle his emotions inside. At the same time, give him the gift of laughter and ability to find humor in even serious situations. Teach him to take his eyes off his circumstances and trust in You, regardless of how he's feeling. Give him patience to possess his soul (Luke 21:19) and the ability to take charge of it. Anoint him with "the oil of joy" (Is. 61:3), refresh him with Your Spirit, and set him free from negative emotions this day.

Prov. 28:26 – He that trusts in his own heart is a fool: but he who walks wisely shall be delivered.

Ps. 23:3 – He restores my soul: he leads me in the paths of righteousness for his name's sake.

Ps. 33:18-19 – Behold, the eye of the Lord is upon them that fear him, upon them that hope in his mercy; to deliver their soul from death, and to keep them alive in famine.

Ps. 40:1-3 – I waited patiently for the Lord, and he inclined unto me, and heard my cry. He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And he has put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord.

Ps. 40:17 – But I am poor and needy; yet the Lord thinks upon me: you are my help and my deliverer; make no tarrying, O my God.

15. His attitude

Lord, fill my husband with Your love and peace today. May there be a calmness, serenity, the sense of well-being established in him because his life is God-controlled, rather than flesh-controlled. Enable him to walk in his house with a clean and perfect heart before You (Ps. 101:2). Shine the light of Your Spirit upon him and fill him with Your love.

I pray that he will be kind and patient, not selfish or easily provoked. Enable him to bear all things, believe all things, hope all things, and endure all things (1 Cor. 13:7). Release him from anger, unrest, anxiety, concerns, inner turmoil, strife, and pressure. May he not be broken in spirit because of sorrow, but enjoy the continual feast of a merry heart. Help him to be anxious for nothing, but give thanks in all things so he can know the peace that passes all understanding. May he come to the point of saying, "I have learned in whatever state I am, to be content" (Phil. 4:11).

Num. 6:24-26 – The Lord bless you, and keep you: the Lord make his face shine upon you, and be gracious unto you: The Lord lift up his countenance upon you, and give you peace.

Ezekiel 18:31 – Cast away from you all your transgressions, whereby you have transgressed; and make you a new heart and a new spirit: for why will you die, O house of Israel?

Ps. 100:4 – Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

Prov. 15:13, 15 – A merry heart makes a cheerful countenance: but by sorrow of the heart the spirit is broken. All the days of the afflicted are evil: but he that is of a merry heart has a continual feast.

Prov. 25:28 – He that has no rule over his own spirit is like a city that is broken down, and without walls.

1 Cor. 13:2 – And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

16. His self-image

Lord, I pray that my husband will find his identity in You. Help him to understand his worth through Your eyes and by Your standards. May he recognize the unique qualities You've placed in him and be able to appreciate them. Enable him to see himself the way You see him, understanding that "You have made him a little lower than the angels, and You crowned him with glory and honor. You have made him to have dominion over the works of Your hands; You have put all things under his feet" (Ps. 8:4-6). Quiet the voices that tell him otherwise and give him ears to hear Your voice telling him that it will not be his perfection that gets him through life successfully, it will be Yours.

Reveal to him that "he is the image and glory of God" (1 Cor. 11:7), and he is "complete in Him who is the head of all principality and power" (Col. 2:10). Give him the peace and security of knowing that he is accepted, not rejected, by You. Free him from the self-focus and self-consciousness that can imprison his soul. Help him to see who You really are so he'll know who he really is. May his true self-image be the image of Christ stamped upon his soul.

Rom. 8:29 – For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

2 Cor. 3:18 – But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

Col. 3:9-10 – Lie not to one another, seeing that you have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him.

James 1:23-25 – For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholds himself, and goes his way, and straightway forgets what manner of man he was.

Isaiah 60:1 – Arise, shine; for Your light is come, and the glory of the Lord is risen upon you.

17. His protection

Lord, I pray that You would protect my husband from any accidents, diseases, dangers, or evil influences. Hide him from violence and the plans of evil people. Wherever he walks, secure his steps. Keep him on Your path so that his feet don't slip (Ps. 17:5). If his foot does slip, hold him up by Your mercy. Give him the wisdom and discretion that will help him walk safely and not fall into danger. Be his fortress, strength, shield, and stronghold. Make him to dwell in the shadow of Your wings (Ps. 17:8). Be his rock, salvation, and defense, so that he will not be moved or shaken (Ps. 62:6). I pray that even though bad things may be happening all around him they will not come near him (Ps. 91:7). Save him from any plans of the enemy that seek to destroy his life. Preserve his going out and his coming in from this time forth and even forevermore (Ps. 121:8).

Ps. 17:7 – Show the wonder of Your great love, You who save by Your right hand those who take refuge in You from their foes.

Prov. 3:21-23 – My son, preserve sound judgment and discernment; do not let them out of your sight; they will be life for you, an ornament to grace your neck. Then you will go on your way in safety and your foot will not stumble.

Ps. 18:20 – The Lord is my rock, my fortress, and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. I call to the Lord, who is worthy of praise, and I am saved from my enemies.

Ps. 91:1-2 – He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”

Ps. 103:4 – He redeems your life from the pit and crowns you with love and compassion.

Ps. 27:5 – In the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.

Ps. 23:4 – Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

18. His health

Lord, I pray for Your healing touch on my husband. Make every part of his body function the way You designed it to. Wherever there is anything out of balance, set it in perfect working order. Heal him of any disease, illness, injury, infirmity, or weakness. Strengthen his body to successfully endure his workload, and when he sleeps, may he wake up completely rested, rejuvenated, and refreshed. Give him a strong heart that doesn't fail.

I pray that he will have the desire to take care of his body, to eat the kind of food that brings health, to get regular exercise, and avoid anything that would be harmful to him. Help him to understand that his body is Your temple (1 Cor. 3:16) and he should care for it as such. I pray that he will present it as a living sacrifice, holy and acceptable to You (Rom. 12:1).

When he is ill, I pray You will sustain him and heal him. Fill him with Your joy to give him strength. Specifically, I pray for (any area of concern). Give him faith to say, "O Lord my God, I cried out to You and You healed me. Thank you Lord that you are my Healer" (Ps. 30:2). I pray that my husband will live a long and healthy life and when death does come, may it be accompanied by peace and not unbearable suffering and agony. Thank You, Lord, that You will be there to welcome him into Your presence, and not a moment before Your appointed hour.

Ps. 103:2, 3 – Praise the Lord, O my soul, and forget not all his benefits – who forgives all your sins and heals all your diseases.

Ps. 107:19, 20 – Then they cried to the Lord in their trouble, and he saved them from their distress. He sent forth his word and healed them; he rescued them from the grave.

Jer. 33:6 – Nevertheless, I will bring health and healing to it; I will heal my people and let them enjoy abundant peace and security.

19. His fears

Lord, You've said in Your Word that "there is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love" (1 John 4:18). I pray You will perfect my husband in Your love so that tormenting fear finds no place in him. I know You have not given him a spirit of fear. You've given him power, love, and a sound mind (2 Tim. 1:7). May Your Word penetrate every fiber of his being, convincing him that Your love for him is far greater than anything he faces and nothing can separate him from it.

I pray that he will acknowledge You as a Father whose love is unfailing, whose strength is without equal, and in whose presence there is nothing to fear. Deliver him this day from fear that destroys and replace it with godly fear. Teach him Your way, O Lord. Help him to walk in Your truth. Unite his heart to fear Your name (Ps. 86:11). May he have no fear of men, but rise up and boldly say, "The Lord is my helper; I will not fear. What can man do to me?" (Heb. 13:6) How great is Your goodness which You have laid up for those who fear You" (Ps. 31:19).

Jer. 32:40 – I will make an everlasting covenant with them: I will never stop doing good to them, and I will inspire them to fear me, so that they will never turn away from me.

Is. 35:4 – Say to those with fearful hearts, "Be strong, do not fear, your God will come, he will come with vengeance; with divine retribution he will come to save you."

Is. 54:14 – In righteousness you will be established: Tyranny will be far from you; you will have nothing to fear. Terror will be far removed; it will not come near you.

Ps. 91:5-6 – You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

Is. 11:2 – The Spirit of the Lord will rest on him – the Spirit of wisdom and of understanding, the Spirit of counsel and of power, the Spirit of knowledge and of the fear of the Lord.

Ps. 34:7 – The angel of the Lord encamps around those who fear him and he delivers them.

Ps. 34:4 – I sought the Lord and He answered me; He delivered me from all my fears.

Ps. 23:4 – Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me, Your rod and Your staff, they comfort me.

Is. 41:10 – So do not fear for I am with you; do not be dismayed, for I am your God. I will strengthen you, and help you; I will uphold you with my righteous right hand.

Ps. 27:1 – The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?

20. His trials

Lord, You alone know the depth of burden my husband carries. I may understand the specifics, but You have measured the weight of it on his shoulders. I've not come to minimize what You are doing in his life, for I know You work great things in the midst of trials. Nor am I trying to protect him from what he must face. I only want to support him so that he will get through this battle as the winner.

God, You are our refuge and strength, a very present help in trouble (Ps. 46:1). You have invited us to "come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Heb. 4:16). I come before Your throne and ask for grace for my husband. Strengthen his heart for this battle and give him patience to wait on You. Build him up so that no matter what happens he will be able to stand strong through it. Help him to be always "rejoicing in hope, patient in tribulation, continuing steadfastly in prayer" (Rom. 12:12). Give him endurance to run the race and not give up, for You have said that "a righteous man may fall seven times and rise again" (Pr. 24:16). Help him to remember that "the steps of a good man are ordered by the Lord, and He delights in his way. Though he fall, he shall not be utterly cast down, for the Lord upholds him with His hand" (Ps. 37:23-24).

I pray that he will look to You to be his "refuge until these calamities have passed by" (Ps. 57:1). May he learn to wait on You because "those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" (Is. 40:31). I pray that he will find his strength in You and as he cries out to You, You will hear him and save him out of all his troubles (Ps. 34:6; Ps. 55:16-18).

Ps. 27:14 – The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

Ps. 71:20-21 – Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will bring me up. You will increase my honor and comfort me once again.

1 Pet. 1:6-7 – In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith – of greater worth than gold, which perishes even though refined by fire – may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.

Ps. 55:22 – Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

21. His choices

Lord, fill my husband with the fear of the Lord and give him wisdom for every decision he makes. May he reverence You and Your ways and seek to know Your truth. Give him discernment to make decisions based on Your revelation.

Give him strength to reject the counsel of the ungodly and hear Your counsel above all others. I declare that although “there are many plans in a man’s heart, nevertheless the Lord’s counsel will stand” (Pr. 19:21). Instruct him even as he is sleeping (Ps. 16:7), and in the morning, I pray he will do what’s right rather than follow the leading of his own flesh. I know the wisdom of the world is foolishness with You, Lord (1 Cor. 3:19). May he not buy into it, but keep his eyes on You and have ears to hear Your voice.

Pr. 1:5, 7 – Let the wise listen and add to their learning, and let the discerning get guidance – The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline.

Prov. 3:7 – Do not be wise in your own eyes, fear the Lord and shun evil.

22. His talk

Lord, I pray Your Holy Spirit would guard my husband's mouth so that he will speak only words that edify and bring life. Help him not to be a grumbler, complainer, a user of foul language, or one who destroys with his words, but be disciplined enough to keep his conversation godly. Your word says a man who desires a long life must keep his tongue from evil and his lips from speaking deceit (Ps. 34:12-13). Show him how to do that. Fill him with Your love so that out of the overflow of his heart will come words that build up and not tear down. Work that in my heart as well.

May Your Spirit of love reign in the words we speak so that we don't miscommunicate or wound one another. Help us to show each other respect, speak words that encourage, share our feelings openly, and come to mutual agreements without strife. Lord, You've said in your Word that when two agree, You are in their midst. I pray that the reverse be true as well – that You will be in our midst so that we two can agree. Let the words of our mouths and the meditations of our hearts be acceptable in Your sight, O Lord, our strength and our Redeemer (Ps. 19:14).

Eph. 4:29 – Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Matt. 15:18 – But those things which proceed out of the mouth come forth from the heart; and they defile the man.

Matt. 12:36 – But I say unto you, that every idle word that men shall speak, they shall give account thereof in the day of judgment.

Ecc. 10:12 – The words of a wise man's mouth are gracious; but the lips of a fool will swallow up himself.

23. His integrity

Lord, I pray that You will make my husband a man of integrity, according to Your standards. Give him strength to say “yes” when he should and courage to say “no” when he should. Enable him to stand for what he knows is right and not waver under pressure from the world. Don’t let him be a man who is “always learning and never able to come to a knowledge of the truth.” (2 Tim. 3:7) Give him, instead, a teachable spirit that is willing to listen to the voice of wisdom and grow in Your ways.

Make him a man who lives by truth. Help him to walk with Your Spirit of truth at all times (John 16:13). Be with him to bear witness to the truth so that in times of pressure he will act on it with confidence. Where he has erred in this and other matters, give him a heart that is quick to confess his mistakes. For You have said in Your Word, “If we say that we have no sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:8-9). Don’t let him be deceived. Don’t let him live a lie in any way. Bind mercy and truth around his neck and write them on the tablet of his heart so he will find favor and high esteem in the sight of God and man (Prov. 3:3-4).

Ps. 20:21 – May integrity and uprightness protect me, because my hope is in You.

Ps. 26:1 – Judge me, O Lord; for I have walked in my integrity: I have trusted also in the Lord; therefore I shall not slide.

Ps. 7:8 – The Lord shall judge the people: judge me, O Lord, according to my righteousness, and according to my integrity that is in me.

Prov. 11:3 – The integrity of the upright shall guide them: but the perverseness of transgressors shall destroy them.

Prov. 28:6 – Better is the poor that walks in his uprightness, than he that is perverse in his ways, though he be rich.

24. His future

Lord, I pray that You would give my husband a vision for his future. Help him to understand that Your plans for him are for good and not evil – to give him a future and a hope (Jer. 29:11). Fill him with the knowledge of Your will in all wisdom and spiritual understanding; that he may have a walk worthy of You, fully pleasing You, being fruitful in every good work and increasing in the knowledge of You (Col. 1:9-10). May he live with leading from the Holy Spirit and not walk in doubt and fear of what may happen. Help him to mature and grow in You daily, submitting to You all his dreams and desires, knowing that “the things which are impossible with men are possible with God” (Luke 18:27). Give him God-ordained goals and show him how to conduct himself in a way that always invests in his future.

I pray that he will be active in service for You all the days of his life. Keep him from losing his sense of purpose and fill him with hope for his future as an “anchor of the soul, both sure and steadfast” (Heb. 6:19). Give him “his heart’s desire” and “the heritage of those who fear Your name” (Ps. 21:2) (Ps. 61:5). Plant him firmly in Your house and keep him fresh and flourishing and bearing fruit into old age (Ps. 92:13-15). And when it comes time for him to leave this earth and go to be with You, may he have such a strong vision for his eternal future that it makes his transition smooth, painless, and accompanied by peace and joy. Until that day, I pray he will find the vision for his future in You (Jer. 31:17).

Ps. 37:37-38 – Mark the perfect man, and behold the upright: for the end of that man is peace. But the transgressors shall be destroyed together: the end of the wicked shall be cut off.

Ps. 27:4 – One thing have I desired of the Lord, that will I seek after, that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple.

25. His finances

Lord, I commit our finances to You. You are in charge of them. Use them for Your purposes. May we both be good stewards of all that You give us, and walk in total agreement as to how it is to be dispersed. I pray that we will learn to live free of burdensome debt. Where we have not been wise, bring restoration and give us guidance. Help us to remember that all we have belongs to You, and to be grateful for it.

I pray that my husband will find it easy to give to You and to others as You have instructed in Your Word. Give him wisdom to handle money wisely. Help him make good decisions as to how he spends. Show him how to plan for the future. I pray that he will find the perfect balance between spending needlessly and being miserly. May he always be paid well for the work he does, and may his money not be stolen, lost, devoured, destroyed, or wasted. Multiply it so that what he makes will go a long way. I pray that he will not be anxious about finances, but will seek Your kingdom first, knowing that as he does, we will have all we need.

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

Luke 12:29-31 – And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after such things and your Father knows that you need them. But seek his kingdom, and all these things will be given to you as well.

Ecc. 5:19 – When God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work – this is a gift of God.

Prov. 28:27 – He who gives to the poor will lack nothing, but he who closes his eyes to them receives many curses.

Ps. 37:25 – I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.

Phil. 4:19 – And my God will meet all your needs according to his glorious riches in Christ Jesus.

26. His past

Lord, I pray that You would enable my husband to let go of his past completely. Deliver him from any hold it has on him. Help him put off his former conduct and habitual ways of thinking about it and be renewed in his mind (Eph. 4:22-23). Enlarge his understanding to know that You make all things new (Rev. 21:5). Show him a fresh, Holy Spirit inspired way of relating to negative things that have happened. Give him the mind of Christ so that he can clearly discern Your voice from the voices of the past. When he hears those old voices, enable him to rise up and shut them down with the truth of Your Word. Where he has formerly experienced rejection or pain, I pray he will not allow them to color what he sees and hears now. Pour forgiveness into his heart so that bitterness, resentment, revenge, and unforgiveness will have no place there. May he regard the past as only a history lesson and not a guide for his daily life. Wherever his past has become an unpleasant memory, I pray You would redeem it and bring life out of it. Bind up his wounds (Ps. 147:3). Restore his soul (Ps. 23:3). Help him to release the past so that he will not live in it, but learn from it, break out of it, and move into the future You have for him.

Isaiah 43:18-19 – Remember not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall you not know it? I will even make a way in the wilderness, and rivers in the desert.

2 Cor. 5:17 – Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.

2 Cor. 4:16 – Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

Rev. 21:4 – He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things is passed away.

27. His deliverance

Lord, You have said to call upon You in the day of trouble and You will deliver us (Ps. 50:15). I call upon You now and ask that You would work deliverance in my husband's life. Deliver him from anything that binds him. Set him free from _____. Deliver him quickly and be a rock of refuge and a fortress of defense to save him. Lift him away from the hands of the enemy (Ps. 31:2, 15).

Bring him to a place of understanding where he can recognize the work of evil and cry out to You for help. If the deliverance he prays for isn't immediate, keep him from discouragement and help him to be confident that You have begun a good work in him and will complete it (Phil. 1:6). Give him the certainty that even in his most helpless state, when he finds it impossible to change anything, You, Lord can change everything.

Help him understand that "we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of darkness of this age, against spiritual hosts of wickedness in the heavenly places." I pray that he will be strong in the Lord and put on the whole armor of God, so that he can stand against the wiles of the devil in the evil day. Help him to gird his waist with truth and put on the breastplate of righteousness, having shod his feet with the preparation of the gospel of peace. Enable him to take up the shield of faith, with which to quench all the fiery darts of the wicked one. I pray that he will take the helmet of salvation, and the sword of the Spirit, which is the Word of God, praying always with all prayer and supplication in the Spirit, being watchful and standing strong to the end (Eph. 6:12-18).

Ps. 18:2, 3, 16-19 – The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. I will call upon the Lord, who is worthy to be praised: so shall I be saved from my enemies. He sent from above, he took me, he drew me out of many waters. He delivered me from my strong enemy, and from them which hated me: for they were too strong for me. They prevented me in the day of my calamity: but the Lord was my stay. He brought me forth also into a large place; he delivered me, because he delighted in me.

Ps. 91:14 – Because he has set his love upon me, therefore will I deliver him: I will set him on high, because he has known my name.

Ps. 56:13 – For you have delivered my soul from death: will not you deliver my feet from falling, that I may walk before God in the light of the living?

Luke 4:18 – The Spirit of the Lord is upon me, because he has anointed me to preach the gospel to the poor; he has sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.

28. His relationships

Lord, I pray for my husband to have good, godly male friends with whom he can openly share his heart. May they be trustworthy men of wisdom who will speak truth into his life and not just say what he wants to hear. Give him the discernment to separate himself from anyone who will not be a good influence.

I pray for strong, peaceful relationships with each of his family members, neighbors, acquaintances, and coworkers.

I pray that in his heart he will honor his father and mother so that he will live long and be blessed in his life (Ex. 20:12). Enable him to be a forgiving person and not carry grudges or hold things in his heart against others. Lord, You've said in Your Word that "he who hates his brother is in darkness and walks in darkness and does not know where he is going, because the darkness has blinded his eyes" (1 John 2:11). I pray that my husband would never be blinded by the darkness of unforgiveness, but continually walk in the light of forgiveness. May he not judge or show contempt for anyone, but remember that "we shall all stand before the judgment seat of Christ" (Rom. 14:10). Enable him to love his enemies, bless those who curse him, do good to those who hate him, and pray for those who spitefully use him and persecute him (Matt. 5:44). I pray that I will be counted as his best friend and that our friendship with one another will continue to grow. Show him what it means to be a true friend and enable him to be one.

Prov. 28:23 – He who rebukes a man will in the end gain more favor than he who has a flattering tongue.

Heb. 10:24-25 – And let us consider how we may spur one another on to love and good deeds. Let us not give up meeting together as some are in the habit of doing, but let us encourage one another – and all the more as you see the Day approaching.

Matt. 5:23-24 – Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

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.

Luke 17:3-4 – Watch yourselves. If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you 7 times in a day and 7 times comes back to you and says, "I repent," forgive him.

John 13:34-35 – A new command I give you; Love one another as I have loved you, so you must love one another. By this all men will know you are my disciples, if you love one another.

29. His reputation

Lord, I pray that my husband will have a reputation that is untarnished. I know that a man is often valued “by what others say of him” (Prov. 27:21). So I pray that he will be respected and people will speak highly of him. You’ve said in Your Word that “a curse without cause shall not alight” (Prov. 26:2). I pray that there will never be any reason for bad things to be said of him. Keep him out of legal entanglements. Deliver him from his enemies, O God (Ps. 35:1). Defend him from those who rise up to do him harm (Ps. 59:1). Fight against those who fight against him (Ps. 71:1). In You, O Lord, we put our trust. Let us never be put to shame. If You are for us, who can be against us? (Rom. 8:31)

Your Word says that a “good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire (Matt. 7:18-19). I pray that my husband will bear good fruit out of the goodness that is within him, and that he will be known by the good that he does. May the fruits of honesty, trustworthiness, and humility sweeten all his dealings so that his reputation will never be spoiled.

Preserve his life from the enemy, hide him from the secret counsel of the wicked. Pull him out of any net which has been laid for him. Keep him safe from the evil of gossiping mouths. Where there has been ill spoken of him, touch the lips of those who speak it with Your refining fire. Let the responsibility of those involved be revealed. Let them be ashamed and brought to confusion who seek to destroy his life; let them be driven backward and brought to dishonor who wish him evil (Ps. 40:14). May he trust in You and not be afraid of what man can do to him (Rom. 10:11). For You have said whoever believes in You will not be put to shame (Ps. 56:11). Lead him, guide him, and be his mighty fortress and hiding place (Matt. 5:16). May his light so shine before men that they see his good works and glorify You, Lord.

Rom. 8:33-34 – Who will bring any charges against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus – who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.

Ps. 31:4 – Free me from the trap that is set for me, for you are my refuge.

Ps. 64:2, 3 – Hide me from the conspiracy of the wicked, from that noisy crowd of evildoers. They sharpen their tongues like swords and dim their words like deadly arrows.

Ps. 31:17-18 – Let me not be put to shame, O Lord, for I have cried out to you; but let the wicked be put to shame and be silent in the grace. Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.

Matt. 5:11-12 – Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Prov. 25:8-10 – What you have seen with your eyes do not bring hastily to court, for what will you do in the end if your neighbor puts you to shame? If you argue your case with a neighbor, do not betray another man's confidence, or he who hears it may shame you and you will never lose your bad reputation.

30. Miscellaneous

- The power of a praying wife is not a means of gaining control, it's laying down all claim to power in and of yourself, and relying on God's power to transform you, your husband, your circumstances, and your marriage.
- It's a gentle tool of restoration appropriated through the prayers of a wife who longs to do right more than be right, and to give life more than get even.
- Praying for your husband isn't the same as praying for your child, because you are not your husband's mother. We have authority over our children that is given to us by the Lord. We don't have authority over our husbands. However, we have been given authority "over all the power of the enemy" (Luke 10:19).
- A wife's prayer for her husband has a far greater effect on him than anyone else's. A mother's prayers for her child are fervent, but when a man marries, he leaves father and mother and becomes one with his wife (Matt. 19:5). They are a team, one unit, unified in spirit. The strength of a man and wife joined together in God's sight is far greater than the sum of the strengths of each of the two individuals. The Holy Spirit unites them and gives added power to their prayers.
- Joel 2:25 – I will repay you for the years the locusts have eaten.
- For a wife, sex comes out of affection. But for a husband, sex is pure need. His eyes, ears, brain, and emotions get clouded if he doesn't have that release. Wives sometimes have it backwards. They think, we can have sex after we get these other issues settled. But actually there is a far greater chance of settling the other issues if sex comes first. It doesn't matter whether you feel like it or not, the point is it's meeting his needs.
- 1 Cor. 7:4-5 – When we're married, our bodies are not our own. We owe each other physical attention and we're not to deprive one another.
- The two most powerful weapons against the attack of lies upon your husband's mind are the Word of God and praise.
- Depression, bitterness, anger, fear, rejection, hopelessness, loneliness, rebellion, temptation, evil, and many diseases all begin in the mind. These things can control your life unless you take control of your mind first.
- 1 Cor. 10:12 – If you think you are standing firm, be careful that you don't fall.
- 3 steps to changing behavior:
 1. Confession (admitting)
 2. Repentance (being sorry)
 3. Asking forgiveness (being cleansed and released)
- God has a time for everything and He works in us what needs to be done to prepare us for what's ahead.