

# 30 Day Praying for Your Husband Challenge



**Ephesians 5:28**



**Proverbs 15:1**



**Ephesians 4:2**



**Matthew 19:6**



**Ephesians 6:4**



**Psalms 1:1-2**



**Ecclesiastes  
9:9**



**1 Corinthians  
7:10-11**



**1 Peter 4:8**



**Colossians  
3:13-14**



**1 Corinthians  
13:4-5**



**Ephesians 4:26**



**Ephesians 5:1**



**1 Peter 3:8**



**Ephesians 4:27**



**1 Timothy 5:8**



**John 3:16**



**Ephesians  
5:20-21**



**Joshua 1:9**



**Philippians  
4:13**



**Matthew 6:25**



**Song of  
Solomon 8:6**



**1 Peter 3:4**



**Matthew 6:3-4**



**1 Timothy 3:5**



**Matthew 6:26**



**1 Timothy 4:8**



**Ecclesiastes  
11:10**



**Hebrews 6:10**



**Hebrews 13:16**

# Day 1 Reflection

## Prayer

Lord, Help my husband to treat me as he would want to be treated.  
Remind him to treat me with the level of respect that he treats himself with.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 2 Reflection

## Prayer

Lord, Remind my husband to be gentle in his words. Calm his anger when it surfaces. Show him the fruits of responding with kindness.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 3 Reflection

## Prayer

Lord, Help my husband to be humble, gentle, and patient. Remind him of these virtues when he goes through tough times. Show him the benefits of these virtues so that he may be more willing to use them in any situation.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 4 Reflection

## Prayer

Lord, remind both me and my husband that we are one. We are not separate. Let us live our daily lives with this beautiful reminder.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 5 Reflection

## Prayer

Lord, allow my husband to be the best teacher possible for our children. Let them love You because he loves you. Let them follow You because he follows you. Let our children follow in my husband's Christian example to live faithful lives.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 6 Reflection

## Prayer

Lord, help my husband to stray from temptation. Give him the courage to stay away from evildoers. Instead, help him to focus on You, Lord. Fill his heart and mind with good, Christian thoughts that he can carry with him day and night.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 7 Reflection

## Prayer

Lord, remind my husband that his time on earth is limited. Allow him to enjoy this life that we have built, together. Fill him with joy when we spend time together. Help us to prioritize each other.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**



# Day 8 Reflection

## Prayer

Lord, never let the word "divorce" enter my husband's mind. If it does, help him to gently push it away. Help us to follow your command to be faithful to each other for the rest of our lives.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 9 Reflection

## Prayer

Lord, when my husband is at a loss or a low point, remind him to love. Fill him with love. Help him to focus on loving others.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 10 Reflection

## Prayer

Lord, soften my husband's heart. Allow him to forgive easily. Help him to forgive the unforgivable. Guide him in your footsteps as you forgive my husband in his transgressions.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 11 Reflection

## Prayer

Lord, Help my husband to be patient and kind. Do not let him envy or be boastful. Keep his pride away. Help him to always speak good of and look out for others. Help him be slow to anger and quick to forgive.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 12 Reflection

## Prayer

Lord, fill my husband's heart with love when he is angry. Do not let him dwell on this anger for too long so that he may return to loving others again.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 13 Reflection

## Prayer

Lord, help my husband to follow in your commandments and teachings. When he strays, help him find his way back.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 14 Reflection

## Prayer

Lord, help my husband to choose compassion and love. Help him to find the good in people and sympathize with them.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 15 Reflection

## Prayer

Lord, keep my husband from the temptations of the devil. Help him recognize right from wrong. Help him choose the good that you want him to do in his life.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**



# Day 16 Reflection

## Prayer

Lord, remind my husband that he is a provider. Help him to rejoice in caring for the family. Help strengthen his resolve so that we may take care of the household.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 17 Reflection

## Prayer

Lord, help my husband to believe in you with all his heart. Help my husband to believe in your Son. Let him accept that Jesus died for him so that he may be saved and one day enter heaven.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 18 Reflection

## Prayer

Lord, help me and my husband to humbly submit to one another, in thanksgiving and reverence for our loving Father.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 19 Reflection

## Prayer

Lord, be with my husband through times of turmoil and struggle. Give him strength and peace, knowing you are with him always.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 20 Reflection

## Prayer

Lord, help my husband to feel strong. Help him to feel your love and live in the beautiful knowledge that he can tackle anything that comes his way because of You.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 21 Reflection

## Prayer

Lord, help my husband to release his early anxieties and stressors. Let me offer them up to you. Fill him with love and strength so that he may devote more time to you and less time in worry.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 22 Reflection

## Prayer

Lord, strengthen our marriage. Let me become a whole person with my husband. Deepen our bond so that we may emanate your love.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 23 Reflection

## Prayer

Lord, help me to lead a life of inward and gentle spirituality so that I may be the best wife and mother for my family.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**



# Day 24 Reflection

## Prayer

Lord, help my husband to have a humble heart. Allow him to be giving. Allow his giving to be humble. Help him to maintain this gentle generosity throughout this life so that he may teach our children to do the same.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 25 Reflection

## Prayer

Lord, help my husband rejoice in the responsibility to take care of the household. Do not let it weigh him down. Instead, let him be lifted with joy.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 26 Reflection

## Prayer

Lord, help my husband to feel your love. Help him to know his value in Your divine eyes. Let him feel safe, knowing you are watching over him.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 27 Reflection

## Prayer

Lord, help my husband to prioritize his faith over everything else.  
Remind him of the promises of the life to come.

**WHAT IS GOD SAYING TO YOU  
TODAY?**

**WHAT ARE YOU GRATEFUL  
FOR?**

**WHAT FRUITS HAVE YOU  
NOTICED FROM THESE DAILY  
PRAYERS?**

**WHAT DO YOU WANT TO ADD  
TO TOMORROW'S PRAYER?**

# Day 28 Reflection

## Prayer

Lord, guide my husband through any grief, anger, or pain that may be burdening him. Allow him to be comforted by your love.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 29 Reflection

## Prayer

Lord, thank you for seeing my husband's good deeds. Thank you for being there every day as he strives to serve You and our family.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**

# Day 30 Reflection

## Prayer

Lord, open my husband's heart to giving. Remind him that You are pleased with his sacrifices. Help us to appreciate his sacrifices more.

**WHAT IS GOD SAYING TO YOU TODAY?**

**WHAT ARE YOU GRATEFUL FOR?**

**WHAT FRUITS HAVE YOU NOTICED FROM THESE DAILY PRAYERS?**

**WHAT DO YOU WANT TO ADD TO TOMORROW'S PRAYER?**