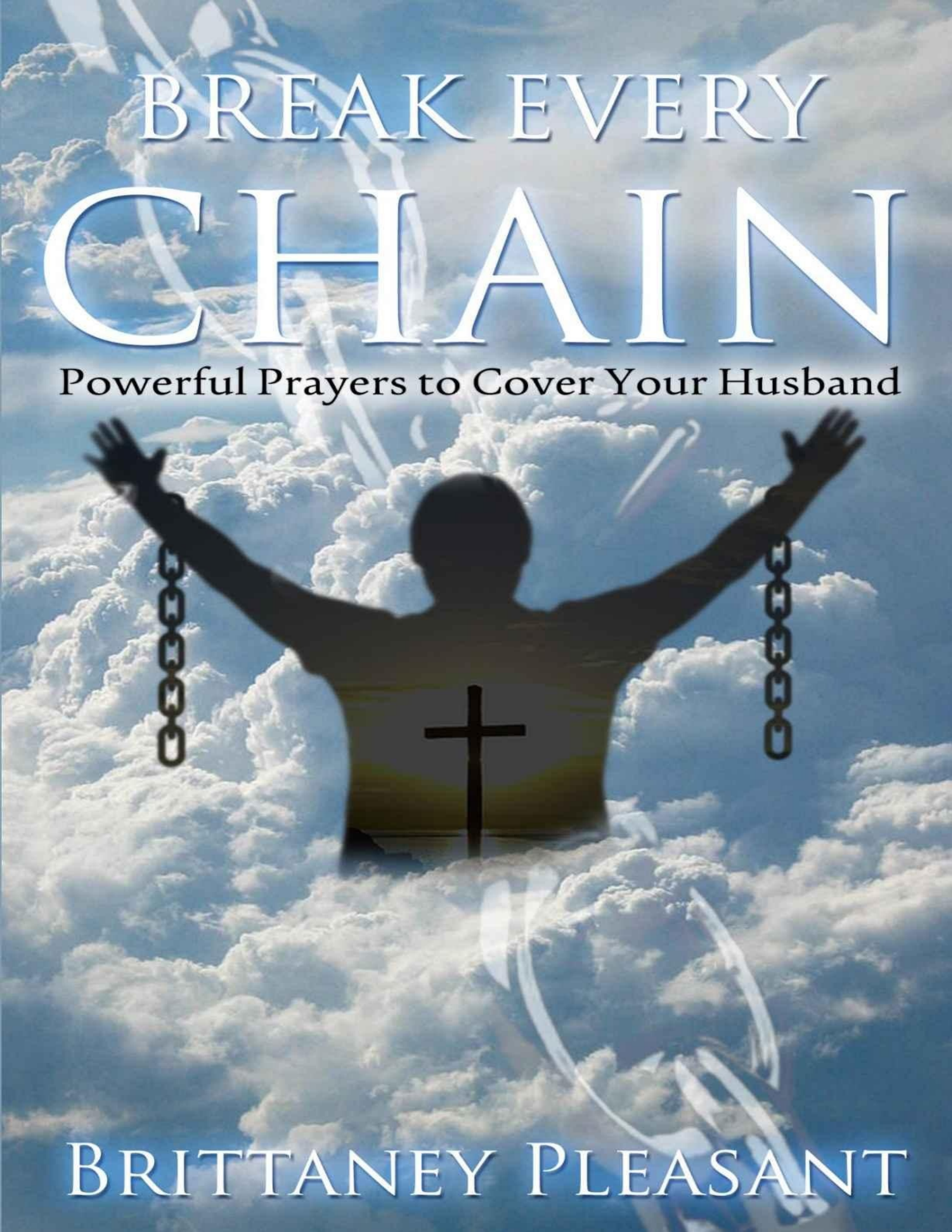
BREAK EVERY CHAIN

Powerful Prayers to Cover Your Husband



BRITTANEY PLEASANT

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ISBN-13: 978-1500423964

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Acknowledgements

First, and foremost I would like to give all glory and honor to God for allowing me to have this opportunity to bless other women of God with this book. I am truly grateful for the trials I went through during this particular time in my marriage that taught me how to seek Him more than I ever have. Most of all I'm grateful for the small, still voices that taught me how to study and meditate on His Word and communicate effectively with him through prayer. My hope is that the prayers in this book change their lives and their marriages in a mighty way and that they always remember to seek God and keep Him first.

Next, I would like to thank my beautiful, strong, and faithful mother, Valerie Betts, for being the epitome of quiet strength. Thank you for having the faith and patience to never allow the cares of this world to turn your heart cold. Most of all I thank you for always teaching me that the storms of life are never too big for God, and that I can always go to Him in prayer. I love you!

To my father and friend, Willie Betts, I thank you for always being there providing honest and genuine love, guidance, and support. You loved and believed in me even through all of my mistakes and bad choices and for that I will always be grateful. I love you!

To my husband, Rahfael Pleasant, Sr., I also say thank you. Thank you for loving and supporting me, even through our difficult times. Thank you for encouraging me to go to the next level in my walk with God. Know that no matter how high I go, I will never leave you behind. We will walk hand in hand into our destinies. You are my heart and I love you.

To my pastor, Jonathan L. Woods and First Lady, Nicole Woods, thank you both for always imparting Godly wisdom, love and truth to everyone you meet. Most of all I thank you for encouraging me to be strong in the Lord when I felt like giving up and for teaching me how to seek God in prayer, above and before anyone or anything else.

To my amazing, anointed soul sisters: LaVetia, Debora, Jerrina, and Sequoia: words cannot express how grateful I am that you ladies crossed my path. Thank you so much for your encouragement and support and for not allowing me to give up when things got hard. Thank you for praying for and with me. Most of

all thank you for believing in me and helping me to walk in my purpose. You all have truly been a blessing to me and I am truly honored to be your sister! I look forward to seeing what great things God has in store for you all!

Finally, to my mentor, teacher and friend, Eboni L. Truss, thank you for awakening the eagle within me. I am so grateful for your obedience and passion to teach others to thrive and grow in Christ. Because of you, I am truly learning how to soar!

Dedication

This book is dedicated to all women, those who are married and those who are preparing for the journey of marriage. I pray that this book not only teaches you how to effectively pray for your husband, but to develop a deeper, more meaningful relationship with God by studying and meditating on His Word. May God bless and keep you all!

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Jesus Christ.
-Philippians 4:6-7

Introduction

Marriage, it's one of the most beautiful and sacred gifts the Lord chose to give us. Your wedding day is one of the happiest days of your life. There are tons of smiles and tears of joy as you take the first step into your journey of happily ever after. Everything is fine as long as you're in love, there is peace in your home, and nothing is going wrong.

What happens when the honeymoon phase is over and reality kicks in with its problems, disappointments and set backs? Suddenly, you and your spouse are fussing and fighting and can't seem to agree on anything. You can't understand why God is allowing this to happen to your marriage when everything seemed so perfect, and then you start to panic.

You start to ask God to change things, change your husband, fix your marriage, etc., and things only seem to be getting worse, but why? Have you started trying to fix the problems on your own by constantly nagging your husband about things you think he needs to change? Have you become so focused on what's going around you that you have neglected your personal prayer life and relationship with God?

Many of the problems that arise in our marriages today can be solved through prayer. Somewhere in the midst of celebrating the good times we often forget that there is an enemy lurking around, seeking to destroy the sacred union God has ordained. We need to stay in prayer to protect ourselves from his attacks. Furthermore, we as children of God have forgotten how to pray.

Instead of thinking of prayer as our time to have genuine, heartfelt communication with God, we have become too focused on praying for what we want and need. We must realize that these "wish list" prayers will not help us in the long run. We must be fervent in prayer, through the good times and the bad. In order for our prayers to be effective against the attacks of the enemy, we must study and meditate on the Word of God, and pray according to Scripture. Is this the only way to pray? Of course not! But here are a few reasons why I have found it to be effective and why I believe it pleases God:

1) **Praying Scripture glorifies God and shows Him that you have faith in and believe in His Word**. John 15:7-8 says, "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples". What more do you need than to know that God said if you hide His Word in your heart by studying

and meditation, that you can ask for what you need and you will receive it? Remember, God's promises cannot be broken. He is not a man that He can lie.

2) Praying Scripture expresses God's will, character and promises and not our own selfish desires.
God gave us His Word so that we will be able to get to know Him and who He truly is. Many of our prayers often go unanswered because instead of focusing on God's will, we tend to focus only on what we want. Another mistake we make, is praying based on our emotions. When we allow our emotions to control us, we can become so distracted that we lose focus on the true character and promises of God. We begin to focus on ourselves and how we think the situation should be worked out. Because of this our motives may not line up with God's will and our prayers will not be answered (James 4:3). Remember, no matter our differences, God created each of us. When he allows us to become one with each other, He already knows exactly how to fix every problem we may experience.

3) Praying Scripture keeps your prayers specific and shows agreement with God.
When praying, it is always important to be specific. This is not because God will be confused if we aren't, but because a general, vague prayer shows lack of faith. The more we use Scripture to pray, the more specific our prayers will become. This shows God that we trust and believe God to do EXACTLY what He said He would do in His word, and he will honor our prayers. Also Praying Scripture not only shows that you have faith in what God says, but it shows that you agree with Him.

These are only a few reasons to pray according Scripture. Today, I challenge you to begin studying and meditating on His Word so that you will be able to use His promises in your prayers. Not only will your life, your husband's life, and your marriage change for the better, you will develop a deeper, more meaningful relationship with our Heavenly Father.

Wives, it is also important to remember that while you are praying for your husbands, you should also pray for yourselves. Because you are one with your husband, it is important that you do not become so focused on

him that you neglect yourself or your own relationship with God. You need to be complete in the Lord so that you can be the help mate that your husband needs. For that reason, at the end of each prayer for your husband, I have included a journal section for you to reflect, not only on the effectiveness of the prayers for your husband, but also on your own thoughts and feelings, evaluate your actions, and where you are in your walk with God.

Another important thing to remember is, do not allow your nurturing spirit to interfere with God's work. Sometimes when our husband is going through something or even just in our daily interactions, we want to help or feel that we know what is best. We must always remember to seek God and His guidance and wisdom, so that we may minister effectively to our husbands. We must also remember that sometimes it is best to remain quiet, step back, and allow God to work in our lives. He knows what is best!

Finally, I would just like to remind you that even though we pray for things, it is God who decides how and when to answer our prayers. Sometimes I know we can become impatient when waiting for God to answer our prayers, but we must continue to remain faithful and trust that His timing is perfect.

Prayers

Love God

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.-Matthew 22:37

Dear Heavenly Father,
I pray that my husband would grow in his love for You. May he love you with all his heart, soul and mind. Father I pray that he would show his love for You daily by keeping the commandments You have given him in Your Word. Help him to realize that he cannot truly love anyone else unless he first loves you. Father God, I pray that he will give himself completely to You and that he will yield his mind, heart and thoughts to you so that he will only desire to do those things that are pleasing in your sight. Father, many times we forget that love is not an emotion, it is an action. I pray that you would touch his heart and mind and help him to understand that he should express his love for You by acknowledging you in all things and surrendering his life to you and your will. Help him to realize that obedience to You and Your will is the best way to show our love to You. You showed us your love for us by making the ultimate sacrifice and allowing your one and only Son to die for us so that we may have a chance at eternal life and you continue to show your love for us as you bless and keep us daily throughout this journey called life. I pray that the love you give my husband each day would be reciprocated each moment you allow him to live on this Earth. In Jesus' name, I pray. Amen.

Today's Challenge: Your husband cannot love God, if he does not know God. Ask your husband if he is willing to set aside a few minutes each day, with you or alone each day to study the Word of God. You could also see if he is willing to attend a Bible study class. What were the results of the conversation? How have you seen God working in your husband's life as a result of this prayer?

Helpful Hint: If your husband is not willing to try your suggestions, don't try to force him or question his decision. Continue to pray that God will touch his heart and help him to desire a closer relationship with Him. Also, be sure to be an example to him by maintaining your relationship and commitment to God.

Joy

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost. –Romans 15:13

Dear Heavenly Father,

I pray that you will fill my husband with your joy each and every day of his life. I know that sometimes life can be stressful, but Father please help him to not to get burdened down with the cares of this world. This is just a journey that we are on; passing through on our way to You and the eternal glory you have promised us. I pray that when life seems to get too hard that he remembers how much you care for him and to cast all his worries and cares on you. Lord, I know that you did not create us just so that we may miserable or unhappy during this life. Help my husband to realize that just by having you in his life, he can have never ending joy and peace. Lord, instead of focusing on the things that may be bringing him down, help him to focus on you, your goodness and your loving-kindness. With this I pray that he will be able to see you in every situation and that his spirit may be lifted. In Jesus' name, I pray. Amen.

Reflection: How have you seen God move/work in your husband's life as a result of this prayer?

Allowing God to Fight His Battles

The Lord your God which goeth before you, he shall fight for you, according to all that he did for you in Egypt before your eyes.
-Deuteronomy 1:30

And the Lord, he it is that doth go before thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.-Deuteronomy 31:8

Dear Heavenly Father,
I know this life is filled with ups and downs, good times and bad, and many times we will be tested. I pray that as my husband goes throughout his journey and faces different obstacles, that he will not be afraid. I also pray that you will give him the wisdom and understanding to know that while there are some battles we can fight with your wisdom and direction, we do not have to fight every battle on our own. When he feels overwhelmed and like no one else understands the battle he may be fighting, help him to remember that you have already gone before him and know what he is facing. Lord, I pray that he would give everything to you in prayer and leave it there knowing that when the battle is too big for him, it is just the right size for you. Father, we know you can do anything but fail and even during our most difficult times, when we feel all alone, you are there and you promised never to leave us nor forsake us. I pray that my husband will find confidence in the promises you made in your word and will not allow fear to overtake him. Make your presence and your power known in every area of his life. In Jesus' name, I pray. Amen.

Reflection: How have you seen God move/work in your husband's life as a result of this prayer?

Self-check: Are you interfering with God's work by trying to fight your husband's battles for him?

Treating His Body As A Temple

What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: glorify God in your body, and in your spirit, which are God's.-1 Corinthians 6:19-20

Dear Heavenly Father,

I know that sometimes we forget that our body does not belong to us and we don't always take care of it as we should. I pray that you would help my husband to remember that not only does his body not belong to him, it is the temple and the place for which the Holy Spirit dwells. Your Son endured so much pain just so that we may live. Help him not to take the sacrifice that was made to pay for his body for granted. I pray that you would help my husband to develop a healthy, active lifestyle and eating habits. Help him to resist the temptation to smoke, drink or indulge in anything that may cause harm to his body and grieve the Holy Spirit. I pray that you will touch his heart and mind so that even his thoughts and the words he speaks would glorify you. Help him to resist the temptation to participate in activities that are sexually immoral and that would cause him to sin against body I pray that he would take care of and take pride in the body that you have blessed him with so that he can fully enjoy this life. In Jesus Name, I pray. Amen.

Today's Challenge: Encourage healthy habits and exercise and cook healthy meals.

Tip: Men are competitive by nature so make it fun by challenging him to a fitness/weight loss test. Write down some ideas you think you both may enjoy.

Reflection: How have you seen God move/work in your husband's life as a result of this prayer?

Loving Himself

I will praise thee: for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.-Psalms 139:14

Dear Heavenly Father,

I pray that you will help my husband to love himself; not in a selfish, vain way, but in pure adoration and appreciation of your marvelous works. You have created each of us to be unique and to stand out in some way. I pray that my husband would accept each one of his flaws and differences and realize that you make no mistakes. The world that we live in constantly tries to tell us who we should be, what we should look like, even who we should become. I pray that my husband will ignore the opinions of people in the world and focus on you and who you say he is. I pray that there is no self-hatred, self-rejection or low self-esteem within him. Help him to realize that he is made in your image and he is fearfully and wonderfully made in You. I pray that he would embrace everything about himself including his family background, where he grew up, and the man he has become. Help him to never feel inferior and to see your glory within himself each and everyday. I pray that he will love himself so much that we will be able to give that love to others around him. Help him to realize that he cannot truly love and appreciate anyone else until he can love himself and who you created him to be. In Jesus' name, I pray. Amen.

Self Check: Do you do uplift your husband with your words and actions? (This includes good times as well as bad). If not, how and what can you do to uplift your husband?

Reflection: In what ways have you seen God move in your husband's life as a result of this prayer?

Growth and Maturity

When I was a child, I spake as a child, I understood as a child, I thought as a

child: but when I became a man, I put away childish things.
-1 Corinthians 13:11

Dear Heavenly Father,
I pray that you would help my husband to mature both naturally and spiritually. Help him to realize when it is time to stop doing the things he used to do before he matured into a man. Father, I pray that you would touch and renew his mind so that he may be able to think and behave in a manner that is consistent for the season he is in. Help him to realize that he cannot overcome certain challenges and obstacles with an immature mindset. Father, I pray that he would grow so that he may be able to receive all of the blessings you have in store for him. We know that many times our growth and maturity comes from trials, tribulations and change. I know sometimes change requires us to let go of things and sometimes even people we have become familiar and comfortable with. Help my husband not to be afraid of the storms that may come and help him to be willing to change so that you may take him to the next level in you and in life. In Jesus' name, I pray. Amen.

Self Check: Do you allow your nurturing ways to interfere with your husband's growth or maturity? If so, how and what can you do to encourage your husband's growth?

Do you behave maturely? If not, what changes can you make?

What positive changes have you seen in your husband's life as a result of this prayer?

Balance

To everything there is a season, and a time to every purpose under the heaven. –Ecclesiastes 3:1

Dear Heavenly Father,
I pray that you will my husband to have balance in his life. Help him to realize that there is a season for everything and each season requires different things of us. Lord, I pray that you would give him the discernment and knowledge to know when the seasons of his life have changed and how to act accordingly. Help him to not only have balance in each of the different seasons in his life, but also in his everyday life. I pray that he would use his time wisely and that he would submit his schedule to you. I know it is easy to become consumed by one or two things, whether it is a job, friends or even family; but help him not to spend so much time doing one thing that other areas of his life are neglected. Father, I pray that he is a good steward over each and everything you have given him and that he will be a man full of gratitude. Help him to do everything in moderation and take time to enjoy this life you have given him. In Jesus' name, I pray. Amen.

Today's Challenge: Plan different activities for you and your husband to do in his spare time.

Reflection: What positive changes have you seen in your husband's life as a result of this prayer?

Content But Not Comfortable

Not that I speak in respect of want: for I have learned in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed to both to be full and to be hungry, both to abound and to suffer need.
-Philippians 4:11-12

Dear Heavenly Father,
I pray that you would help my husband to be content with whatever he has and in whatever season he is in. Help him to know that although he may not have everything he wants, that you always provide everything he needs. While there is nothing wrong with desiring more in life, I pray that his hunger or desire for more never causes him to covet what someone else has or become ungrateful for the blessings You have already provided. Father, I also realize that sometimes we can become so content that we become comfortable and stop desiring to go further in life. Being comfortable can also cause us to become unappreciative of the blessings we've been given. I pray that my husband will always have a hunger for more and a desire to do better in life. I also pray that he does not become so comfortable that he stops appreciating what you have given him Help him to realize that as long as he is connected to you, the possibilities for growth in his life are limitless. In Jesus' name, I pray. Amen.

Today's Challenge: Create a vision board together that includes your career goals, places you would like to visit, your dream home/car, etc. Make an action plan to help you reach your goals over time.

Reflection: What positive changes have you noticed in your husband's life as a result of this prayer?

Living To Glorify God

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.-Romans 12:2

Whether therefore you eat, or drink, or whatsoever ye do, do all to the glory of God.-1 Corinthians10:31

Dear Heavenly Father,

I pray that my husband will choose healthy, God-honoring activities to participate in. Lord, I pray that even though he may be tempted that he will not give in to any questionable habits, hobbies or things that may compromise his relationship with you. Lord, I pray that his mind will be renewed so that he will not conform to the patterns and ways of this world. Help him to realize that as a born again Christian, he has been made new and is now called to a higher standard. Although some of the things he may be tempted to do may be seen as fun in the eyes of the world and even to him, I pray that he will choose not to participate. Help him to desire to bring glory and honor to your name above all things, even if it means ignoring his fleshly desires. I pray that everything he chooses to participate in is of your will and your way, and that he may find joy in yielding to the control of the Holy Spirit. May everything he does be done for your glory. In Jesus' name, I pray. Amen.

Self Check: Sometimes the best way to influence our husband to change is by our own behavior. Are you being an example to your husband by living your life to glorify God? What improvements can you make in your walk with God?

Scripture Challenge: Find 5 different Scriptures on living to please God. Write down what you can do to apply each of them to your life everyday.

Reflection: What positive changes have you seen in your husband's life as a result of your actions and this prayer?

Loving His Wife

Husbands, love your wives, even as Christ also loved the church, and gave himself for it; That he may sanctify and cleanse it with the washing of the water by the word, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.-Ephesians 5:25-27

Dear Heavenly Father,

I pray that you would help my husband to love me as Christ loves the church. Help him to love me as you commanded, and not just as he thinks he should. Father, I pray that you would touch his mind and heart and reveal to him the purpose for which marriage was created. Sometimes marriage can be very difficult because men and women have different needs and ways they need to be loved, but I pray that you would help him to use your Word as a guide on how to love and treat me. Lord, help him to seek you for wisdom and discernment when he doesn't understand or know how to deal with certain situations concerning me. I pray that his love for me helps me to truly grow in Christ and who he created me to be and that he would nourish and cherish me as you do. Help him to build me up with words of encouragement instead of tearing me down with harsh, unkind words even when we do not agree with each other. I pray that I can also build him up and help him to reach his God-given potential as well. Help him to be so committed to you that your love is clearly shown in each and every one of his actions towards me. In Jesus' name, I pray. Amen.

Reflection: Are there days when you do not feel loved or appreciated by your husband? If so, what does he say or do to make you feel this way? How does this affect your marriage?

Helpful Hint: Even on the days when you do not feel loved or appreciated by your husband, continue to do the things God has commanded of you as a wife. God will honor your obedience and cause your husband's heart to change.

Reflection: What positive changes have you noticed in your husband's behavior towards you as a result of your actions and this prayer?

Peace

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.-John 14:27

Dear Heavenly Father,

I pray that my husband will find peace in your presence. It’s so easy for us to become stressed and overwhelmed about things that are going on in the world and in our lives. I pray that my husband will always remember to seek you who will give him peace freely without ever asking for anything in return. Father please remove any anxiety or stress he may be feeling and instead of focusing on what’s going on around him I pray that he would focus on you instead. May your peace give him the clarity and discernment he needs during this season. I pray that your peace would calm his troubled heart. In Jesus’ name, I pray. Amen.

Scripture Challenge: Find 5 Scriptures about having/finding peace in God's presence and use them in prayer. Be sure to write them down so you can refer back to them.

Reflection: How have you seen God move in your husband's life as a result of this prayer?

Seeking Godly Wisdom

If any of you lack wisdom, let him ask of God, that giveth to all men liberally,

and upbraideth not; and it shall be given him.-James 1:5

Dear Heavenly Father,

I pray that my husband would constantly seek you for wisdom instead of relying on his own insight. Help him to realize that all he has to do is ask and you will give him the wisdom he needs and desires. Even though I know there are times when he feels like he has to figure things out on his own, I pray that you will remind him that you did not create us to be self-sufficient and you want us to seek you for the things we need. You already know exactly what we need before we ask. Lord, help my husband to have a humble heart so that his pride will not prevent him from seeking you for guidance. I pray that when he seeks the opinions and advice of others, that he will seek those who have a strong relationship with you and will not lead him astray. I know it is much easier for many of us to seek our friends and family members for advice when we need help making a decision or when we are going through difficult times. I pray that he will not share the details and concerns of his life with those whose minds and hearts are not centered on you. In Jesus' name, I pray. Amen.

Self Check: Do you allow your husband to seek God for himself? Do you offer to pray with him instead of always trying to give him your advice? If not, why? What can you do to differently?

Helpful Hint: Remember being submissive begins with submission to God. It is okay for you to be concerned and want to help your husband, but remember God knows best. Allow Him to do His work in your husband's life.

Fear

For God hath not given us a spirit of fear; but of power, and of love, and of a sound mind.-2 Timothy 1:7

Have I not commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee withersoever thou goest.-Joshua 1:9

Dear Heavenly Father,
I pray that my husband will not walk in fear or allow fear to paralyze him. Help him to remember that you have not given us a spirit of fear and that through you we have power in every situation. You have commanded us to be strong and courageous because you are with us wherever we go and in whatever situation we are going through. We often become afraid when we are faced with new situations or have to walk into the unknown. Yet I pray that my husband will have enough confidence in you to know that you would never do anything to cause him harm so he can walk boldly into whatever you have called him to do. I pray that my husband realizes that fear is a trick of the enemy used to cause confusion, doubt and paralysis in his walk with you. I also pray that he will not allow fear to take root in his life. In Jesus' name, I pray. Amen.

Today's Challenge: See if your husband is willing to discuss any fears that he may have. If so, pray with him about the things that he is fearful about. Also, look up 5 Scriptures with him about fear that he can use in prayer and when he is afraid.

Reflection: What positive changes have you noticed in your husband's life as a result of today's challenge and this prayer? Have your husband's fears been quieted?

Answering God's Call

For many are called, but few are chosen.-Matthew 22:14

Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith; Or ministry, let us wait on our ministering: or he that teacheth, on teaching; Or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness.-Romans 12:6-8

Dear Heavenly Father,

I pray that my husband would be eager and willing to fulfill the purpose you created him for. You have called each one of us to do something for your kingdom and I pray that my husband will choose to answer your call instead of choosing to live for himself. Many times the things you have called us to do require us to step outside of our comfort zone and this can cause us to be afraid. I pray that my husband will be able to walk boldly and courageously in his purpose being confident that you have already equipped him for what you have called him to do. Help him to realize that even though the world may say he needs certain credentials to qualify for a certain position, You have already qualified him and all you require is obedience. I pray that you will give him the wisdom to know and understand that the gifts you have placed inside of him should be used to glorify you and your kingdom instead of being hidden. Help him to realize that he is here to serve you and your people. Somewhere, someone needs the gift that he has been blessed with and he has been specifically chosen for the gift that he possesses. I pray that you would touch his heart and mind in such a way that nothing the enemy does will be able to keep him from doing your will and that he will desire to use his gift to answer your call and bring more people to you. In Jesus' name, I pray. Amen.

Today's Challenge: Sometimes we are not willing to accept or answer God's call. It's because we do not realize the gifts, talents, or potential that we possess. Is your husband aware of his gifts and talents? If not, try to help him identify 3 gifts or talents he may possess and how he can use them. If he is already aware of his gifts and talents, see if he is willing to discuss the reasons why he is not putting those gifts and talents to use. Pray with him according to his response and use any Scriptures that may apply to this situation.

Reflection: What positive changes have you seen in your husband's life as a result of today's challenge and prayer?

Protection

I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.-Psalm 91:2

The Lord shall preserve thee from all evil: he shall preserve thy soul. The Lord shall preserve thy going in and thy coming out from this time forth, and even for evermore.-Psalm 121:7-8

Dear Heavenly Father,

I pray that as my husband goes about his day, traveling to various destinations

that you will protect and cover him wherever he may go. I know that the devil prowls around seeking whom he may devour and his demons help to carry out his plans; but Father I know that you have all power and authority over him and anything he may try to bring against your children. As children of God, we are covered and you will keep us safe from all harm and evil. I pray that my husband's faith in you will not be shaken by what he sees going on in the world around him. That he will be confident in knowing that he is and always will be protected. I also pray that you will keep my husband from participating in dangerous activities and keep him from spending time in places where harm may come to him. In Jesus' name, I pray. Amen.

Scripture Challenge: Find 5 Scriptures on protection and pray them over your husband daily.

Reflection: What were the results of the Scripture challenge and prayer? Do you have more peace and faith that your husband will be protected?

Not Taking God For Granted

What shall we say then? Shall we continue in sin, that grace may abound?- Romans 6:1

Dear Heavenly Father,

I pray that my husband will not take your mercy, grace and love for granted. I pray that instead of choosing to sin knowing that you will forgive him, he will choose to avoid sin and live in a way that glorifies and pleases you. Lord, help him to remember that even though you are a forgiving, compassionate, and merciful God, you are also a god of wrath. We get so hurt and angry when other people take us for granted, yet many of us take you for granted on a daily basis and never stop to think twice about how it may make you feel. I pray that you would forgive not only my husband, but the rest of your children as well. Father, help him not to grieve you or the Holy Spirit by his actions, instead help him to bring glory and honor to you in all that he does. You deserve our best Lord for all you have done and all that you continue to do in our lives. We thank you! In Jesus' name, I pray. Amen.

Today's Challenge: Sit down with your husband and write at least 20 things that God has done for each of you.

Reflection: Do you feel as though today's challenge had a positive effect on yours and your husband's relationship with God? If so, how? If not, why?

Continuing To Live In Sin

For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, But a certain fearful looking for of judgment and fiery indignation, which shall devour the adversaries.-Hebrews 10:26-27

Dear Heavenly Father,

I pray that you would help my husband to avoid temptation and anything that may cause him to sin. Even though sometimes I know he will fall, Lord I pray that he will choose not to continue in sin. Help him to realize even though it seems easier to sin and to walk on the broad, wide path that leads to destruction that you have given him the power to rise above his sinful nature and the standards of the world. I pray that he will not choose to follow the crowd or take the easy way out. As a born again child of God, he knows the difference between right and wrong and I pray that you would touch his heart and mind so that he may desire to do what is pleasing to you and be a light and an example to the world and those around him. Father, I also pray that you will give him a humble, open spirit so that he may be able to feel the conviction of the Holy Spirit when he does things that are not pleasing to you and that do not line up with what you have commanded us to do in your Word. Help him to realize that once he chooses to continue in sin after he has been born again that your grace and the sacrifice you made for us on the cross no longer covers him because he has chosen to walk with the enemy instead of you. I pray that he would stay focused on and connected to you that he will walk in the Spirit and not in the flesh. In Jesus' name, I pray. Amen.

Reflection: How have you seen God move in your husband's life as a result of this prayer?

Choosing His Friends

He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.-Proverbs 13:20

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.-Proverbs 27:17

Be not deceived: evil communications corrupt good manners.-1 Corinthians 15:33

Dear Heavenly Father,

I pray that you will help my husband to choose his friends and associates wisely. I pray that he will choose to surround himself with people that will uplift him instead of those that will bring him down or cause him to become stagnant. I pray that you will bring people into his life that will help him to grow spiritually and in his walk with you and who will also hold him accountable for his actions. Help him to desire to be around people that sharpen him and help him to become a better, stronger man of God and vice versa so that they may be an example to those around them and the younger generations to come. Lord, sometimes I know it is hard to let go of friends that we have become so familiar and comfortable with but I pray that you will help my husband to realize that if his friends are not trying to grow spiritually or in their walk with you, he may need to separate himself from them so they will not become a hindrance. I pray that his friendships or associations never take priority over his relationship with you. Father give my husband more of your Godly wisdom and discernment so that he may be able to tell what season he is in and what changes each season may require him to make. I pray that if he chooses to continue to associate or communicate with his friends that he will not allow their negative behaviors and habits to influence him. Help him to resist temptation so that he will not backslide and so that he may also be an example to his friends. I pray that through his obedience and commitment to you, his friends develop a desire to have a closer relationship with you as well. Lord, if the people that my husband chooses to associate with keep him from doing your will, I pray that you would remove them from his life or touch their hearts and minds so that they may develop a closer relationship with you. In Jesus' name, I pray. Amen.

Self Check: Realize you cannot choose his friends nor can you keep him from being around them by voicing your opinion. Many times this will only push him closer to them and further away from you. Do not continue to voice your opinion in a negative way, simply be still (quiet) and continue to pray for him. Also, do not become discouraged if God does not answer your prayer the way you want him to. He may not remove those friends from his life, but he may change your husband's heart and mind so that he does not allow him to hinder his spiritual growth or affect him in other negative ways.

Today's Challenge: Are there any positive men or men of God that he could become acquainted with? If so, introduce them. If not, see if there is a men's ministry at your church or in your area that your husband may be willing to get involved in so that he can meet other men who will encourage positive growth in his life.

Reflection: How have you seen God move in your husband's life as a result of today's challenge and your prayers?

Strength

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then I am strong.-2 Corinthians 12:9-10

Dear Heavenly Father,

I pray that when my husband is feeling weak or overwhelmed that you would give him strength. There are many things in this life that will challenge and test him and sometimes I know that he feels inadequate. Father, I pray that would touch my husband and strengthen his faith in you. Even when he feels he is not enough, help him to realize that he does not have to handle everything on his own and he can lean and depend on you. When he feels weak, you will be his strength and help him to endure the test he is going through. When my husband is ill, I pray that you will give him the energy and the determination to continue to fight and to seek you for healing because you can do anything but fail. Father, I also pray that would give him the discernment to find the right doctor to meet his needs and I pray that you would heal and restore his body. When he is facing temptation, I pray that you would strengthen him and give him the courage to resist the enemy and his attacks. Lord, please strengthen my husband's mind so that he will be able to focus on you and make sound decisions at all times. Strengthen his heart so that he will not allow anything evil or displeasing to you to take root inside him. Father, I pray that when others hurt my husband you will give him the strength to forgive, and when he hurts others you will give him to strength to apologize. In Jesus' name, I pray. Amen.

Self Check: When it comes to his physical strength, are you doing your part as his wife or is he doing his part and picking up your slack as well? Is there anything you can do to help him feel more relaxed or rested?

Today's Challenge: Plan a relaxing evening, weekend or activity for your husband. We usually assume that men are strong enough to handle anything, but just like us, they are only human. Ask your husband if there are any things he may feel overwhelmed or stressed out about. Ask him if anything is bothering him (unresolved conflict, pain from his willingness to forgive someone, etc).

Reflection: What ways have you seen God move in your husband's life as a result of today's challenge and your prayers? How did he react to the relaxing activity that you planned for him?

Depression

For to him that is joined to all the living there is hope: for a living dog is better than a dead lion.-Ecclesiastes 9:4

Why art thou cast down, O my soul? and why are thy disquieted within me? Hope in God: for I shall yet praise him, who is the health of my countenance, and my God.-Psalm 43:5

Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.-Psalm 55:22

Dear Heavenly Father,

I pray that you would bind up the spirit of depression that may try to consume my husband. Lord, I pray that he will not allow the cares and worries of the world to cause him to feel down and hopeless. Help him to realize that no matter how bad things may seem, as long as he is alive and has you there is hope. I pray that he will not allow the lies of the enemy to cause him to isolate himself from others. Instead I pray that he will seek the company of those who will be able to strengthen his faith in you and lift his spirits. Help him to remember that you are our refuge in bad times and that he can always find joy in your presence. Father, I pray that when my husband feels useless, rejected, alone or unloved that you will remind him just how valuable and loved he is. I pray that you will reveal yourself to him so that he will know you will never leave him or forsake him, especially in times of trouble. Give him the desire to study your Word so that he will be able to focus on Your wonderful truth instead of the lies of the enemy. I pray that you will restore the joy and peace that has been lost. In Jesus' name, I pray. Amen.

Scripture Challenge: Realize that not only is depression a mental illness, it is also a spirit. Find 5 scriptures concerning depression. Confess them over your husband throughout your day and/or in prayer. Encourage him to do it with you.

Reflection: What positive changes have taken place in your husband's life as a result of the Scripture Challenge and your prayers? Do you feel that your husband is still being affected in a negative way by this spirit?

Addiction

If the Son therefore shall make you free, ye shall be free indeed.-John 8:36

But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof.-Romans 13:14

Dear Heavenly Father,

I know that it is not your will for us to be lost and held captive by addictions to drugs, alcohol and other things. We declare and decree that whoever the Son has set free is truly free. Father I pray that you would give my husband the strength to resist the temptation to indulge in those things that have taken hold him and are working to destroy this life you have given him. I pray that you would bind up every spirit of addiction and every attack the enemy tries to bring against my husband. I pray that if there is any void that needs to be filled, you would fill it. If there is any pain that my husband may be feeling either from his past or present, I pray that you would heal the pain and give him joy and peace in return. I do not always understand the reason why my husband chooses to turn to these things, but Father I pray that you would help me to be patient, loving and compassionate towards him through this difficult time. Help him to seek you and your power when he is feeling weak and unable to resist the temptations of the enemy. I know that addiction is one of the many tricks the enemy uses to keep my husband from developing a close relationship with you. I pray that you will touch my husband's heart and mind so that he will acknowledge you and realize that through you he has the power to overcome anything the enemy brings against him. In Jesus' name, I pray. Amen.

Note to Self: Sometimes silence is golden. Even though you may be angry, disappointed or even disgusted with your husband's addiction, try not to allow it have a negative impact on your marriage. Remember, he may or may not be able to see the damage the addiction may be causing. It's not that he doesn't care; he just may not know how to deal with it or walk away from it. Be patient and continue to pray for and believe in his deliverance no matter what the situation may look like. God hears you. If you care for your husband, imagine how much more God must care for him. Trust that God will not give up on him, even when you feel ready to.

Reflection: What positive changes have you seen in your husband's life as a result of your prayers?

Anger

Wherefore, my beloved bretheren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God.- James 1:19-20

Dear Heavenly Father,

I pray that you would help my husband to deal with his anger in a healthy way. I know that anger is an emotion that we all feel at some point, but it can become unhealthy when we allow it to cloud our judgment and we begin to act irrationally. Lord give my husband the wisdom and discernment to be able to determine the true root of his anger and help him to deal with it accordingly. I pray that in his anger he would not cause harm to anyone, by his words or his actions. Father, I pray that he would not allow anger to take root in his heart and cause him to be bitter, unforgiving or resentful. Please remove those thoughts or feelings that he may be having as a result of his anger and replace them with things that are of you. I pray that he will realize that by operating in anger he is giving the enemy an opportunity to work in him. In Jesus' name, I pray. Amen.

Self Check: Am I doing anything to provoke my husband to anger? If so, what behaviors do you need to change? Do my words and actions encourage gentleness? If not, why?

Today's Challenge: Pay close attention to what angers your husband, then write it down. See if he is willing to talk to you about why he gets angry in certain situations. Try to help him find a different way to react/respond to those situations.

Reflection: What changes have you seen in your husband's life as a result of today's challenge and your prayers? Does he still react to things in anger? Was he able to react differently after identifying the reason for his anger in certain situations?

Lying

Lying lips are an abomination to the Lord: but they that deal truly are his delight.-Proverbs 12:22

And ye shall know the truth, and the truth shall make you free.-John 8:32

Dear Heavenly Father,

I pray that you help my husband to be a man of honesty and sincerity. We know that lying is not of you and is another tool of the enemy. I pray that you will deliver him from a lying spirit and a lying tongue. Fill him with your Spirit Father so that he will only desire to speak the truth. I pray that he will become so connected to you that he will not associate himself with those who participate in slander, gossip and spreading falsehoods against others. I pray that he will not ruin his reputation by becoming known as someone who is a friend of the enemy. We know that there is no truth in the enemy and we do not want to be associated with him and his character. Help him to realize that lying is just another stronghold the enemy uses to bring him into bondage and that he can be free if he will simply choose to speak the truth. Father, please forgive him for the lies he may have told and help him to repent and turn from his wicked ways so that he will be able to please you. I pray that he will seek to be more like you in all that he does; more loving, kind, truthful, and sincere. In Jesus' name, I pray. Amen.

Reflection: What does your husband lie about? Why do you think he feels the need to lie about things? Does he feel comfortable being honest with you? If not, why do you think that is? Do you ever criticize him when he is honest with you? How have you seen God move in your husband's life as a result of your prayers?

Committing Adultery

Ye have heard that it was said by them of old time, THOU SHALT NOT COMMIT ADULTERY: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.-

Matthew 5:27-28

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

Dear Heavenly Father,
I pray that you will help my husband to honor our marriage in everything he does, but especially when it comes to dealing with the opposite sex. I pray that he will not look at another woman with lust in his heart or give in to the temptation that may cause him to defile our marriage. Father, I pray that my husband's heart is so deeply rooted in you that he will not be fazed by the distractions and traps the enemy tries to put in his way. I pray that he will love you so much that he will only desire to honor, love and cherish this union that you have ordained. I know the enemy has several tricks up his sleeve, but I pray that you would give my husband more of your wisdom and discernment so that he may be able to test the spirits and know whether or not they are of you. Help my husband to be faithful physically, mentally, spiritually and emotionally. Every person on this Earth was created to be unique and we all have something different to offer, but I pray that my husband would value and appreciate the unique differences we share. Marriage is full of many ups and downs as we try to learn each other, while we are still learning ourselves. Father, help us to look to you through good times and bad times for understanding of each other so that we will not become frustrated, discouraged or confused with each other. In Jesus' name, I pray. Amen.

Reflection: Do you feel as though your husband has ever been tempted to commit adultery? Is he respectful of his commitment to you when he is around the opposite sex? Are you respectful to him? If not, have you told expressed your thoughts and feelings about it? If your husband has committed adultery, have you forgiven him and what steps have you and your husband taken to begin the healing process? How have you seen God move in your husband's life as a result of your prayers?

Fatherhood

Train up a child in the way he should go: and when he is old, he will not depart from it.-Proverbs 22:6

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.-Ephesians 6:4

That the aged men may be sober, grave, temperate, sound in faith, in charity, in patience.-Titus 2:2

Dear Heavenly Father,

I pray that my husband will raise our children in a way that is pleasing to you. Father, I pray that he will discipline them out of love and teach them how to live according to your Word. I know that many times a child will do what he sees, instead of what he is told so I pray that my husband's actions as well as his words will line up with your teachings. Help him to not only be an example to our children, but to other children who may not have a father figure or who just need guidance or direction. Lord, I also pray that my husband would realize that no matter how young our children may be, they are paying attention and are affected by his behavior. I pray that he would teach our sons how to be responsible, mature, hard-working, God-fearing, honest, loving towards women and children and patient. I also pray that he would teach them to have strong faith in the Lord and to put God first in all things that they do. Father, I pray that he would be an example to our daughters of how a man is supposed to love and cherish a woman. I pray that he would show her consistent, unconditional love and that he would always encourage her throughout her journey in life. Help him to understand that the way he treats her will shape her view of herself, men and how she expects to be treated by them. As our children get older and start to make their own decisions, I pray that my husband will continue to be compassionate and understanding towards them, even when they make the wrong choice. That he may not operate in a spirit of anger and disappointment. I pray that he will always be there to lead and guide them and to let them know they are loved. In Jesus' name, I pray. Amen.

Reflection: Do you feel that your husband sets a good example for your children and children in the community? Why or why not? How have you seen God work in your husband's life as a result of your prayers?

Reminder: Remember that just like you, your husband is not perfect. He will make mistakes over the years. Continue to pray for him and encourage him instead of being unforgiving or overly critical.

Obedience to God

But this thing commanded I them, saying, Obey my voice, and I will be your God, and ye shall be my people: and walk ye in all the ways I have commanded you, that it may be well unto you.-Jeremiah 7:23
And why call ye me, Lord, Lord, and do not the things which I say?
-Luke 6:46

But be ye doers of the word, and not hearers only, deceiving your own selves. For if any be a hearer of the word, and not a doer, he is like unto a man beholding his face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.-James 1:22-25

Dear Heavenly Father,
I pray that my husband will be obedient to your voice. When you tell him to do something I pray that he will do it without questioning it, over-analyzing it, or making excuses as to why he cannot do it. Father, I pray that he will not allow fear or his own selfish desires to keep him from doing your will. Often times when you tell us to do something, we say we are waiting on you, when in reality you have already given us the instructions and are waiting us to take the first step. Father, I pray that my husband will not allow his current circumstances, friends, or mentality to keep him from being obedient. Help him to realize that even though he may feel like he's not worthy to do what you have told him to do, that you are God alone and you make no mistakes. I pray that you will fill him with more of your courage and a desire to trust you instead of leaning on his own understanding. Help him to realize that anything you have told him to do is a part of Your plan to give him hope and a future. Lord, help him not be afraid of change or stepping outside of his comfort zone. Change may hurt but it is for own good and is designed to make us better. I pray that he will realize that if he continues to refuse to be obedient to you he will never rise above the mediocre standards of this world and be able to experience Your greatness and power. Father, give him a desire and willingness to be all that you have called him to be. Show him that if You have given him something to do, You have also given him an anointing to do it. In Jesus' name, I pray. Amen.

Do you think your husband has been more willing to be obedient to the voice of God as a result of your prayers? Why or why not? If he hasn't been, do you think it is mainly because of fear or is there another reason?

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