

30 days of prayer for your husband

30 Days of Prayer for Your Husband: A Spiritual Journey of Love and Strength

30 days of prayer for your husband is a beautiful and intentional way to nurture your marriage and invite divine guidance into your relationship. Prayer has the power to transform hearts, provide comfort, and strengthen bonds, especially when directed toward the one you love most. Whether you're seeking spiritual growth, emotional support, or simply want to express your love through prayer, dedicating a focused time to pray for your husband can have profound effects on both of you.

In this article, we'll explore how to approach 30 days of prayer for your husband with purpose and sincerity. You'll discover practical tips, meaningful prayer topics, and insights about how this spiritual practice can deepen your connection. Along the way, we'll touch on related themes like intercessory prayer, marital blessings, faith-based encouragement, and emotional intimacy, helping you navigate this journey naturally and effectively.

Why Commit to 30 Days of Prayer for Your Husband?

Praying consistently for your husband over a 30-day period isn't just about making requests – it's about creating a habit of hope, gratitude, and faith. This dedicated time helps you focus on his well-being in a holistic way: spiritually, emotionally, mentally, and physically.

When you commit to 30 days of prayer for your husband, you're also:

- Building a foundation of spiritual support that encourages both of you.
- Cultivating patience and understanding as you reflect on his needs.
- Inviting God's wisdom and protection over his decisions and challenges.
- Encouraging a closer connection through shared faith and vulnerability.

The key is to approach this time with an open heart, letting your prayers flow naturally and authentically. Whether you pray silently, write your prayers in a journal, or speak them aloud, consistency will deepen your impact.

How to Structure Your 30 Days of Prayer for Your Husband

Set Clear Intentions

Before you begin, take a moment to clarify what you hope to achieve through this prayer journey. Are you praying for your husband's health, career, spiritual growth, or emotional strength? Setting intentions helps you stay focused and makes your prayers more meaningful.

Create a Prayer Schedule

Choose a specific time each day for your prayers – maybe morning, midday, or evening – so it becomes a natural part of your routine. Consistency is vital for building a lasting spiritual habit.

Use Prayer Prompts to Guide You

Having prompts or themes for each day can keep your prayers fresh and focused. You might pray about protection on day one, wisdom on day two, peace on day three, and so on. This approach ensures you cover various areas of your husband's life and spiritual needs.

Incorporate Scripture

Including Bible verses relevant to your prayers can add power and inspiration. Verses about love, strength, guidance, and blessings can enhance your connection to God's promises for your husband.

Daily Prayer Themes for 30 Days of Prayer for Your Husband

Here's a suggested list of daily prayer focuses to help you embark on this spiritual journey with intention and depth:

1. Protection and safety
2. Spiritual growth and faith
3. Emotional healing and peace
4. Wisdom in decisions
5. Strength to overcome challenges
6. Patience and kindness
7. Success in career and endeavors
8. Love and understanding
9. Guidance in fatherhood (if applicable)
10. Physical health and vitality

11. Humility and grace
12. Courage to face fears
13. Joy and contentment
14. Forgiveness and reconciliation
15. Financial wisdom and provision
16. Integrity and honesty
17. Compassion and empathy
18. Protection from temptation
19. Clarity in life's purpose
20. Gratitude for blessings
21. Deepening your marital bond
22. Resilience in difficult times
23. Openness to God's will
24. Kindness in speech and actions
25. Renewal of hope and dreams
26. Trust in God's timing
27. Patience in growth and change
28. Peace in the heart and mind
29. Joy in serving others
30. Celebration of your love and partnership

Feel free to personalize these themes based on what resonates most with your husband's current circumstances.

Tips to Make Your 30 Days of Prayer for Your Husband More Impactful

Pray with Intention and Emotion

Prayer isn't just about reciting words – it's about connecting deeply with your heart and spirit. When you pray for your husband, visualize his needs, and speak to God with genuine emotion. This openness invites a more powerful spiritual experience.

Write Your Prayers Down

Keeping a prayer journal during your 30-day journey can help you track your thoughts, feelings, and any answers to prayer. Writing also allows you to reflect later on how your prayers and your husband's life have evolved.

Include Your Husband in Prayer When Appropriate

If he's open to it, invite your husband to join you in prayer or share your intentions with him. This can foster mutual spiritual growth and strengthen your emotional intimacy.

Use Affirmations and Declarations

Along with asking for blessings, declare positive affirmations over your husband. Speaking life and encouragement over him can boost his confidence and remind him of his worth.

Stay Patient and Trust the Process

Sometimes prayers are answered immediately; other times, they require persistence and faith. Trust that your dedicated time of prayer is making a difference, even if you don't see immediate results.

The Power of Intercessory Prayer in Marriage

One of the most profound aspects of 30 days of prayer for your husband is intercessory prayer – praying on behalf of someone else. Intercession is a selfless act of love that invites God's intervention and blessings into your husband's life.

Intercessory prayer can:

- Create a spiritual shield around your husband.
- Help him overcome unseen struggles.
- Invite peace into moments of stress or anxiety.
- Strengthen your role as a spiritual partner in marriage.

By consistently lifting your husband in prayer, you become an active participant in his journey, walking alongside him with faith and hope.

Encouraging Your Husband Through Prayer and Actions

Prayer is powerful, but pairing it with supportive actions can amplify its effect. Consider these ways to encourage your husband as you pray:

- Leave him encouraging notes or Scripture verses.
- Spend quality time together reflecting on spiritual topics.
- Show appreciation for his efforts and character.

- Pray together before important events or decisions.
- Offer to pray with him when he faces challenges.

These tangible expressions of love reinforce the spiritual foundation you're building through prayer.

How 30 Days of Prayer for Your Husband Can Impact Your Marriage

Engaging in a focused period of prayer can transform your marriage in beautiful ways. As you pray, you may notice:

- Greater empathy and understanding in your relationship.
- Increased emotional closeness and communication.
- A renewed sense of purpose and partnership.
- More resilience during times of conflict or difficulty.
- A deeper appreciation for your husband's unique qualities.

Prayer invites grace into your marriage, allowing both of you to grow individually and as a couple. It's a journey of faith that continually unfolds, bringing blessings beyond what words can express.

30 days of prayer for your husband is more than just a spiritual exercise – it's an act of love that nurtures your bond and invites God's presence into every aspect of your life together. Whether you're facing challenges or simply want to celebrate your relationship, this practice can be a source of strength, hope, and joy.

Frequently Asked Questions

What is the purpose of the '30 Days of Prayer for Your Husband'?

The purpose of '30 Days of Prayer for Your Husband' is to dedicate a focused time each day to pray intentionally for your husband's spiritual growth, well-being, and leadership in the family.

How can I start the '30 Days of Prayer for Your Husband' journey?

To start, find a prayer guide or devotional specifically designed for this purpose, set aside a consistent time each day for prayer, and focus on different aspects of your husband's life such as his faith, work, health, and relationships.

What are some key prayer points to include during the 30 days?

Key prayer points often include praying for your husband's faith, wisdom, strength, protection, emotional health, leadership in the family, and his relationship with God and others.

Can this 30-day prayer challenge improve my marriage?

Yes, committing to 30 days of prayer for your husband can strengthen your marriage by fostering spiritual intimacy, encouraging personal growth, and promoting mutual support and understanding.

Are there any devotional books recommended for '30 Days of Prayer for Your Husband'?

Yes, popular devotional books include '30 Days of Prayer for Your Husband' by Stormie Omartian and other similar prayer guides that offer daily scriptures and reflections tailored for praying for your spouse.

What if I miss a day during the 30-day prayer challenge?

If you miss a day, simply continue where you left off without guilt. The goal is consistent, heartfelt prayer over time, not perfection.

Additional Resources

30 Days of Prayer for Your Husband: A Deep Dive into Spiritual Support and Relationship Enrichment

30 days of prayer for your husband has emerged as a meaningful practice for many wives seeking to foster spiritual growth, strengthen their marital bond, and support their husbands through intentional intercession. This focused period of prayer offers an opportunity to engage deeply with one's faith while addressing various aspects of the husband's life—from personal development and emotional well-being to professional success and spiritual maturity. Exploring this practice through a professional lens uncovers its potential benefits, challenges, and the ways it integrates into modern marital dynamics.

The Concept and Significance of 30 Days of

Prayer for Your Husband

The idea of dedicating 30 days to pray specifically for one's husband is rooted in the broader tradition of focused prayer challenges. These challenges often encourage believers to commit to a daily, intentional prayer routine centered on a specific theme or individual. When applied to the context of marriage, this practice becomes a tool for wives to actively participate in their husband's life journey, invoking divine guidance, protection, and blessings.

From a psychological perspective, engaging in structured prayer can enhance feelings of connection and empathy within the marriage. By concentrating on the husband's needs, strengths, and struggles, wives may cultivate greater emotional intimacy and understanding. Spiritually, the practice aligns with scriptural exhortations found in many religious traditions that emphasize intercession for loved ones as an expression of love and faithfulness.

Why 30 Days? The Power of a One-Month Commitment

Choosing a 30-day timeframe is strategic. Psychologically, studies suggest that 21 to 30 days is sufficient to form new habits or alter existing ones. Therefore, committing to this prayer regimen for a month allows for consistent focus without overwhelming the individual. It also creates a measurable goal that can foster a sense of accomplishment and spiritual discipline.

Moreover, this period is long enough to cover diverse prayer themes—from protection and health to wisdom and emotional resilience. Structuring prayers over 30 days ensures comprehensive coverage of the husband's multifaceted life rather than a narrow focus.

Key Themes and Areas to Pray for During the 30 Days

Effective prayer during this period often encompasses multiple dimensions of the husband's life. By addressing a holistic range of topics, wives can ensure their intercession is balanced and reflective of real-life challenges.

- **Spiritual Growth:** Praying for the husband's faith journey, relationship with God, and moral integrity.
- **Emotional Health:** Seeking peace, patience, and emotional resilience amid stress or uncertainty.

- **Physical Well-being:** Asking for protection against illness and strength for daily challenges.
- **Career and Purpose:** Invoking guidance in professional decisions, success, and work-life balance.
- **Marriage and Family:** Supporting the husband's role within the family, fostering love, respect, and unity.
- **Character and Leadership:** Praying for wisdom, humility, courage, and effective leadership in various spheres.

Incorporating these themes into daily prayers not only ensures variety but also aligns with many wives' intentions to cover their husband's entire life spectrum.

How to Structure the 30 Days of Prayer for Your Husband

A well-organized plan can enhance the effectiveness and sustainability of this prayer practice. Many resources and prayer guides recommend breaking down the 30 days into thematic segments or dedicating each day to a particular attribute or challenge.

For example:

1. Days 1-5: Spiritual foundation and growth
2. Days 6-10: Emotional strength and peace
3. Days 11-15: Physical health and protection
4. Days 16-20: Career guidance and purpose
5. Days 21-25: Marriage and family harmony
6. Days 26-30: Leadership qualities and character development

This segmented approach provides clarity, making it easier for wives to focus their prayers intentionally each day without feeling overwhelmed or repetitive.

The Psychological and Relational Impact of Consistent Prayer

While the spiritual benefits of prayer are often highlighted, the psychological and relational implications merit attention. Consistent prayer for one's spouse can foster a mindset of gratitude, patience, and hope. It encourages the wife to adopt a perspective that recognizes her husband's vulnerabilities and strengths, potentially reducing conflict and enhancing empathy.

Research in the psychology of religion indicates that prayer can reduce stress and increase feelings of social support, even when practiced individually. Translating that to marital dynamics, when a wife prays regularly for her husband, it may indirectly influence her attitudes and behaviors towards him, contributing positively to the relationship.

Furthermore, couples who engage in mutual or individual spiritual practices often report higher marital satisfaction. While 30 days of prayer for your husband is primarily an individual endeavor, it can open doors to shared spiritual experiences, such as discussing prayer reflections or praying together, thereby deepening relational bonds.

Potential Challenges and Considerations

Despite its benefits, the practice of 30 days of prayer for your husband is not without challenges. One potential issue is the risk of unrealistic expectations. Prayer, while powerful, does not guarantee immediate or visible changes. Wives may need to balance hope with patience and trust in the process.

Another consideration is the husband's perception of this practice. Some men may be unaware of or indifferent to their spouse's prayers, which could lead to miscommunication or feelings of disconnect. Open communication about the intention behind the prayer routine can mitigate misunderstandings.

Additionally, the intensity of focusing daily on the husband's needs may inadvertently overshadow the wife's own spiritual and emotional care. It is important for wives to maintain a healthy balance, ensuring they also nurture their own well-being.

Resources and Tools to Support the 30-Day Prayer Journey

The popularity of 30 days of prayer for your husband has led to the development of numerous books, devotionals, and digital resources tailored to

this purpose. Many of these tools provide daily prayer prompts, scriptures, and reflections designed to guide wives through the process.

For instance, prayer journals allow for documenting thoughts, experiences, and perceived answers, fostering a reflective practice that can enhance spiritual growth. Mobile apps focused on prayer and meditation also offer reminders and community support, which can be motivating.

Comparing different resources reveals a spectrum of approaches—from strictly scriptural prayers to more personalized, conversational styles. Selecting a resource that aligns with one's faith tradition and personal preferences is crucial for sustained engagement.

Integrating 30 Days of Prayer into Daily Life

Sustainability of the prayer challenge depends largely on practical integration into daily routines. Many wives find it useful to designate a specific time—morning, evening, or during breaks—for their prayer session. Creating a quiet, distraction-free environment can enhance focus and depth.

Some incorporate complementary practices such as meditation, reading devotionals, or listening to worship music to enrich the experience. Others choose to share insights with their husbands or a trusted spiritual mentor, fostering accountability and encouragement.

Broader Implications: Spiritual Practices and Marital Health

Examining the 30 days of prayer for your husband within the larger framework of spiritual practices reveals its role in promoting marital health. Spiritual engagement has been linked to positive outcomes like increased resilience, shared values, and conflict resolution skills within marriages.

This practice exemplifies how intentional spirituality can serve as a proactive strategy to nurture relational well-being. It also underscores the evolving role of prayer—not merely as a private act but as a relational and transformative tool.

In contemporary society, where couples face numerous pressures, integrating spiritual disciplines such as this prayer challenge can provide a counterbalance—a source of hope, stability, and mutual support.

Ultimately, 30 days of prayer for your husband is more than a ritual; it is a journey that intertwines faith, love, and commitment, offering wives a structured pathway to support their partners holistically while deepening their own spiritual lives.

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30 days of prayer for your husband: 30 Days of Prayer for Your Marriage Jesus Bible Foundation, 2025-08-02 Strengthen your marriage—one prayer at a time. 30 Days of Prayer for Your Marriage is a heartfelt devotional designed to help couples grow closer to each other and to God through the power of daily prayer. Whether you're newly married or have been together for decades, this book is a sacred invitation to heal wounds, rekindle connection, and deepen spiritual intimacy. Each day features: A Bible verse to center your heart A short, meaningful devotional A focused prayer to speak alone or together A reflection question to spark honest conversation A "Husband's Leadership Prompt" to inspire spiritual leadership with love Rooted in Scripture and filled with grace, this 30-day journey is for couples in all seasons—whether thriving, surviving, or seeking restoration. You'll explore themes like unity, forgiveness, trust, intimacy, patience, and building a Christ-centered legacy. Bonus features include: 30 powerful marriage declarations Tips for establishing weekly devotional rhythms Printable petition pages to intercede for your marriage Ideas for long-term prayer habits and communication growth Whether you pray together or start alone, this devotional helps you invite God into your relationship as the Master Builder. With each day, you'll lay another stone in a foundation of faith, love, and lasting unity. Let your marriage be transformed—prayer by prayer, day by day.

30 days of prayer for your husband: 30-days to a better marriage Shannon Renfree, 2013-07-04 God has a plan for your marriage. Are you ready to learn more about it? Are you looking for ways to reconnect with your husband? Are you in a good Christian Marriage but looking for a deeper connection with Christ? Do you want to improve a struggling marriage? Join Shannon as she discovers what God has to say about marriage. She will help you put God's Word into daily practical use. 30 Days to a Better Marriage is arranged to provide daily doses of insightful scripture. It contains easy to follow ideas for your marriage and your growth in Christ. Please enjoy God's plan for a better marriage.

30 days of prayer for your husband: 30 Days of Prayer for Spiritual Stamina Melissa Spoelstra, 2018-08-07 Life is like a roller coaster, and we need spiritual stamina or "staying power" in order to stay true to our faith and calling through all the ups and downs. Prayer is essential for developing spiritual stamina, and this prayer guide is intended to help you strengthen your prayer life and faith through a thirty-day prayer challenge. Within these pages you will find prayer exercises offering instruction in a variety of prayer methods and approaches, including praying in silence, praying out loud, journaling your prayers, and drawing/coloring as you pray. Designed to be used as a devotional companion to Melissa's Elijah Bible study or a separate prayer guide, these prayers will strengthen your faith and increase your spiritual stamina as you draw near to God. The Elijah Bible study components, available separately, include a Participant Workbook, Leader Guide, DVD with six 20-25 minute sessions, and boxed Leader Kit (an all-inclusive box containing one copy of each of the Bible study's components).

30 days of prayer for your husband: 30 Days of Prayers While Trying To Conceive Andrea R. Scott, Delroy P. Scott, 2020-12-26 This ebook was created to help those who are trying to conceive have a resource which focuses on your fertility as well as your daily life that you would like to highlight before God. It helps to provide the language and vocabulary to express your deepest desires as you move through different levels of prayer to God. There might be times when you feel as if you don't know what to pray while trying to get pregnant. 30 Days of Prayers While Trying to Conceive is an e-Book that has different prayers for each day that will bring you hope and increase

your faith for a baby. Inside you will find powerful confessions and prayers that show you how to release healing into your body. Prayer topics include: The two week wait, fruitful fertility, prayer to conceive twins, prayer to bless the womb and a whole lot more.

30 days of prayer for your husband: Prayers of Blessing over Your Husband Bruce Wilkinson, Heather Hair, 2018-04-03 Impacting His Life One Prayer at a Time Are you unsure of how to best pray for your husband? Do you struggle to find words that are meaningful and honest? Prayer is one of the most beautiful gifts you can give your spouse, but trying to know his heart and pray with intention can feel overwhelming. You can't understand his every spiritual need—but God knows. This book of insightful, guided prayers and carefully matched scriptures will enable you to pray for your husband with resolve and passion. Each day, your confidence will grow as you are inspired to approach God with a sincere and courageous heart for your spouse. You can become a powerful force of prayer for your husband's life. Move from uncertainty to assurance as you devote yourself daily to conversation with the Lord who created, knows, and fiercely loves your husband.

30 days of prayer for your husband: 30 Days to a More Incredible Marriage Ramona Cramer Tucker, 1998 Part of the Today's Christian Woman Devotional Series this book provides quotes, practical suggestions, and Scripture verses designed to help improve a marriage.

30 days of prayer for your husband: 30 Ways in 30 Days to Strengthen Your Family Rebecca Hagelin, 2016-05-01 Every Christian parent faces a daily dilemma: How can I bring up my children to be people of character in a culture that undermines my values? Media and cultural expert Rebecca Hagelin knows how overwhelming it is to raise kids in today's morally toxic environment. In this practical guidebook, she helps you: Learn how to battle the culture, not your child Know the difference between your principles and your preferences Understand how marketers target your children and how to keep them safe online Develop and follow your "mother's intuition" and "father-knows-best" instincts Teach your children to be good stewards of money, time, and work You must fight to protect your children's innocence, their childhood, their character—and their future. It's a battle worth fighting. And it's a battle you can win.

30 days of prayer for your husband: The 30 Day Man Fast Nikki Carpenter, 2015-10-03 Do you feel like God is calling you to reconnect with Him & leave the guys alone for a season? If so, the 30 Day Man Fast devotional is for you.

30 days of prayer for your husband: Letters of Paul in 30 Days: CSB Edition Trevin Wax, CSB Bibles by Holman, 2024-08-15 In Letters of Paul in 30 Days, author and teacher Trevin Wax has crafted a devotional experience that takes you through the letters of Paul to the early church in a "Morning," "Midday," and "Evening" pattern, following the Scriptural precedent for praying three times a day. This prayer journey through Paul's letters features psalms, other songs from Scripture, confessions of faith, and written prayers from faithful Christians who have gone before us.

30 days of prayer for your husband: Loving Your Spouse Through Prayer Cheri Fuller, 2007-02-11 A Christian living guide to strengthening your marriage by embracing prayer—the perfect gift for the newly engaged, newlywed, or long-term married couples. Praying together as a couple, and praying for your mate, is the mortar in a marriage—a way for a couple to turn toward each other rather than away from each other. It also invites God's love into the relationship. To help put feet to readers' prayers and guide them to a better relationship with God and each other, this book packs poignant true stories, actual prayers, inspirational quotes and creative, doable marriage-building ideas into twelve chapters. Whether someone is seeking a better marriage when it's already good, or wanting to improve and stay positive in a struggling marriage, Cheri Fuller offers hope and motivation so that couples will make the most of one of the best gifts God ever gave them: prayer.

30 days of prayer for your husband: Porn Addict's Wife Sandy Brown, 2017-07-18 From a Certified Life Coach, a recovery program for women impacted by a spouse's pornography addiction. Are you feeling shocked, betrayed, devastated, and downright angry after discovering your husband is addicted to pornography? Are you wondering: how could he do this to me or, why aren't I enough for him? Do you wonder if your marriage is over? Are you feeling lost and alone? Life and

relationship coach Sandy Brown has been there. Her own experience in surviving the betrayal of her husband's porn addiction has inspired her to focus her practice on helping other women to do the same. Through her own recovery and her experience with clients, Sandy has developed a process of recovery to empower women at a time when they feel all is lost. *Porn Addict's Wife* shows readers that they are not alone in feeling shattered by their husband's sexual addiction, and teaches them how and with whom they can safely share their story. By providing resources for readers to get real help for both themselves and their spouse, it provides guidance to healing and rebuilding a normal life.

30 days of prayer for your husband: Eight Great Ways to Honor Your Husband Marilyn Chadwick, 2016-03-01 As a wife, you are uniquely able to honor your husband in ways no one else can. Tragically, in today's culture, the idea of honor in the marriage relationship has been lost. It's a key reason so many marriages aren't what they could be. In *Eight Ways to Honor Your Husband*, author Marilyn Chadwick shares how you can show this special kind of love: become strong guard your home believe the best lighten his load build him up dream big together create a culture of honor As you honor your husband, you and he will both experience new heights of fulfillment and intimacy—and you'll show others how beautiful the husband-wife union can be when it follows God's design.

30 days of prayer for your husband: Powerful Prayers Against the Activities of Satan Dr. Olusola Coker, 2019-11-16 It is now time we Christians realize that God has given us the power, the right information through the Scriptures to overcome satanic attacks. God is on our side. The weapon of our warfare is the scriptures and if we use it right, the world, the flesh, and the devil will be continuously defeated. The Lord Jesus Christ has provided all of our victories. He used the same tools He has provided us in winning the battle. His victory is our victory. It is, therefore, our responsibility to use these weapons the scriptures to our advantage. When you use the scriptures in any situation you find yourself, you'll thank God for the tools of victory He has provided.

30 days of prayer for your husband: 30 Days to Taming Your Kid's Tongue Deborah Smith Pegues, 2014-10-01 Learning to control the tongue is a lifelong pursuit. That's why it's so important for you as parents to help your children learn to tame their tongues from the moment they begin to talk. Certified behavioral consultant Deborah Pegues offers invaluable insights for parents who long to help their children learn not only what to say and how to say it, but also what not to say. With humor and wisdom, Deborah devotes chapters to teaching your kids such important lessons as speaking respectfully to an adult using their indoor voice knowing when to speak up and when to remain quiet giving and accepting compliments expressing anger appropriately admitting mistakes or wrongdoing talking to God Stories, soul-searching questions, and scripturally based personal affirmations combine to make each reading applicable and life changing for you and your family.

30 days of prayer for your husband: Praying for Your Husband from Head to Toe Sharon Jaynes, 2013-12-17 Powerful, effective prayer for your husband is easier than you think. "I have never seen a more practical book on how to pray for your husband."—Gary Chapman, PhD, author of *The Five Love Languages* As a wife, no one is more called or qualified than you to pray for your husband. Yet sometimes, it's hard to find the words. You wonder: What should I pray? How should I pray? What prayers does he need right now? In *Praying for Your Husband from Head to Toe*, Sharon Jaynes maps out sixteen areas of a man's life to help you consistently and effectively cover your husband in prayer. From his mind and the thoughts he thinks, to his eyes and the images he sees, all the way down to his feet and the path he takes, Sharon teaches you how to pray for your husband in ways that are powerful, practical, and life-changing. You'll learn how to:

- Cover each area of your husband's life with specific scriptural prayers, knowing that when you pray the Word of God, you pray the will of God.
- Become a prayer warrior who is equipped and empowered for intercession that makes a difference in the physical and spiritual realms.
- Stop your mind from wandering during prayer by following a pattern that helps you stay focused and fervent, with faith-filled expectancy.
- Establish a habit of purposeful prayer in just a few dedicated minutes each day.

Whether you're newly married or you and your husband have grown gray together, you'll use this

prayer guide again and again to bless your marriage and your man.

30 days of prayer for your husband: 30 Days to Taming Your Emotions Deborah Smith Pegues, 2012-02-01 From Deborah Pegues, popular author of *30 Days to Taming Your Tongue* (more than 500,000 sold), comes an indispensable guide for overcoming the emotional barriers that rob men and women of life's fullness and derail their personal and professional relationships. Pegues uses biblical and modern-day examples to help readers identify and overcome the obstacles that hold them back. Readers will discover emotion-taming strategies such as establishing boundaries, extending grace, mercy, and respect to others, conquering perfectionism, accepting themselves and learning to laugh at themselves, telling the truth and striving to do the right thing. *30 Days to Taming Your Emotions* provides Scripture-based principles, heart-searching personal challenges, and healing prayers and affirmations that point readers to a new sense of emotional freedom. Compilation of *Supreme Confidence*, *30 Days to a Great Attitude*, and *30 Days to Taming Your Stress*.

30 days of prayer for your husband: 30 Days to Taming Worry and Anxiety Deborah Smith Pegues, 2017-03-28 Do You Long for Peace of Mind? You can't avoid anxiety-provoking circumstances—they are a natural consequence of life on Planet Earth. But there are effective ways to deal with the stress they cause! Deborah Smith Pegues has been where you are and wants to share what she's learned to help you handle the situations that threaten your peace of mind. In 30 days, you will discover how to... experience joy by embracing a divine perspective and living in the now, achieve clarity by improving your sleep, diet, and exercise routines, evaluate your expectations to minimize distress and disappointment, prevent unnecessary angst by managing your time and money more wisely, trade your stress-speak for more calming expressions. Packed with practical insights, encouragement, and biblical inspiration, this book will help you respond effectively to worry and anxiety so you can be a happier person.

30 days of prayer for your husband: 30 Days Toward Healing Your Grief Danielle DuBois Morris, Kristen N. Alday, 2017-03 - Practical, gentle, compassionate, wise, tested, program - Christ-centered support for healing from loss - Ideal for individual or group use, includes a study guide

30 days of prayer for your husband: 30 Days to Experiencing Spiritual Breakthroughs Bruce Wilkinson, 2011-04-27 This thirty-day tool for spiritual growth presents practical articles -- written by some of the nation's best-known Christian authors -- that show readers how to experience breakthroughs in their Christian lives, marriages, families, and walks with God. Their contributions, a combination of helpful insights from the Bible and personal experience, will revitalize anyone looking for life-transforming change. The book also serves as a resource guide for Dr. Bruce Wilkinson's *Experiencing Spiritual Breakthroughs*, based on the internationally renowned *Three Chairs* series. Newly revised and updated!

30 days of prayer for your husband: 30 Days to Taming Your Stress Deborah Smith Pegues, 2007-01-01 Deborah Smith Pegues, bestselling author of *30 Days to Taming Your Tongue* (over 500,000 copies sold), leads readers to tame their stress and exchange it for peace in just one month's time. With insight gleaned from her experience as a certified behavioral consultant, Deborah uncovers the surprising causes of stress and reveals simple, life-changing cures, such as extending grace, mercy, and respect to others, telling the truth and striving to do the right thing, accepting yourself and being able to laugh at yourself, deleting stress-related words from your vocabulary, reciting Scripture affirmations daily. This spiritual and practical offering will release readers from worry and will increase their sense of purpose, direction, contentment, and freedom.

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