

# WEEKLY PRAYER CHALLENGE FOR MARRIED COUPLES

## WEEK 1

### Day 1 – Christ at the Center of My Life

**Scripture:** Matthew 6:33

**Prayer:** Lord, center my heart on You. Make my relationship with You the foundation of everything I bring into my marriage. Amen.

### Day 2 – Personal Vision for My Role in Marriage

**Scripture:** Psalm 139:23-24

**Prayer:** Lord, reveal the areas in me that You want to shape. Give me a vision for the spouse You are calling me to become. Lead me forward. Amen.

### Day 3 – Becoming a Person of Gratitude

**Scripture:** 1 Thessalonians 5:18

**Prayer:** Father, give me a grateful spirit. Remove complaining, entitlement, and negativity. Help me see Your goodness in my life and marriage. Amen.

### Day 4 – Humility in My Attitude & Actions

**Scripture:** Philippians 2:3-4

**Prayer:** Jesus, shape me into a humble spouse. Remove pride, selfishness, and defensiveness. Help me serve with joy. Amen.

### Day 5 – My Words & Communication

**Scripture:** James 1:19-20

**Prayer:** Lord, teach me to listen well. Help my words be gentle, wise, and life-giving. Purify my tone and reactions. Amen.

### Bonus

Write down a few areas where the Holy Spirit has revealed that you need to work on. Keep the list for week 2.

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## WEEK 2

### Day 1 – Emotional Strength for My Spouse

**Scripture:** Romans 12:10

**Prayer:** Lord, strengthen my spouse emotionally. Fill them with joy, stability, and confidence. Surround their heart with Your peace. Amen.

### Day 2 – Their Physical & Intimate Well-Being

**Scripture:** 1 Corinthians 7:3-5

**Prayer:** Father, bless my spouse's body, health, and strength. Restore passion, tenderness, and closeness in our intimacy. Amen.

### Day 3 – Their Friendships & Joy

**Scripture:** Proverbs 17:17

**Prayer:** Lord, surround my spouse with uplifting friendships and moments of joy. Let laughter, fun, and companionship fill their days. Amen.

### Day 4 – Patience & Peace

**Scripture:** Colossians 3:12-14

**Prayer:** God, clothe my spouse in patience, kindness, and compassion. Strengthen them when they feel overwhelmed and give them Your peace. Amen.

### Day 5 – Healing for Their Past Wounds

**Scripture:** Psalm 147:3

**Prayer:** Father, heal the wounds my spouse carries—seen and unseen. Restore what was broken, and bring freedom, wholeness, and renewal. Amen.

### Bonus

Take your list from week 1 and exchange it with your spouse so they can use it to pray over you this week.

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## WEEK 3

### Day 1 – Joy in Marriage

**Scripture:** Nehemiah 8:10

**Prayer:** Lord, restore joy, fun, and delight in our marriage. Help us enjoy one another deeply. Amen.

### Day 2 – Children & Family Legacy

**Scripture:** Psalm 127:3-5

**Prayer:** Father, guide us as parents or future parents. Bless our family. Help us create a legacy of faith that honors You. Amen.

### Day 3 – Financial Unity & Wisdom

**Scripture:** Proverbs 3:9-10

**Prayer:** Lord, lead our finances. Give us unity in decisions, wisdom in stewardship, and peace in provision. Amen.

### Day 4 – Protection from Temptation

**Scripture:** 1 Corinthians 10:13

**Prayer:** Jesus, guard our minds, hearts, and home. Protect us from temptation. Strengthen our commitment, purity, and loyalty. Amen.

### Day 5 – Spiritual Growth as a Couple

**Scripture:** 2 Peter 3:18

**Prayer:** Father, grow our spiritual life as a couple. Help us pray together consistently, love Your Word, and follow Your Spirit. Amen.

### Bonus

Spend time praying with each other, out loud over your list. Let your spouse hear you pray for them.