#### 7 DAY PRAYER DEVOTIONAL

#### PRAYERS TO PRAY OVER YOUR

# MUSOMA

LAY YOUR WORRIES, IRRITATIONS,
AND DESIRES AT THE CROSS.

Welcome to your 7 day guided prayer devotional! These prayers are short, rooted in The Word, and meant to meet every wife's heart as she prays for the man God entrusted to her.

For a deeper dive in this 7 day guide I challenge you to sit with the scripture at the end of each prayer, jot down your thoughts, and declare that truth over your marriage aloud. God and His word are the only things powerful enough to change people at a heart level.

#### Personalize your prayers:

- Say your husband's name in place of "husband".
- Write down the day's prayer in a journal and add your specific prayer requests for the topic.

My deepest desire for these short prayers and scriptures is they would cause you to lean into Jesus, trust The Lord with your husband's life, and learn to better love him beyond just these 7 days.

### Loving Him Well

Lord, I pray that my heart leans into you more than anyone or anything else. Jesus, give me a heart to love my husband well. Help my heart to love Him out of obedience to you and not for the way he serves me. I ask that my husband would feel seen, heard, and respected by me. I pray that his heart would experience you in a new way today. In Jesus name, amen.

And above all these put on love, which binds everything together in perfect harmony.

Colossians 3:14

### Letting Him Lead

Heavenly Father, I pray my husband would have a heart to love and lead our family well. God, I pray that you would help my heart surrender the desire to control him and the way he wants to lead us. I ask that you would fill my heart with peace as I place my husband back in your hands. Help me choose to love him as he grows in this space. In Jesus name, amen.

We love because he first loved us. 1 John 4:19

### Man on a Mission

Lord Jesus, I ask that you would guide my husband's heart as he becomes a man on a mission for you. I pray that in every encounter he has today that you would give him an opportunity to show Christ. May your words be in his mouth, his hands be tethered to yours, and his feet stay in step with your spirit.

In Jesus name, amen.

If we live by the Spirit, let us also keep in step with the Spirit.

Galatians 5:25

### Cover of Protection

Lord, I ask that you would cover my husband with a hedge of protection. I pray in the mighty name of Jesus that the gates of hell shall not prevail against our marriage. Please give us both the desire to live first and foremost to honor you and secondly to honor one another the way you have called us. May our marriage be a place of safety and security. In Jesus name, amen.

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves.

Romans 12:9-10

## Healthy in Body & Spirit

Lord, I ask that you would give my husband a long life filled with good health. I pray that he would always value his health both spiritually and physically, for that is where your spirit dwells. I ask you to remind him that when you knit him in his mother's womb you deemed him "wonderfully made" and wonderful are your works. In Jesus name, amen

Your works are wonderful, I know that full well.

Psalm 139:14

### His Trust in You

Lord, I come before you today and ask that my husband would trust you in the areas he struggles with. Jesus, I pray that he would know you see him, hear him, and desire to reveal yourself to him. In seasons when stress seems high and thoughts are swirling, I pray a blanket of peace would cover him. May your love feel near to him today and everyday. In Jesus name, amen.

For he will command his angels concerning you to guard you in all your ways.

Psalm 91:11

### Christ Centered Intimacy

Lord, I come before you and ask that you would bless the intimacy between me and my husband. I pray the most sacred and humbling part of our marriage would be a blessing to both of us. I ask that our hearts would feel closer and desire to be more intentional in this area together. This gift is where two physically become one in the flesh and I pray we never forget that. In Jesus name, amen.

And the two shall become one flesh. So they are no longer two but one flesh.

Mark 10:8

## My Prayer For You

Lord, I thank you so much for this woman and that you called her to be a wife. I ask that you would fill her heart with a deep assurance that you love her and see her. I pray that she would rest in the truth that you are the Author and Perfecter of all her days. Lord, may she know that she was bought with a price, that you fought for her, and desire her to live her life fully for you. In Jesus name, amen.

He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

Psalm 91:4



Chelsey DeMatteis is a wife, SAHM, devotional writer for iBelieve.com, and podcast host for the Living With Less Podcast. She loves to spend time with The Lord, chase around her two year old son, and watch AFV with her husband. Chelsey desires nothing more in life than to run hard after Jesus and point all those around her back to Him. To find out more about Chelsey and her ministry head to ChelseyDeMatteis.com.

You can connect most easily with her over on Instagram- @livingwithlesspodcast and if you'd like to tune in to the podcast, new episodes are released every Wednsday!