

30

Day Prayers For Your Husband

Learn how to effectively
pray for your husband

Carley
Rains



FORWARD

Meet the Author

Dear Wife,

You might think prayer isn't that important, that your husband, marriage, and family can flourish without the need to get on your knees, seek the Lord, and declare Scripture. I have to disagree.

Prayer is one way we fight against the enemy. When applied through faith, prayer becomes a powerful tool that fights the enemy's frontlines. You maybe cannot see the destruction Satan is trying to implement in your life, but I promise, it's there. He wants to ruin your marriage, life, and testimony. Your husband may never admit it, but he needs you to pray for him consistently.

These 30-Day prayers were made to help you discover how to pray and create a habit of praying daily. Prayer doesn't have to be long or intelligent. We just need to be vulnerable, honest, and have faith about what God can do with our requests.

I hope these themes are encouraging and help broaden how you pray for your spouse.

Your Friend,
Carley Rains
Co-Founder, Rains Family Media LLC

Carley Rains lives in Texas with her husband Briston, mini-Aussie Lady, and daughter-on-the-way Bryleigh. She is a writer, graphic designer, and creative junky. Lover of stories and the truth, she spends her free time exploring fiction worlds or wedged inside the Old Testament. For more information go to CarleyRains.com.



Day
ONE

Man of Great Courage

“And the angel of the Lord appeared to him and said to him,
‘The Lord is with you, O mighty man of valor.’”
Judges 6:12

Dear Father,

I pray my husband is a man of valor (great courage), that he does not back down or bow to the intimidation of his calling, but rises up as a man in the army of God and runs with endurance the race you have before him.

I pray his character is strengthened, that he is tested with faith like Abraham and succeeds; remains steadfast like Job, never taking his eyes off You despite tribulations and trials in this world; trusts in you with his whole heart and always leans on you for wisdom and guidance, not his own wisdom; that he is strong in the faith like Moses, even despite his limitations and disabilities.

You have purpose for him and I pray he knows and continually reminds himself of your vision for his life like Jeremiah who was young but called to be a great prophet of the nations. I pray my husband exceeds his ideas for his life and plants his hope in You all the days of his life.

In Jesus Name
Amen



Day TWO

Known By God

“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”
Jeremiah 1:5

Dear Father,

I pray my husband knows his purpose. I pray he knows that You knew him before he was formed and You set him apart and appointed him. I pray he understands that You created him for purpose and that he seizes every opportunity to partner with You in his purpose.

Give him strength, wisdom, and the mind of Christ. I pray the enemy can't persuade him to fall off the path of righteousness; intimidate him to live in fear, worry, or control; and tempt him to chase after his own desires rather than Yours. I pray he praises You for how he was formed and doesn't focus on his insecurities but praises You in his weaknesses.

Thank you for my husband. I love him and know You are working on his heart every day.

In Jesus Name
Amen



Day THREE

The Faithful Leader

“For length of days and years of life and peace God’s Commandments will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.”

Proverbs 3:2-3

Dear Father,

I pray my husband follows You even when he doesn’t understand. I pray he obeys Your voice, even when he doesn’t want to. I pray he keeps Your commandments and cherishes them like a treasure.

Keep his feet from unfaithfulness, arrogance, pride, and culture’s definition of love. Bind him to Your Word. Keep his heart pure and always seeking You. Forgive him when he falls into unfaithfulness and anger. I pray he depends on the Holy Spirit for change, success, and life, and not his own strength.

Thank You for his tender heart and I pray he seeks You for wisdom and not the world.

In Jesus Name

Amen



Day
FOUR

The Trustworthy Man

“Then the king of Jericho sent to Rahab, saying, ‘Bring out the men who have come to you, who entered your house, for they have come to search out all the land.’ But the woman had taken the two men and hidden them.”

Joshua 2:3-4

Dear Father,

I pray that my husband would be a trustworthy man who hides Your Word in his heart and doesn't expose secrets of others. I pray he is not a gossip, slanderer, or someone who despises other Christians.

I rebuke jealousy and pray he would be trustworthy in the body of Christ. I pray people, pastors, leaders, and You can trust him with anything. I pray discretion, wisdom, and insight over him and that he thinks about what he's about to do before he does it.

Give him the courage to do what's right even when others don't. Give him the strength to lean on You when temptation arises. I praise You for him and thank You for his heart.

In Jesus Name
Amen



Day FIVE

A Man Who Values His Blessings

“She saw that for all the adulteries of that faithless one, Israel, I had sent her away with a decree of divorce. Yet her treacherous sister Judah did not fear, but she too went and played the whore. Because she took her whoredom lightly, she polluted the land, committing adultery with stone and tree. Yet for all this her treacherous sister Judah did not return to me with her whole heart, but in pretense, declares the Lord.”

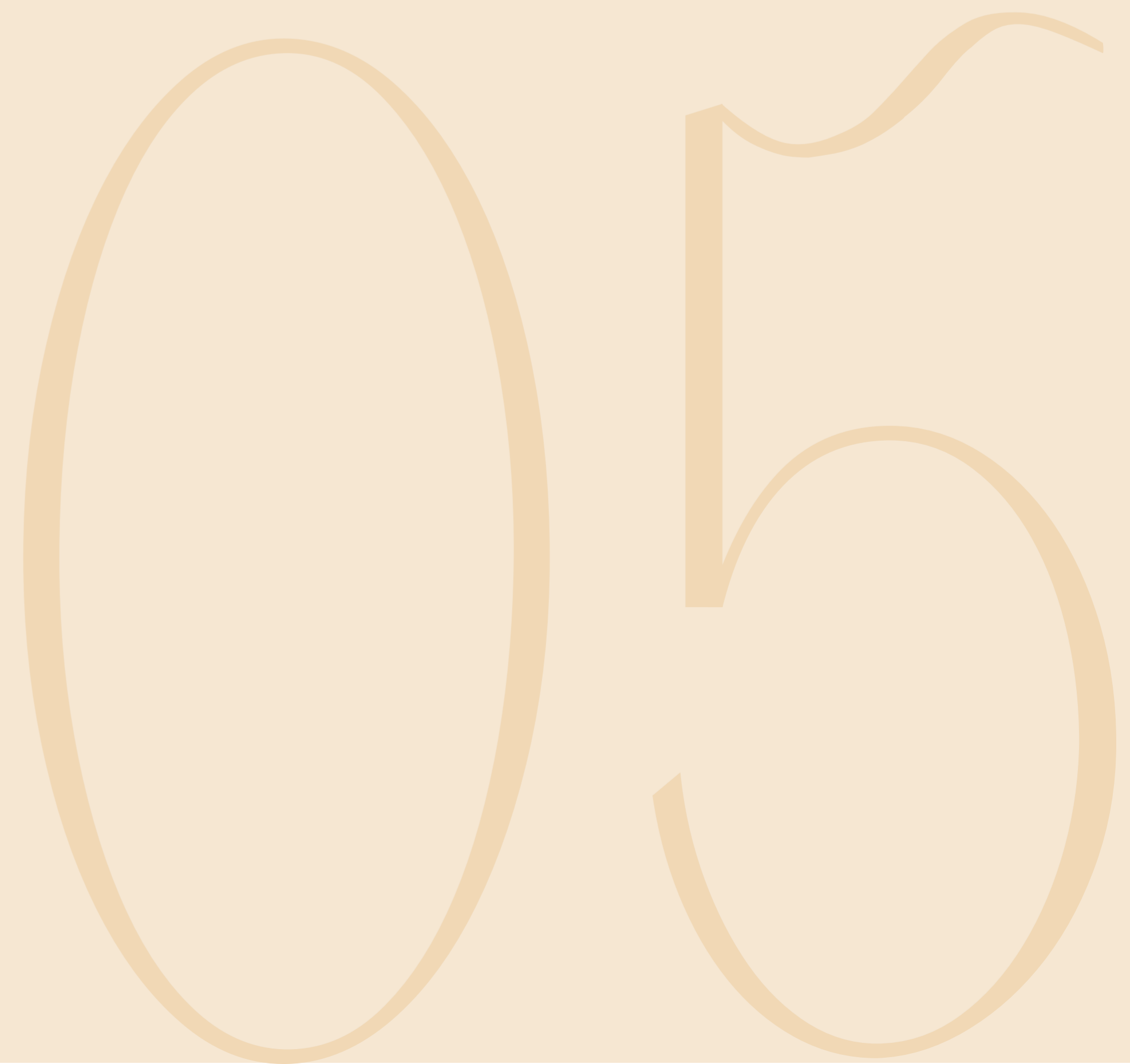
Jeremiah 3:8-10

Dear Father,

I pray my husband respects You like he should. I pray he sees You, Your holiness, and reverences Your sovereignty and authority. I pray he sees the blessings You have given him on this earth (wife, job friends, community, hobbies, children, etc.) I pray he does not take these blessings lightly but stewards them in faithfulness and thanksgiving.

I rebuke the thought of adultery against You and our marriage. I pray he comes to me wholeheartedly any time he is struggling and confesses. Give him grace in times of struggle and help him see that all that matters is that we love You whole heartedly and serve You all the days of our lives.

In Jesus Name
Amen



Day
SIX

Man of Justice

“He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”
Micah 6:8

Dear Father,

I pray my husband is a man of justice. I pray he seeks what You say is good and not his flesh's desires. I pray he desires to please You; to walk justly, love kindly, and walk humbly. I pray for the people in his life and that he impacts them for Your kingdom.

Keep him from anyone who could sway him from the path of righteousness. I pray Satan cannot win over his struggles and strongholds. I pray deliverance and breakthrough.

We love You.

In Jesus Name
Amen



Day SEVEN

Man Like Joshua

“And Joshua said, ‘Here is how you shall know that the living God is among you and that he will without fail drive out from before you the Canaanites, the Hittites, the Hivites, the Perizzites, the Girgashites, the Amorites, and the Jebusites. Behold, the ark of the covenant of the Lord of all the earth is passing over before you into the Jordan. Now therefore take twelve men from the tribes of Israel, from each tribe a man.’”

Joshua 3:10-12

Dear Father,

I pray my husband leads men to know the living God. I pray he steps out and speaks when You want him to speak, act when You want him to act for the sake of the Gospel. I pray he obeys Your voice, has discretion and is patient.

Give him wisdom to know how to lead. Give him understanding of Your purpose and what the people he’s influencing need. Show him his purpose and the beauty of where You have him. Let him not view his job and influence as little, but as an opportunity to pour into those around him daily.

Give him a community of godly men that can build him up when he’s struggling. Protect him, his eyes and ears from the deception of the world. Keep him in Your heart and to have a heart like David that chases after You.

Thank You for his leadership and the man You’ve created him to be.

In Jesus Name
Amen



Day
EIGHT

Humble The Mighty Voice in Him

“For the Lord takes pleasure in His people; He will beautify
the humble with salvation.”

Psalm 149:4

Dear Father,

I pray my husband cries out to You in his affliction. I pray he humbles himself and seeks Your face. Let him not trust in his own understanding or wisdom but in Yours.

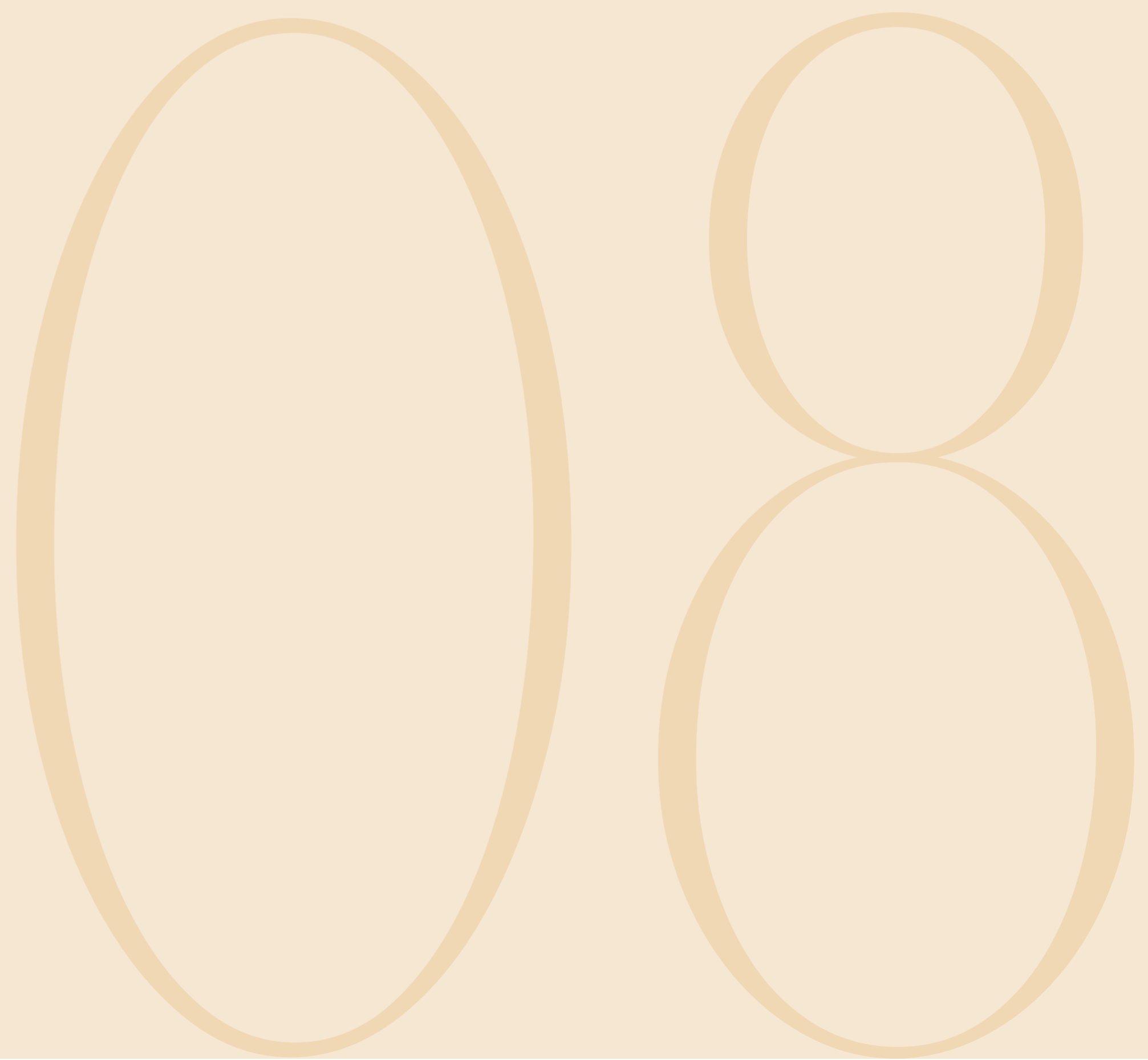
I pray he seeks Your will and patiently waits and listens for You to answer. Let him not listen more to the voice in his head than Yours.

Give him wisdom to know when You're speaking. Give him insight to properly discern situations. Give him humility to not be afraid or prideful to seek You and others for help to know how to navigate situations and circumstances.

Thank You for his heart and let me see him how You see him.

In Jesus Name

Amen



Day NINE

Give Him Joy

“And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, ‘This day is holy to the Lord your God; do not weep or mourn.’ For all the people wept as they heard the words of the Law. Then he said to them, ‘Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the Lord is your strength.’”
Nehemiah 8:9-10

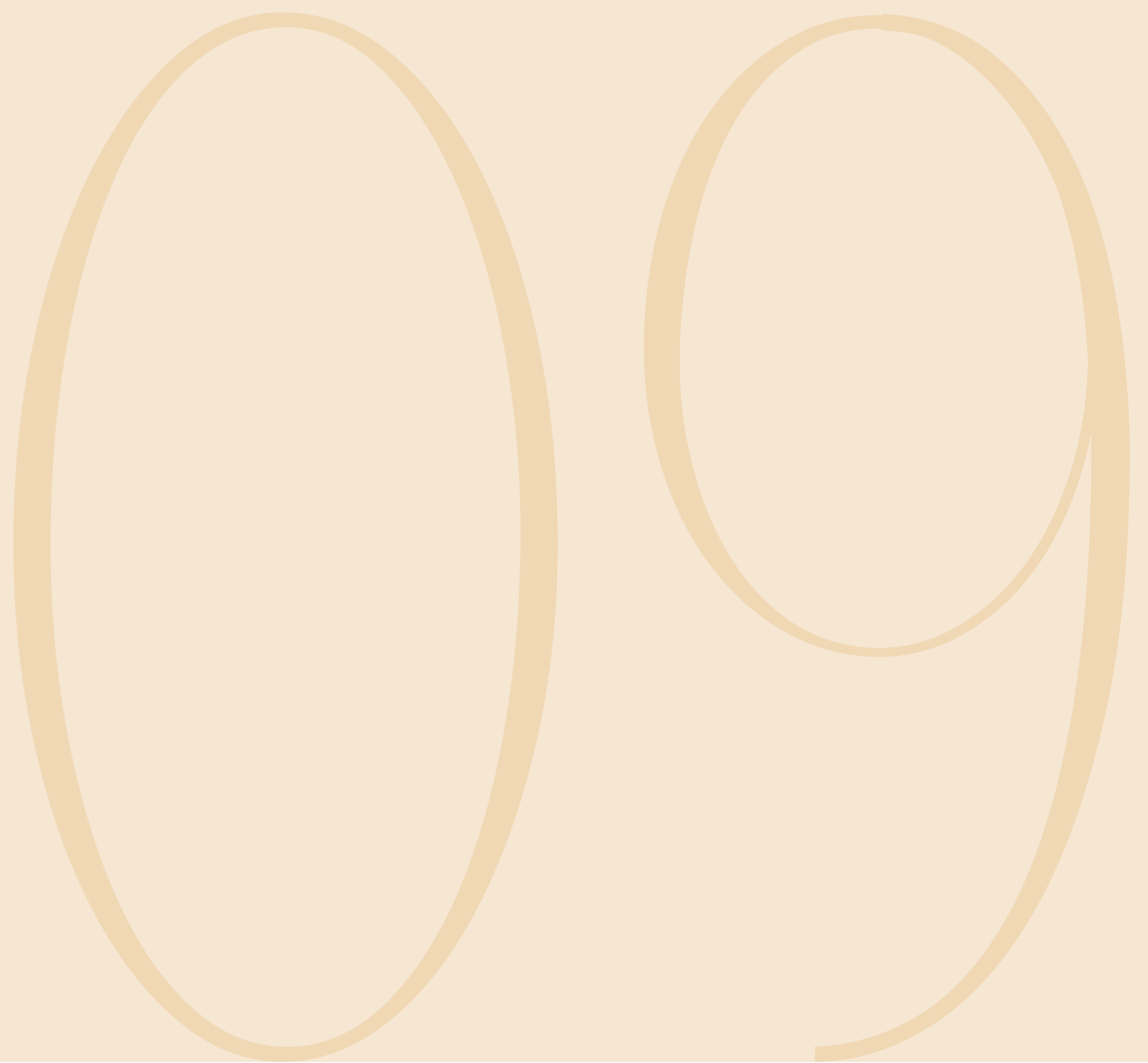
Dear Father,

I pray my husband finds the joy of the Lord in his hard seasons. I pray he leans on You for joy and not his circumstances. Give him insight to know your Word and have joy in reading Your Law.

I pray he spends time with You, daily time. I pray he seeks Your face and longs for a personal relationship with You. Help him see that Your relationship with him is more important than my role. Help him know how to separate his circumstances with Your perfect will and character.

I pray he always uses Your joy as his strength.

In Jesus Name
Amen



Day
TEN

Strength in Time of Pressure

“For I am not ashamed of the gospel, for it is the power of
God for salvation to everyone who believes...”
Romans 1:16

Dear Father,

I pray my husband understands his purpose and walks in it. I pray he is not ashamed of the Gospel but understands and sees that it is the power of God. I pray he walks in the power of God and always has a defense for his faith.

I pray he leans on Holy Spirit for wisdom to know what to say to those who question or challenge his faith. I pray he has compassion and a deep understanding and love for the person.

Give him mercy and grace towards people who don't understand when he decides to wait on the Lord before making decisions. Don't let him fall into peer pressure but fears You and respects Your opinions over mans'.

In Jesus Name
Amen



Day ELEVEN

Rejoice in the Lord

“These things I remember as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.”

Psalm 42:4-5

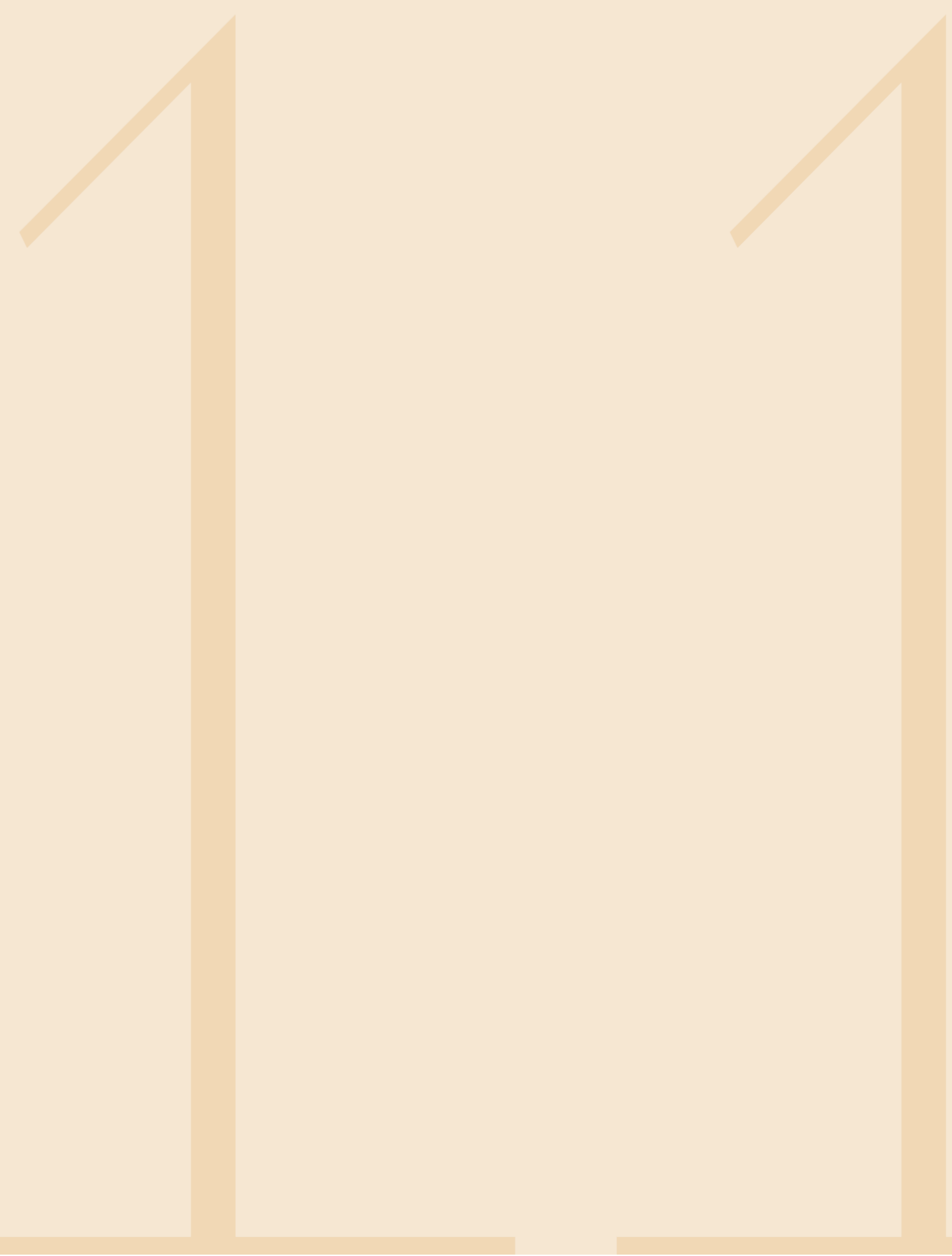
Dear Father,

You know the turmoil and struggles my husband is going through. You know his thoughts and see his distress.

I pray he pours out his soul to You. I pray he enters Your house with glad shouts and songs of praise. Renew his mind; give him hope. Guard his eyes from seeing his physical circumstances and give him spiritual wisdom.

I pray he hopes and trusts in You. I pray he calls out to You and sees Your salvation.

In Jesus Name
Amen



Day TWELVE

Child Like Faith

“Therefore whoever humbles himself as this little child is the greatest in the kingdom of heaven. Whoever receives one such child in my name receives me, but whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened around his neck and to be drowned in the depth of the sea.”

Matthew 18:4-6

Dear Father,

Keep my husband's faith alive. Keep him like a child who believes in You with no doubt. Keep his innocence. Guard him from the woman of folly. Guard him from the seductive ways of the world. Keep him in truth. Assign angels around him to guard him like Psalm 91 says. Give him strength and endurance.

I pray he sees children as the greatest in the Kingdom of God. I pray he has eyes to see the importance of children in the eyes of God. Keep him from relying on selfish ambition.

Create a servant's heart in him that loves kids and please You. Thank You for this day and give him daily bread to grow in.

In Jesus Name
Amen



Day
THIRTEEN

Surrender More

“The young man said to him, “All these I have kept. What do I still lack?” Jesus said to him, “If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me.” When the young man heard this he went away sorrowful, for he had great possessions.”
Matthew 19:20-22

Dear Father,

I pray my husband surrenders to You. Surrenders his wants, desires, will, and possessions. I pray and rebuke any pride, arrogance, or selfish ambition in his heart.

Give him a heart that loves to give to You and do Your will. Give him a generous heart that fully surrenders to whatever You ask. Help him in times of selfishness. Forgive him when he fails. Convict him when he's tempted to lean on his own desires.

I pray he serves You, serves his family, and serves his community. Give him a heart for the lost and those in need. Give him a heart of generosity to advance the Kingdom.

In Jesus Name
Amen

Day
FOURTEEN

Pleasures Forevermore

“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”
Psalm 16:11

Dear Father,

I pray purity over my husband. Guard his eyes from the deceitfulness in the world. I pray against any temptations of lust, pornography or sexual pleasures that contradict your design for marriage.

Give him a heart that loves Your pleasures more than the world's. I pray he sees the goodness of Your presence versus the deceitfulness of the world's pleasures. I pray he keeps his eyes straight forward and does not look to the right or the left.

Let him rejoice in the wife of his youth and let him be overcome with the pleasures You bless us with in this marriage.

Thank You for sex and I pray we keep the marriage bed holy.

In Jesus Name
Amen



Day
FIFTEEN

Know His Worth

“Then God said, ‘Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.’”
Genesis 1:26

Dear Father,

I pray my husband knows his worth. I pray he knows that he was made in Your image, that You formed him in his mother’s womb and destined him before he was even born. I pray his insecurities do not outweigh his identity, that he knows that he is a child of God.

Heal his heart from any trauma or childhood insecurities and set him free from guilt, shame, and condemnation.

Thank You for his qualities, character and personality. I pray he doesn’t compare his uniqueness with others, but understands that You created him on purpose for purpose.

In Jesus Name
Amen



Day
SIXTEEN

Heart Like Moses

“When Moses went out the next day, behold, two Hebrews were struggling together. And he said to the man in the wrong, ‘Why do you strike your companion?’”
Exodus 2:13

Dear Father,

I pray my husband is a problem-solver. I pray he seeks unity within the body of Christ and peace among all people. I pray he isn't afraid to address issues that need to be resolved and has a heart for people.

Give him wisdom on how to navigate obstacles and teach him how to approach people and handle conflict. Thank You for the leader You created in him.

I pray he walks in it and isn't afraid to be who You've called him to be. Give him a heart like Moses to change the world and rescue those in need. Thank You for him.

In Jesus Name
Amen

Day
SEVENTEEN

Heart like David

“Create in me a clean heart, O God, and renew a right spirit within me.”
Psalm 51:10

Dear Father,

I pray my husband is always quickly repents. I pray he is a man that seeks correction and Your will above all else. Give him a heart like David, a heart that seeks You and Your goodness. You say that a broken and contrite heart are the sacrifices of the Lord.

Give him this type of heart. I pray he seeks confession and isn't afraid to boldly go to You for help, wisdom and guidance. Give him the words to say when he needs to confess to people and the courage to do so.

Help him in times of temptation and keep him safe in Your will.

In Jesus Name
Amen



Day EIGHTEEN

Heart that Honors

“And when Jesus’s parents saw him, they were astonished. And his mother said to him, ‘Son, why have you treated us so? Behold, your father and I have been searching for you in great distress.’ And he said to them, ‘Why were you looking for me? Did you not know that I must be in my Father’s house?’ And they did not understand the saying that he spoke to them. And he went down with them and came to Nazareth and was submissive to them.”

Luke 2:48-51

Dear Father,

I pray my husband honors his parents. I pray he seeks their goodness above his own but does not contradict Your Word. I pray over his tongue, lips, and speak. Give him the right words to say when disagreements happen.

Give him the right mindset and perspective on how to handle conflicting situations. I pray he seeks their goodness and rejoices over them to others. I rebuke gossip, slander, or any evil thoughts he might have about his parents.

Even in times of anger and frustration, I pray he doesn’t sin against them, but finds and opportunity to show the love of Christ and preach the Gospel.

Thank You that I have a man that honors his parents. I pray over his and his parents relationship.

In Jesus Name
Amen



Day NINETEEN

Servanthood

“Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. During supper, when the devil had already put it into the heart of Judas Iscariot, Simon’s son, to betray him, Jesus knowing that the Father had given all things into his hands, and that he had come from God was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist.”

John 13:1-4

Dear Father,

I pray my husband has a heart of a servant. I pray he washes our family’s feet like Jesus washed his disciples’. I pray he lays aside his outer persona and loves us to the end. I pray he serves us no matter how hard it is and endures till the end.

Thank you for a man who loves and respects You. I pray he seeks your face like Jesus and always clings to your ways.

Give him a heart to serve those who hate him. Give him a heart for the lost.

In Jesus Name
Amen

19

Day
TWENTY

Compassion for Marthas

“But the Lord answered her, ‘Martha Martha, you are anxious and troubled about many things, but one thing is necessary.’
Luke 10:41-42

Dear Father,

I pray my husband has a heart that isn't troubled by the ways of the world, but understands that You are the one thing that is necessary. I pray he has compassion for those in these places who are so anxious and troubled and prays on how to help them-or if he should.

Give him a heart that loves Marthas and praises them for their services and generosity while also pointing them back to You and the Cross.

Thank You for his compassionate and understanding heart. I rejoice over him.

In Jesus Name
Amen



Day
TWENTY
ONE

Heart that Triumphs Over Darkness

“No, in all these things we are more than conquerors through him who loved us.”
Romans 8:37

Dear Father,

I pray my husband has a mind of victory. I pray he knows that nothing can separate him from Your love and that he is more than a conqueror because of Christ.

Give him strength to do the hard things and face the battles You're calling him to overcome. I rebuke generational curses in his life and pray he is a new lineage because of the blood of Christ.

I pray forgiveness over him and that he has the love of Christ dwelling in him forever. Give him a heart of compassion and mercy and help him in times of trouble. I pray he cries out to You.

In Jesus Name
Amen



Day
TWENTY
TWO

Heart of Grace and Mercy

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”
Hebrews 4:16

Dear Father,

I pray my husband has a heart of mercy and grace towards others. I pray he seeks Your mercy and grace and not the world's definition of them.

Give him confidence to run to You in a time of need and know that You will always welcome a humble heart.

I pray for his friends, coworkers, peers, family members, and even myself- that he always has a heart of love and strives to grow in Your mercy and grace as he ages.

In Jesus Name
Amen



Day
TWENTY
THREE

Forgiveness for the Past

“Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.”
Colossians 3:13

Dear Father,

I pray my husband has grace for his past. I pray he doesn't tear himself up inwardly for the decisions he made, but sees them as an opportunity to teach sinners and transgressors Your ways like David did.

Give him strength to forgive himself and let go of what was. He is a new creation and I declare that he will walk in the forgiveness You paid on the Cross.

Help him see the sacrifices of Jesus were to cleanse us from all unrighteousness and wickedness. Give him discernment to know what is conviction and condemnation and shame.

I pray he grows closer to You.

In Jesus Name
Amen



Day
TWENTY
FOUR

Light of the World

“Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.’”
John 8:12

Dear Father,

I pray my husband walks with Jesus every day. I pray he leans on His light and not the world’s darkness.

Keep him from the path of wickedness. Let him not go near her corner. Let him fight his battles with the armor of God and always depend on You for strength.

I pray he is a witness to others and shines his light brightly. May his heart remain steadfast in Your presence.

In Jesus Name
Amen



Day
TWENTY
FIVE

Day of Worship

“They came to Jerusalem with harps and lyres and trumpets, to the hour of the Lord. And the fear of the God came on all the kingdoms of the countries when they heard that the Lord had fought against the enemies of Israel.”
2 Chronicles 20:28-29

Dear Father,

I pray my husband praises You, even in a storm. I pray he gives You thanks, rejoices over what You've done and who You are, and isn't afraid to worship You in front of peers.

Give him courage to fully surrender his reputation for Your glory. I ask that he has a heart like Jehoshaphat who sought the counsel of the Lord and then rejoiced when God delivered them.

May my husband never take for granted the blessings You've given him, but continues to attend Your house afterwards.

In Jesus Name
Amen



Day
TWENTY
SIX

Heart of Praise

“My lips will shout for joy, when I sing praises to you; my soul also,
which you have redeemed”
Psalm 71:23

Dear Father,

Thank You for redeeming my husband and giving him a new mind. I pray he shouts for joy in our family about what You've done in his life. I pray he shares his testimony with our children and shows them how great you are. I pray he kisses me first before running to our children and praises me as his wife.

Let his heart not praise another god higher than You. Let him not treat our children higher, better, or of more value than we, as the spouses, hold.

I pray he worships You and gives thanks-regardless of our circumstances.

In Jesus Name
Amen



Day
TWENTY
SEVEN

Man of Love

“And may the Lord make you increase and abound in love for one another and for all, as we do for you, so that he may establish your hearts blameless in holiness before our God and Father, at the coming of our Lord Jesus with all the saints.”
Thessalonians 3:12-13

Dear Father,

I pray my husband abounds in Your steadfast love for others as he walks in his daily life.

Give him wisdom to know how to love those around him the most effectively. Give him insight on how to meet people's needs and care for them. Give him a heart that longs to please You and grow in Your abounding love.

Thank You for him and I pray blessing over his life.

In Jesus Name
Amen



Day
TWENTY
EIGHT

A Friend to a Friend

“Come I will send you to Pharaoh that you may bring my people,
the children of Israel, out of Egypt.”
Exodus 3:10

Dear Father,

I pray my husband has a heart to help those in need. I pray he is a friend of a friend- a friend of You and a friend to the people around him.

Help him know how to help others. Help him see the salvation of the Lord. I pray he wants to be used by You and isn't afraid of what You're calling him to do.

I pray he trusts You even when Your assignment doesn't make sense.

Give him courage.

In Jesus Name
Amen



Day
TWENTY
NINE

Proverbs 3 Man

“Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones. Honor the Lord with your wealth and with the firstfruits of all you produce; then your barns will be filled with plenty, and your vats will be bursting with wine.”

Proverbs 3:5-10

Dear Father,

I pray my husband trusts You with everything. I pray he does not lean on his understanding about things but Yours.

Give him a humble heart that does not seek its own wisdom but Yours. I pray he fears You and does not choose his ways above Yours.

May he be blessed in his wealth and manages his money Your way, through godly wisdom.

In Jesus Name
Amen



Day THIRTY

Man of Prayer

“Now Jesus was praying in a certain place, and when he finished one of his disciples said to him, ‘Lord, teach us to pray, as John taught his disciples.’

And he said to them, ‘When you pray, say: ‘Father, hallowed by your name, Your kingdom come, Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.’”

Luke 11:1-4

Dear Father,

I pray my husband prays to and with You daily. I pray he seeks Your face and prays like You taught the disciples to pray. I pray he prays Your will and intercedes for our family.

Give him encouragement when times get tough or busy. I pray he always makes time to pray with You. I pray he delivers people through his prayers and stomps over the enemy's schemes.

Keep his eyes focused on You and Your will, but bless the fruit of his hands, feet, and lips everywhere he goes.

I pray he seeks You and isn't afraid to ask questions about Your will and his calling.

In Jesus Name

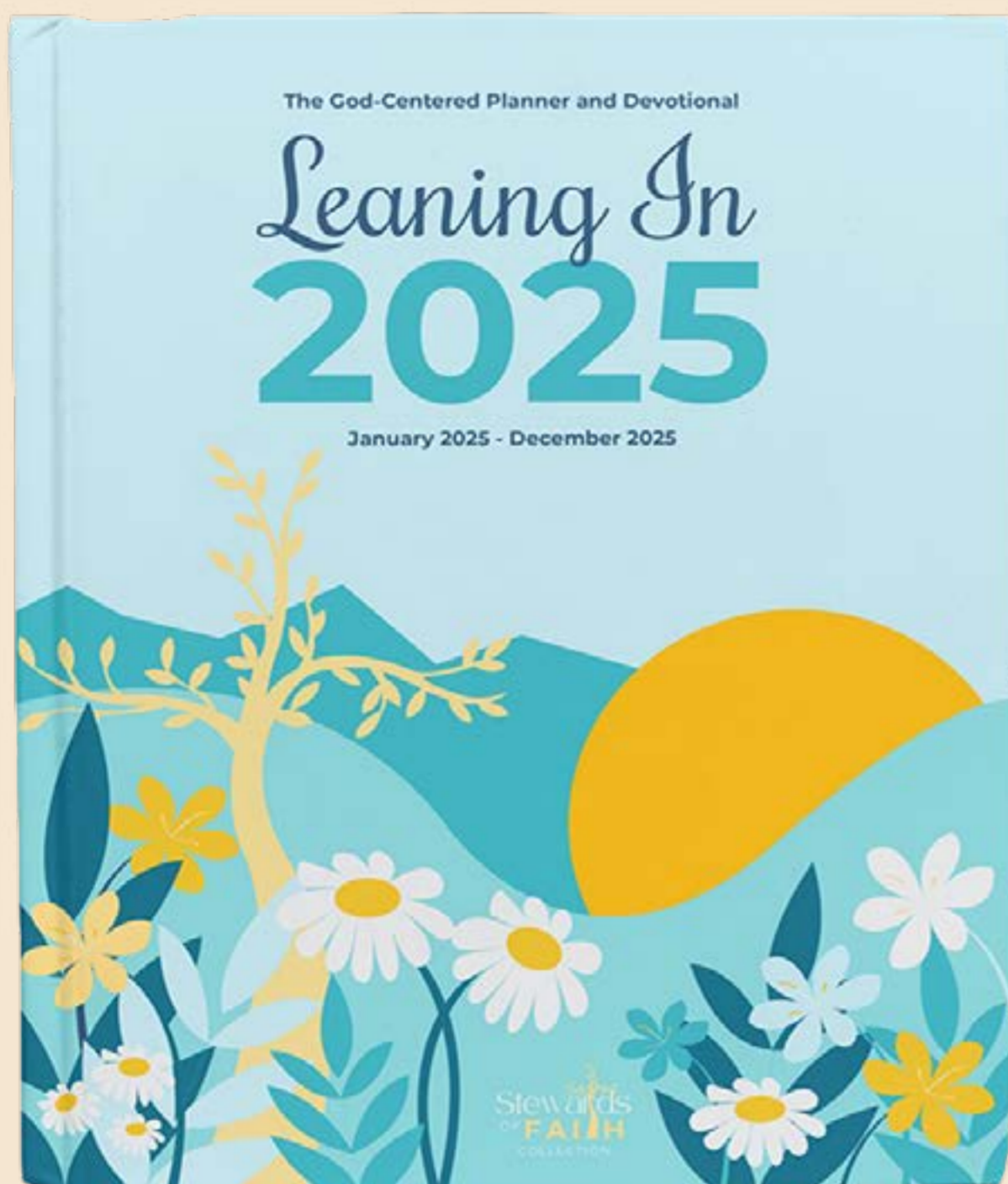
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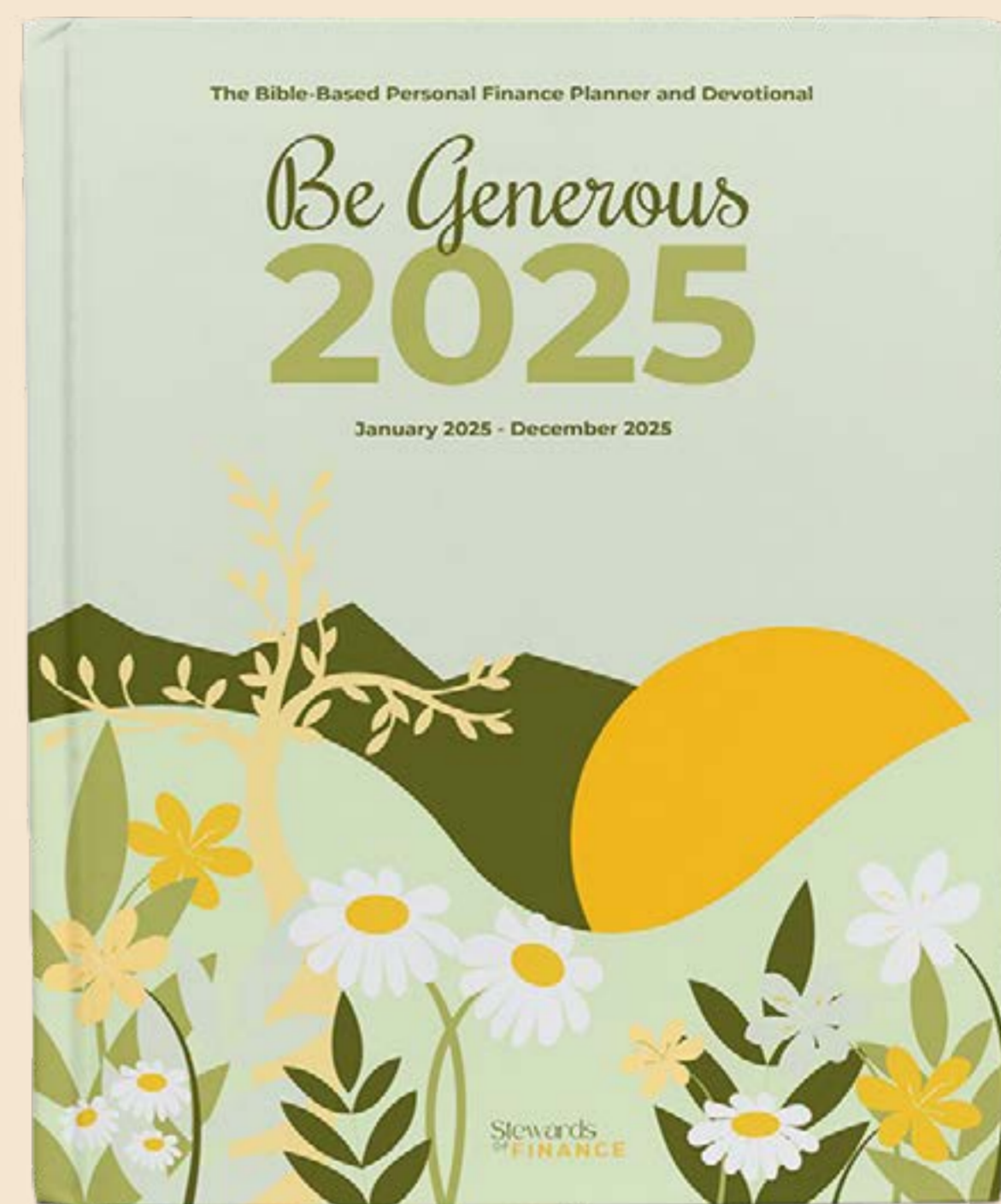
ADD-ONS

More Resources

Planners & Devotionals



Leaning In 2025
*The God-Centered
Planner & Devotional*



Be Generous 2025
*The Bible-Based Personal Finance
Planner & Devotional*

Learn how to grow closer to the Lord, overcome strongholds, and declare God's promises over your life!

Learn how to set goals, give, budget manage debt and more that honors God and follows His Word!

Go to CarleyRains.com/Leaning-In for more information

Go to CarleyRains.com/Be-Generous for more information

Bible Devo Collection



Creation: In the Beginning
Book #1

Travel through the stories of Genesis as you learn more about God's Word that ignites a spark of love and deeper understanding for the Scriptures.

Go to CarleyRains.com/Bible-Devo-Collection for more information