30 Days of Praying for Your Spouse

About a minute a day. Read the focus, pray it in your own words by name, and read the verse when you can. Once a week, tell them what you've been praying.

THEIR HEART

1 Knowing God's love — Ephesians 3:17-19
Pray they'd know God's love more deeply this week, not just know about it.

2 Peace — Philippians 4:6-7
Pray for a heart at peace, whatever this week brings.

3 Rest — Matthew 11:28-30
Pray they'd find real rest, and not feel guilty taking it.

4 Joy — Nehemiah 8:10
Pray for a joy that doesn't depend on how the week goes.

5 Freedom from worry — 1 Peter 5:7
Pray that whatever they're carrying, they'd hand it to God.

6 Courage — Joshua 1:9
Pray for courage for the hard thing in front of them.

7 Their thoughts — Philippians 4:8
Pray their mind would dwell on what's true and good.

THEIR DAYS

8 Their work — Colossians 3:23
Pray their work would feel meaningful, and that they'd do it well.

9 Wisdom — James 1:5
Pray for wisdom in the decisions they're facing.

10 Health — 3 John 1:2
Pray for their body: strength, good sleep and health.

11 Friendships — Proverbs 27:17
Pray for good friends who sharpen them.

12 Integrity — Proverbs 10:9
Pray they'd walk with integrity when no one's watching.

13 Temptation — 1 Corinthians 10:13
Pray for protection from whatever tempts them most.

14 Money — Hebrews 13:5
Pray for contentment and generosity in how you both handle money.

THEIR CHARACTER

15 Patience and kindness — Galatians 5:22-23
Pray the Spirit would grow patience and kindness in them, and in you.

THEIR CHARACTER

16 Their words — Ephesians 4:29
Pray their words would build others up, starting at home.

17 Humility — Philippians 2:3-4
Pray for a humble heart that looks out for others.

18 Strength in hard moments — 2 Timothy 1:7
Pray for power, love and self-discipline in their hardest moments.

19 Their gifts — Ephesians 2:10
Pray they'd see the good work they were made for.

20 Doing good — Galatians 6:9-10
Pray they wouldn't grow weary of doing good.

21 Growing faith — Colossians 1:9-10
Pray their faith would keep growing, in what they know and how they live.

THE TWO OF YOU

22 Unity — Ecclesiastes 4:9-12
Pray you'd face things side by side, not against each other.

23 Forgiveness — Colossians 3:13
Pray for quick forgiveness between you, both ways.

24 Love that lasts — 1 Corinthians 13:4-7
Pray for a patient, kind love that doesn't keep score.

25 Friendship and romance — Song of Songs 8:6-7
Pray your friendship and romance would stay strong.

26 Your home — Deuteronomy 6:6-7
Pray your home would be a place where faith is lived, not just talked about.

27 Hope — Romans 15:13
Pray for hope that overflows, especially in a hard season.

28 Gratitude — 1 Thessalonians 5:16-18
Pray you'd both notice, and say, what you're thankful for.

LOOKING AHEAD

29 Endurance — Hebrews 12:1-2
Pray for endurance for the long road, with eyes fixed on Jesus.

30 Your future together — Proverbs 3:5-6
Pray you'd trust God together with what's ahead.

When you both choose the faith option in R.O.S., a Praying for you button lets your spouse know (with a short note), and a shared prayer list lets you mark prayers answered. Free to start: **rosplatform.app**

Verse references are to the New International Version (NIV).

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