

# *A 7-Day Guide to Praying over Your Spouse Daily*

By: Amanda Idleman



Prayer is so powerful! When we commit to being diligent in praying over our spouses, we see God change our hearts and hold us together in unity. God alone has the power to give us the grace, strength, and love we need to fulfill those eager vows we made at our wedding. We must practice turning to God in prayer to find wisdom, mercy, and grace for this beautiful and sometimes bumpy journey.

Commit to a rhythm of prayer for your marriage. If possible, spend some of this prayer time together, covering your union with God's love and hope through intercession and scripture. If God is for us, who can be against us! When we make God a central part of our marriage, it's so much easier to love each other well.



***Here are seven days of verses and prayers for your spouse:***

- Day One -  
*A Prayer for Unity*

*'and the two shall become one flesh.' So they are no longer two but one flesh.*

*- Mark 10:8*

Father, I thank you that, through the mystery and miracle of marriage, you take two independent souls, lives, and destinies and weave them together to make one flesh. You have designed this union to be a place where we can support each other, encourage each other, and move forward together. Help us to remember that unity is a part of your plan for our marriage. Correct me when I want to detach myself from my partner and work through life independent of them. Guide us through conflict so we can find our way back to the same page. Help us forgive when necessary. Show us how to love and serve each other so we both feel safe to live as one flesh, day in and day out. Amen.

- Day Two -  
*A Prayer for Passion*

*My beloved is mine, and I am his; he  
grazes among the lilies.  
- Song of Solomon 2:16*

God, I am so grateful that you designed marriage to be a passionate endeavor. I am to covet my partner with desire and love. I am to admire who they are and enjoy their body, mind, and soul. Don't let exhaustion, apathy, and distractions steal all the passion from our marriage. Let us be intentional in fanning the flames of love and desire in our relationship. Give me the words that will let my partner know they are treasured, wanted, attractive, and the love of my life. Help me to have eyes only for my spouse and guard my heart from unhealthy relationships or desires. Protect our union from the schemes of the enemy! Help me to appreciate all of who my partner is more and more over time. Amen.

- Day Three -  
*A Prayer for Connection*

*However, let each one of you love his wife as himself, and let the wife see that she respects her husband.*

*- Ephesians 5:33*

Jesus, help us to show each other love and respect so we can live free to share and remain connected as a couple. Love is kind, patient, and is not self-seeking. Empower us to offer this kind of grace-filled love to each other. Respect allows my partner to feel seen, appreciated, valuable, and safe. Help me to respect the person that my partner is, never belittling them or excluding them from my life.

Show me how to protect my time so that I can engage, connect, and listen freely to my spouse. Let us be deliberate in connecting with each other on a daily basis. Amen.

- Day Four -  
*A Prayer for Forgiveness*

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*

*- Ephesians 4:32*

Father, I need your help to always be willing to be kind to my partner. To be tenderhearted towards them. And I need the most help in having a heart that is always willing to forgive my imperfect partner. Let us trust the fact that your grace is sufficient to meet our needs. I don't have to demand justice, hold a grudge, or teach my spouse a lesson. My job is to lovingly serve them and trust that you will teach them in the ways that they need to go. Let me give up my right to be right. Show us what grace feels like and help us dispense your grace to each other when it's required. Let me love them and forgive them in the same way you love and forgive me. Amen.

- Day Five -  
*A Prayer for Grace*

*But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.*

*- 2 Corinthians 12:9*

Father, let your grace cover our marriage. We know that we cannot do this on our own! We need you to help us see each other the way you see us. Show me how to extend unreasonable love and mercy on my partner and give them the strength to offer it to me when I need it too. Help me to remember on the hard days that my partner is a person made in your image, loved by you, and you have a plan for their life. I can trust that you are working to draw them closer to you, and I don't have to take matters into my own hands. I can trust in you and walk by faith in my marriage. Let your grace be enough for every day's needs. Amen.

- Day Six -

# A Prayer for Faithfulness

*If we are faithless, he remains faithful—  
for he cannot deny himself.*

*- 2 Timothy 2:13*

God, we thank you that even when I am faithless you are faithful! Let me rely on your faithfulness to hold my marriage together. Keep us honest, committed, intentional, available, unified, and in love. Protect us from divisions and distractions that have the power to pull marriage apart. In our moments of weakness teach us how to persevere.

How to rely on your loving arms to give us strength for this lifelong journey. Keep us committed and remind us that our character impacts each other. Let me remain faithful in being a person of integrity so my marriage remains on firm foundation for the long haul.

Would you sustain us. Amen.



- Day Seven -  
*A Prayer for Purpose*

*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

*- Ephesians 2:10*

Father, I thank you that what you've put together no man can pull apart. You made our marriage on purpose and for a purpose. Remind us that our marriage is made to be a picture of your love for us. It's an image of Christ and the church which is his bride. Show us how to be like you! Loving with your love, working to do good works as a couple for your glory, and walking in the truth together. Keep us aligned with your ways and your will for our lives. Help us to be a team that helps bring Heaven down to Earth in our home and community as best we can. Amen.

**Amanda Idleman** is a writer whose passion is to encourage others to live joyfully. She writes devotions for My Daily Bible Verse Devotional and Podcast, Crosswalk Couples Devotional, the Daily Devotional App, she has work published with Her View from Home, on the MOPS Blog, and is a regular contributor for [Crosswalk.com](http://Crosswalk.com). She has most recently published a devotional, [Comfort: A 30 Day Devotional Exploring God's Heart of Love for Mommas](#). You can find out more about Amanda on her [Facebook Page](#) or follow her on [Instagram](#).

