

Prayer Points for My Husband

These prayer points are for wives who want to pray for their husbands with Scripture, whether he is a new believer, a church elder or not yet following Jesus. They cover thanks for him and his walk with God, wisdom and integrity, protection from temptation, his work, health and rest, his life as a husband and father, and your marriage. Each point pairs one Bible verse with a short prayer, ready to pray as it stands or to make your own.

For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of His will in all spiritual wisdom and understanding, so that you may walk in a manner worthy of the Lord and may please Him in every way: bearing fruit in every good work, growing in the knowledge of God,

Colossians 1:9-10 (BSB)

Pray one section a day, or choose the point that fits his week: a hard meeting, a doctor's visit, a long trip away from home. Say his name in each prayer. These are blessings, not a list of things to fix, and many wives find that God softens their own hearts as they pray them. Verses are from the Berean Standard Bible.

Thanks for him and his walk with God

1 Thanks for the man God gave me

Father, I thank You every time I remember my husband. Thank You for his laugh, his strengths and the hundred quiet ways he shows his love. Before I ask You for anything, I want to say thank You for him.

I thank my God every time I remember you.

Philippians 1:3 (BSB) ·

2 Delight in God's Word

Lord, make my husband the blessed man of this psalm, who does not walk in the counsel of the wicked or sit with mockers, but delights in Your law and meditates on it day and night. Give him a hunger for Scripture that no schedule can crowd out.

Blessed is the man who does not walk in the counsel of the wicked, or set foot on the path of sinners, or sit in the seat of mockers. But his delight is in the Law of the LORD, and on His law he meditates day and night.

Psalms 1:1-2 (BSB) ·

3 Time alone with Jesus

Lord Jesus, even with crowds pressing in, You often withdrew to the wilderness to pray. Draw my husband away from the noise to be alone with You, and let those quiet minutes become the place his strength comes from.

Yet He frequently withdrew to the wilderness to pray.

Luke 5:16 (BSB)

4 A new heart, if he is far from You

God, You are the One who removes a heart of stone and gives a heart of flesh. If my husband does not yet follow Jesus, or has drifted from You, do that work in him. Give me patience, love and hope while I wait.

I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh.

Ezekiel 36:26 (BSB)

Wisdom, integrity and courage

5 Walking with integrity

Lord, let my husband walk with integrity in his finances, his words and his promises, even when no one would ever find out. Let those who come after him be blessed by the example he leaves.

The righteous man walks with integrity; blessed are his children after him.

Proverbs 20:7 (BSB)

6 Strong, steady and loving

Lord, make my husband alert and firm in the faith, a man of courage and strength. Then let all that strength be gentle, because You tell us to do everything in love. Let his courage show at home as much as anywhere.

Be on the alert. Stand firm in the faith. Be men of courage. Be strong. Do everything in love.

1 Corinthians 16:13-14 (BSB)

7 Patience under pressure

God, You say the one who controls his temper is greater than one who captures a city. When deadlines, bills or a long day stretch my husband thin, give him a calm spirit and a slow temper, and give me the same.

He who is slow to anger is better than a warrior, and he who controls his temper is greater than one who captures a city.

Proverbs 16:32 (BSB)

8 Walking humbly with God

Lord, You have already shown us what is good: justice, mercy and a humble walk with You. Grow those three things in my husband, at work, among his friends and in how he treats people who can do nothing for him.

He has shown you, O man, what is good. And what does the LORD require of you but to act justly, to love mercy, and to walk humbly with your God?

Micah 6:8 (BSB) ·

Protection from temptation and harm

9 A covenant with his eyes

Holy God, Job made a covenant with his eyes. Give my husband that same resolve in a world full of screens and images. Guard his eyes and his mind, and when temptation comes, make his will strong and the way out clear.

"I have made a covenant with my eyes. How then could I gaze with desire at a virgin?"

Job 31:1 (BSB)

10 Watching and praying

Lord Jesus, in Gethsemane You urged Your sleepy disciples to watch and pray so they would not enter into temptation, because the spirit is willing but the body is weak. Keep my husband watchful, and where he is weak, be his strength.

"Watch and pray so that you will not enter into temptation. For the spirit is willing, but the body is weak."

Matthew 26:41 (BSB)

11 Brothers who speak truth to him

Father, give my husband Christian friends who encourage him daily and are honest enough to say hard things, so that sin's deceitfulness never hardens his heart. Make him that kind of friend to other men too.

But exhort one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness.

Hebrews 3:13 (BSB)

12 Kept safe from trouble

Lord, be my husband's hiding place. Protect him from trouble on the road, at work and wherever he goes today, and surround him with songs of deliverance when the day is hard.

You are my hiding place. You protect me from trouble; You surround me with songs of deliverance. Selah

Psalms 32:7 (BSB)

His work, health and rest

13 Enjoying his work as a gift

God, the Teacher saw that enjoying our work comes from Your hand. Give my husband satisfaction in what he does, colleagues who respect him and the skill to do it well, and help him leave work at work when he comes home.

Nothing is better for a man than to eat and drink and enjoy his work. I have also seen that this is from the hand of God.

Ecclesiastes 2:24 (BSB)

14 Burdens he carries quietly

Lord, my husband carries worries he does not always say out loud. Teach him to cast his burdens on You, and sustain him, as this psalm says You do. Help me make our home a safe place for him to talk.

Cast your burden upon the LORD and He will sustain you; He will never let the righteous be shaken.

Psalms 55:22 (BSB) ·

15 Rest in Your presence

LORD, You answered Moses with the promise of Your Presence and Your rest. Go with my husband through every busy week. Give him sleep that refreshes, a day off he keeps and peace that does not depend on his to-do list.

And the LORD answered, "My Presence will go with you, and I will give you rest."

Exodus 33:14 (BSB)

16 Care for his body

Lord, my husband's body is a temple of Your Holy Spirit, bought at a price. Help him care for it with sleep, good food and exercise, and give him the humility to see a doctor when something is wrong. Guard his health for many years.

Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore glorify God with your body.

1 Corinthians 6:19-20 (BSB)

As a husband and father

17 Loving like Christ

Lord Jesus, out of love You gave Yourself up for Your church. Keep teaching my husband that kind of love, and thank You for every time I have already seen it in him. Help me receive his love gratefully, not keep score.

Husbands, love your wives, just as Christ loved the church and gave Himself up for her

Ephesians 5:25 (BSB)

18 A father's compassion

Father, as a father has compassion on his children, so You have compassion on those who fear You. If You have given us children, let them see Your tenderness in their dad, and give him patience, playfulness and time with each one.

As a father has compassion on his children, so the LORD has compassion on those who fear Him.

Psalms 103:13 (BSB) ·

19 Pointing our home toward You

Lord, You set Abraham apart to teach his children and household to follow You and do what is right. Give my husband a heart to point our home toward You, with prayer at the table and Your Word in daily life, and let us walk that way together.

For I have chosen him, so that he will command his children and his household after him to keep the way of the LORD by doing what is right and just, in order that the LORD may bring upon Abraham what He has promised.”

Genesis 18:19 (BSB)

Our marriage

20 My beloved and my friend

Lord, keep my husband both my beloved and my friend. Protect our friendship from busyness and screens, give us time to laugh and talk, and keep our affection for each other warm through every season of life.

His mouth is most sweet; he is altogether lovely. This is my beloved, and this is my friend, O daughters of Jerusalem.

Song of Songs 5:16 (BSB)

21 Quick to forgive

Father, You forgave us completely. Make us patient with each other and ready to forgive every complaint. When we hurt each other, keep us from cold silence and score-keeping, and give us honest words, humble apologies and a fresh start.

Bear with one another and forgive any complaint you may have against someone else. Forgive as the Lord forgave you.

Colossians 3:13 (BSB)

22 Words that build him up

Lord, You say kind words are sweet to the soul and bring healing. Put gentle, encouraging words in my mouth toward my husband. Help me notice what he does well and tell him, more often than I point out what he doesn't.

Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 16:24 (BSB)

A closing prayer

Father, thank You for my husband. Draw him close to You, fill him with the knowledge of Your will and keep him walking with integrity. Protect him from temptation and harm, strengthen him in his work and give him rest. Make him a loving husband and, if You give us children, a tender father. Keep us friends who are quick to forgive and slow to anger. And change me where I need changing too. In Jesus' name, Amen.