

Prayer Points for My Wife

These prayer points are for husbands who want to pray for their wives with Scripture, in the first year of marriage or the fortieth. They cover thanks for her and her walk with God, strength, rest and peace, her health of body and heart, her gifts, work, friendships and family, and your marriage, including your own part as her husband. Every point comes with one Bible verse and a brief prayer; use the words given or put them in your own.

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to test and prove what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

Philippians 1:9-11 (BSB)

Pray a section each evening, or pick the point that matches her week: a deadline, a doctor's appointment, a sleepless stretch with a baby, a close friend who moved away. Say her name as you pray. Then tell her one thing you asked God for on her behalf; it may encourage her more than you expect. Verses are from the Berean Standard Bible.

Thanks for her and her walk with God

1 A good gift from the LORD

LORD, the man who finds a wife finds a good thing and receives favor from You. Thank You for my wife. Forgive me for the days I take her for granted, and help me see her each morning as Your gift to me.

He who finds a wife finds a good thing and obtains favor from the LORD.

Proverbs 18:22 (BSB)

2 Rooted and overflowing with thanks

Lord Jesus, as my wife has received You, let her keep walking in You, rooted and built up in You, established in the faith and overflowing with thankfulness. Give her faith roots deep enough to hold in every season.

Therefore, just as you have received Christ Jesus as Lord, continue to walk in Him, rooted and built up in Him, established in the faith as you were taught, and overflowing with thankfulness.

Colossians 2:6-7 (BSB)

3 A woman who fears the LORD

Lord, charm fades and beauty does not last, but the woman who fears You deserves praise. Thank You for my wife's love for You. Let her worth rest in Your love, not in how she looks or how much she gets done.

Charm is deceptive and beauty is fleeting, but a woman who fears the LORD is to be praised.

Proverbs 31:30 (BSB)

4 Knowing You delight in her

LORD our God, You are mighty to save, and You sing over Your people for joy. When my wife feels unseen or not enough, let her hear that song, and let her rest quietly in Your love.

The LORD your God is among you; He is mighty to save. He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing.”

Zephaniah 3:17 (BSB) ·

Strength, rest and peace

5 Clothed with strength and honor

Lord, clothe my wife with strength and honor, so that she can laugh at the days to come instead of dreading them. Where the future looks heavy to her, give her a settled confidence that comes from trusting You.

Strength and honor are her clothing, and she can laugh at the days to come.

Proverbs 31:25 (BSB) ·

6 Green pastures and quiet waters

Good Shepherd, my wife gives so much to so many. Make her lie down in green pastures, lead her beside quiet waters and restore her soul. Show me how to protect her rest: a slow morning, an evening off, a nap without guilt.

He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for the sake of His name.

Psalms 23:2-3 (BSB) ·

7 Perfect peace for an anxious mind

Lord, You promise perfect peace to the steadfast mind that trusts in You. When anxious thoughts crowd in at night, steady my wife's mind on You, and let Your peace be stronger than every what-if.

You will keep in perfect peace the steadfast of mind, because he trusts in You.

Isaiah 26:3 (BSB) ·

8 Time at Your feet

Lord Jesus, You told Martha she was worried and upset about many things, and that Mary had chosen the good portion. Give my wife unhurried time at Your feet, and help me take things off her plate so she can sit with You.

“Martha, Martha,” the Lord replied, “you are worried and upset about many things. But only one thing is necessary. Mary has chosen the good portion, and it will not be taken away from her.”

Luke 10:41-42 (BSB)

Health of body and heart

9 Health and healing

Lord, I bless You and remember Your kindness: You forgive our sins and heal our diseases. Watch over my wife's body. Give her strength, good sleep and wise doctors, and where she is sick or in pain, comfort her and bring healing.

Bless the LORD, O my soul, and do not forget all His kind deeds— He who forgives all your iniquities and heals all your diseases,

Psalms 103:2-3 (BSB) ·

10 When her soul is downcast

God our Savior, when my wife feels downcast and uneasy inside, lift her eyes to put her hope in You. Help me notice when she is struggling, listen without rushing to fix it, and help her find good care if she needs it.

Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him, my Savior and my God.

Psalms 42:11 (BSB) ·

11 Grace in her limits

Lord, You told Paul, “My grace is sufficient for you, for My power is perfected in weakness.” Where my wife lives with pain, tiredness or limits she did not choose, let her know that grace, and make me patient and kind.

But He said to me, “My grace is sufficient for you, for My power is perfected in weakness.” Therefore I will boast all the more gladly in my weaknesses, so that the power of Christ may rest on me.

2 Corinthians 12:9 (BSB) ·

Her gifts, work, friendships and family

12 Using her gifts

Father, You have given my wife gifts to serve others. Show her where to use them, at home, at church, at work and among friends, and let her serve with joy rather than out of guilt or pressure.

As good stewards of the manifold grace of God, each of you should use whatever gift he has received to serve one another.

1 Peter 4:10 (BSB)

13 Her work seen and honored

Lord, give my wife the fruit of her hands, and let her works bring her praise. Whether her work is paid or unpaid, at home or in an office, let it be seen and valued, starting with me.

Give her the fruit of her hands, and let her works praise her at the gates.

Proverbs 31:31 (BSB)

14 Friends who love at all times

Lord, a friend loves at all times. Give my wife friends like that: women who pray with her, laugh with her and stay close in hard seasons. Where she is lonely, open the door to a new friendship.

A friend loves at all times, and a brother is born for adversity.

Proverbs 17:17 (BSB) ·

15 The children in her life

Good Shepherd, You carry the lambs close to Your heart and gently lead the nursing ewes. If You have given us children, carry my wife through the tiring years. If we are waiting for children, or grieving that they have not come, hold her gently too.

He tends His flock like a shepherd; He gathers the lambs in His arms and carries them close to His heart. He gently leads the nursing ewes.

Isaiah 40:11 (BSB)

Our marriage, and me as her husband

16 Nourishing and cherishing her

Lord Jesus, You nourish and cherish Your church. Teach me to love my wife as my own body: to notice what she needs, protect her rest and put her good ahead of my own comfort.

In the same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. Indeed, no one ever hated his own body, but he nourishes and cherishes it, just as Christ does the church.

Ephesians 5:28-29 (BSB)

17 Never harsh

Father, You tell husbands to love their wives and not be harsh with them. Guard my tone when I am tired or stressed. Where I have been sharp or cold, give me the humility to apologize first.

Husbands, love your wives and do not be harsh with them.

Colossians 3:19 (BSB)

18 Consideration and honor

Lord, help me treat my wife with consideration and with honor as a fellow heir of the gracious gift of life. Teach me to listen and understand, so that nothing between us hinders our prayers.

Husbands, in the same way, treat your wives with consideration as a delicate vessel, and with honor as fellow heirs of the gracious gift of life, so that your prayers will not be hindered.

1 Peter 3:7 (BSB)

19 Rejoicing in the wife of my youth

Lord, let me rejoice in the wife of my youth all my days. Keep my eyes and heart for her alone, keep romance alive through busy years, and let her always know she is the one I choose.

May your fountain be blessed, and may you rejoice in the wife of your youth:

Proverbs 5:18 (BSB)

20 Beautiful in my eyes

Lord, help me see my wife the way the husband in the Song sees his bride: altogether beautiful. When the world tells her she falls short, let my words and my eyes tell her she is loved and delighted in.

You are altogether beautiful, my darling; in you there is no flaw.

Song of Songs 4:7 (BSB)

A closing prayer

Father, thank You for my wife. Keep her rooted in Christ and overflowing with thankfulness. Give her strength for each day, rest for her body and peace for her mind. Guard her health, bless the work of her hands and surround her with faithful friends. Teach me to love her as Christ loves the church, to honor and cherish her and never be harsh. Let our love grow deeper every year. In Jesus' name, Amen.