

52
PRAYERS

FOR MY

WIFE

— A DEVOTIONAL —

CALEB ROUSE

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52 Prayers for My Wife: A Devotional

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Introduction

Dear beloved reader,

My wife, Stefanie, and I have made a point of keeping prayer as the foundation of our relationship. Some days, neither of us has anything left to give the other person, but God provides the strength we need. We've experienced the power of prayer and the amazing way God can transform our lives and relationship when we bring our concerns to Him. He's been with us all along, through both the good and the difficult days.

As a husband, I have sometimes been tempted to try and fix my wife. I lacked humility and wasn't a good listener. I still catch myself struggling with this at times. This only gets in the way of what God wants to do in us. The more I learn about surrendering my wife to God and looking for the best in her, the more I thrive in my marriage and in life. I believe that your marriage, too, can become even more fulfilling over time as you pour your energies into prayer for your wife.

I look forward to embarking on this journey of spiritual and marital growth with you. As a Christian relationship coach with a passion for nurturing marriages, I've created this guide to help you strengthen the bond between yourself and your wife through the power of prayer and purposeful action. My hope is that we as husbands can grow to be more like Jesus through this journey—to be men who increasingly honor, respect, and love our wives.

Marriage is a beautiful gift from God, but it requires intentional effort and continuous nourishment to thrive. Prayer is a dynamic force that can transform both *your* heart and your wife's heart, leading to a more fulfilling and God-centered marriage. Prayer is not just a passive request but a powerful tool for transformation. As you pray, you invite God to work within you and your marriage, aligning your desires with His will. With purposeful prayer, you can watch your relationship grow stronger and healthier, knowing that you are partnering with the Creator of love and marriage.¹

This devotional is designed to be a weekly companion for your journey. Each week, you'll find a specific topic for prayer and reflection, including your wife's spiritual growth, her physical and emotional well-being, her relationship with you, and her relationships with others.

At the top of the page, you'll find Scripture that goes along with the topic. Memorizing or meditating on these verses each week is a helpful way to remind yourself of God's truth that trumps our emotions and circumstances.

Next, I'll share a personal story of how prayer has played a role in my own marriage as we've dealt with the particular topic. I'm sure that many of the issues we've struggled with will sound familiar to you. I hope it will encourage you to know that these are common to many relationships. After my story, you'll find a suggested prayer for the topic, helping you to pray specifically, intentionally, and with purpose for the daily needs of your wife.

You will also find a summarizing word of encouragement intended to help you keep the topic at the front of your mind throughout the week. You might want to write it on a sticky note so you remember to put the topic into practice every day.

In addition to prayer, I've included practical "Love in Action"

¹ You might also be interested in our companion book, *52 Prayers for My Husband: A Devotional*, written by my wife, Stefanie, in case you and your wife would like to join efforts on this journey.

suggestions for each week, which are designed to help you apply the principles discussed in each devotional. These calls to action begin with one special activity you can do together with your wife. However, I understand that every marriage is unique, and in case your wife seems resistant or uninterested, I've also included a second activity that you can do on her behalf, which does not require her participation. The goal is to invest in your marriage and demonstrate love in tangible ways. In any case, be sure your wife knows you are praying for her regularly, which will be a big encouragement to her.

It is my hope that this approach allows you to immerse yourself fully in the topic, giving you time to pray earnestly for your wife to flourish in various aspects of life, as well as for you to grow as a husband as you seek to support her.

I encourage you to embrace this prayer guide with an open heart, knowing that growth takes time and patience. As you pray for your wife, don't be surprised if you see changes in your own life as well. Each devotional is an opportunity to deepen your connection with God and with each other. It's an invitation to seek God's wisdom, guidance, and blessings for your marriage.

I want to walk alongside you on this journey. I believe in the power of prayer and the potential for transformation. It is my sincere hope that this guide will inspire you, uplift your spirit, and breathe new life into your relationship.

May your journey through this guide be filled with love, grace, and the presence of God. May your marriage be a testament to His goodness and faithfulness. Together, let's nurture the love that God has planted in your heart and watch it flourish as you commit to a year of prayerful growth.

With love and blessings,

Caleb Rouse
Christian relationship coach

LEARNING TO LISTEN

A prayer that her need for emotional support is met

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

JAMES 1:19

Early in our marriage, I tried to fix everything for Stefanie. When she brought up a concern to me, my mind would immediately go to all the ways that I needed to handle the problem for her.

We used to work as teachers at the same Christian school in California. On occasion, when she shared with me about difficulties that would arise at the school, I would immediately try to correct the problem. Other times, I would express to her that the way she was experiencing the difficulty was wrong and that the people involved probably didn't intend their actions to be taken the way she was interpreting them.

While this may or may not have been the best response, the problem was that she didn't feel heard. Instead, she felt that I was just trying to fix her or was taking the other side. This led to conflict and frustration between us. What I learned over time (and with practice) was that she wanted me to listen, to affirm that her feelings were valid, and to show her support in what she was doing well.

Developing this skill was not easy, but it has brought peace and understanding to our marriage. It was also freeing for me not to feel like I had to fix everything. This unlocked the door to her heart and built trust between us over time.

Dear God, I thank You for this amazing woman I get to do life with.

She is a blessing to me. I pray that she would find her needs met, first and foremost, through her relationship with You. I pray also that You would give me wisdom to know her needs and to do what I can to take care of them. As she shares her frustrations with me, help me to listen with patience and respond in gentleness. Teach me to listen before I speak and to pay attention to the desires of her heart.

I pray that in our daily interactions, I would be attuned to what she is saying verbally and nonverbally. Show me ways that I can pray for her and communicate clearly with her. When I have frustrations, show me how to express how I feel rather than just bottling up my emotions. I ask that You would provide her with the grace to be patient with me. Help us to fall more in love with You and with each other every day. In the name of Jesus, amen.

Your wife wants to know you care about her feelings in a situation more than you care about her getting over it.

love in action . . .

Together: Talk about situations that have been difficult to deal with. Give each other space for fully expressing feelings, and show unwavering support.



For her: When your wife brings up something that is frustrating her, choose to listen, validate her feelings, and show your support.

THE POWER OF A TIMELY WORD

A prayer that she finds the encouragement she needs

*Encourage one another and build each other up,
just as in fact you are doing.*

1 THESSALONIANS 5:11, NIV

My lifelong dream was to be a professional basketball player. I was “all in” from middle school through college. I lived, breathed, and walked basketball, often forgoing everything else. But in my senior year of college, I had a career-ending injury one day in practice that would forever alter my life.

Depressed, discouraged, and dismayed, I stumbled through the next ten years with little purpose. When I met Stefanie, I learned a new story. Her walk with the Lord encouraged me to take action toward gratefulness and daily time with Him.

Through her encouragement (it took a lot), I learned to find my worth in God, rather than in my broken dreams. I began to choose thankfulness each day over disappointment. It led me to find a new dream and passion in helping others to build strong marriages. Through my mistakes, pains, and hurts, Stefanie consistently loved and supported me. I only pray that I can be as much of an encouragement to her as she has been for me.

There is power in the encouragement of others. Consider whether there are areas in which your wife could use encouragement today. Perhaps she is facing frustrations or broken dreams. Look for ways to love her through your words.

Heavenly Father, I pray that You would encourage my wife in spite of any frustrating situations or broken dreams she may be battling.

Help her to be aware of the many blessings You have given us and to have a sense of gratitude for them. In every situation, may I encourage her and point her toward You. Father, let me be a person who gives her perspective in difficult times. I pray that when she gets discouraged, she will remember that I am here to support her.

Help me to never take my wife for granted. I pray that as I love her, she would feel special. I pray that I can be a blessing to her today in the way that she needs it the most. Encourage me to be consistent with my kindness and gentleness toward her. Let thankfulness far outweigh bitterness in our household. Teach us to run to You in all circumstances, and help me to be a grateful and peaceful husband to my wife. Amen.

A word of encouragement at the right moment can renew hope.

love in action . . .

Together: Take turns sharing at least three encouraging comments about what you appreciate about each other.



For her: Make a point of letting your wife know how much you appreciate her and why.

REMINDING HER OF HER VALUE

A prayer that she will know her worth in Christ

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

MATTHEW 6:33

We have faced difficulties in our marriage countless times. Whether it's with family dynamics, friendship hurts, work difficulties, lies spoken about us, or even major disappointments, we have experienced hurt.

Little else causes me as much pain as seeing Stefanie's heart broken. Something instinctive kicks in, and I want to run to her rescue. Those hurtful moments can cause anyone to doubt themselves, question their worth, and sometimes run away emotionally or physically from those around them. When those moments happen to our wives, we have the opportunity to bring life, hope, and worth to them.

With Stefanie, I find that when I pull her close to me, let her know I love her, speak God's truth from Scripture over her, and listen to her, she is able to see clearly through whatever she is facing and claim the truth.

Dear God, I lift up my wife's heart today. *Protect her heart from evil and guide her to Your truth each day. When lies come up and cause her to doubt You or to lose confidence, I pray she runs to Your Word. Help me to always point her back to Your truth to sustain her, guide her, and give her peace.*

So many things in this world can push her away from You and cause her to seek her worth in other things. I pray that when this happens, You would remind her that she is Your child, that she has value, and that her worth comes from You alone. I know that sometimes the words I say can cause her to doubt herself, so Father, help me to watch my tongue and speak encouraging words to her, even when I've had a difficult day. I thank You for this amazing woman. She is such a blessing to me. I pray that today and every day she can receive Your truth over all the areas of her heart. Amen.

The thing she needs most is hearing how valuable she is to you and to her Creator.

love in action . . .

Together: Choose a Scripture passage that reminds you of your value in Christ. When difficulties arise, read it to each other.



For her: The next time your wife faces a difficult season, pull her close, tell her she is loved, read an encouraging Scripture, and listen to her heart.

SCALING THE HEIGHTS

A prayer for overcoming fear with faith

*Don't be afraid, for I am with you. Don't be discouraged,
for I am your God. I will strengthen you and help you.
I will hold you up with my victorious right hand.*

ISAIAH 41:10

One of our most cherished memories involves overcoming our shared fear of heights. It happened during a challenging hike at Angels Landing in Utah's Zion National Park. The trail had always intrigued us, but the thought of navigating a narrow path with a one-thousand-foot drop on either side, secured only by a cable, was daunting.

We made a pact before the hike: we would go at our own pace, support each other through every anxious moment, and agree that if either of us wanted to turn back, we would. With this understanding, we faced our fears head-on.

We caught the bus to the trailhead, said a prayer, and began our ascent. As we reached the cable section, an unexpected peace settled over us. Knowing we had to be brave for each other and trusting that God was with us made all the difference. Reaching the top was exhilarating. The views were incredible, like a slice of heaven on earth.

This experience mirrors how we deal with fear in marriage. At times we face insurmountable challenges, with risks and dangers that paralyze us. But when we unite as a couple, with the assurance of God's protection and each other's support, our fears become more manageable. That mutual reliance and trust make the journey a lot easier.

Heavenly Father, I lift up my wife to You, asking that You soothe any anxieties and replace her fears with Your peace. Gently remind her of the countless blessings that surround her. Grant her the ability to see Your goodness in every situation, turning fear into a steadfast trust in You.

Father, empower me to be a pillar of support for her through prayer, service, encouragement, and simply being there. As she navigates trials, let her feel Your presence and my unwavering support, knowing she is not alone. My wife capably handles so many of life's hurdles, but I pray that she doesn't rely solely on her own strength. May she lean on You, trusting in Your ability to uplift and sustain her.

Your Word tells us that perfect love casts out fear. I pray that Your perfect love would envelop her, extinguishing any sparks of fear, and that she would find comfort and strength in Your truths. You are our loving Father, and I am endlessly thankful for the gift of my wife. Please grant her peace today and in all the days to come. Amen.

When we face fear in our lives, we can stand securely on the foundation of God's love.

love in action . . .

Together: Set a game plan for facing overwhelming fears head-on. Commit to being there for each other, no matter what.



For her: If your wife is facing fears, let her know you care and look for ways to help her find peace.



OVERCOMING DISCOURAGEMENT

A prayer for strength to persevere

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.

2 CORINTHIANS 4:16

A few years into our marriage, Stefanie began to feel a call from God to do online ministry. At the time, we were both still teaching at the Christian school in California, and we had no concept of what such a ministry entailed, especially on social media. Once she decided to pursue this calling, we both committed to going all in and doing whatever it took to spread the gospel online. We learned everything we could about it.

In the process, we have often faced great opposition or difficulty. In those moments that Stefanie is feeling discouraged, I have the opportunity to point her back to God and be strong for her through words of affirmation, kindness, and gentleness.

To be honest, I've failed at this many times, but each failure has taught me how to improve moving forward. I've learned to listen to Stefanie's needs, assure her of my support, and show her where to find the strength she needs to persevere in her calling. I can't do it on my own, but God gives me the grace to be strong for her when challenges arise.

Being courageous for our wives and helping them to keep going starts by understanding where our strength comes from. Any time we try to support them in our own strength, we are on shaky ground. But with God, we have a foundation that cannot be shaken.

Heavenly Father, I pray for my wife. *I pray that You would strengthen her today. Give her peace and hope for the amazing future that You have for her. I pray that You would encourage her in her talents and abilities and in the ways that she loves other people. Help her to persevere in the areas that she feels weak, worried, or discouraged, and encourage her with Your words of love and truth.*

I pray that You will reinforce her in areas of weakness, with truth based on Your Word. Secure her in Your arms of love, and allow me to find ways to support her throughout the day. Strengthen me to be a good husband to her. Help me to have patience and be gentle with her. Teach me how to build her up with encouraging words, and let my actions show the safety she has in our marriage. Protect her today. I pray that we would grow closer together as we grow close to You. Amen.

**You cannot help her grow stronger by
doing it in your own strength.**

love in action . . .

Together: Resolve to take time to pray for each other when a difficult situation arises in your marriage.



For her: When your wife faces difficulties, turn to God for the strength to support her.