

“Praying for your spouse is one of the greatest gifts we could ever give them. The time spent in the quiet moments petitioning the Father on their behalf is one of the most loving things we could do for each other. This book will become a great guide for your prayer life.”

Aaron and Jamie Ivey, (Aaron) Pastor at The Austin Stone Community Church; (Jamie) Author; Host of *The Happy Hour with Jamie Ivey*

“Any couple seeking to strengthen their prayer life will breathe a sigh of relief for the clarity, joy, and hope this guide will bring to their prayer life and marriage. I predict that, years from now, couples who use this guide will reference it when asked, ‘What has been key to your healthy marriage?’”

Phillip and Jasmine Holmes, (Phillip) Chief Communications Officer, Reformed Theological Seminary; (Jasmine) Author, *Mother to Son*

“My wife Veronica and I have absolutely LOVED these 5 *Things...* books. We use them as a part of our regular devotional time. The Krugers wed a wealth of scriptural knowledge to a lifetime of experience and a gift of pastoral application. You’ll be blessed and changed as you use this book.”

J.D. Greear, Pastor, The Summit Church, Raleigh-Durham, NC; Author, *Just Ask*

“Here is a simple, biblical, practical guide and aid to praying for your spouse, from a Christian couple that is committed to praying for one another. We thank God for Melissa and Mike, and warmly commend the book to you.”

Ligon and Anne Duncan, (Ligon) Chancellor/CEO, Reformed Theological Seminary



FOR YOUR
SPOUSE

MICHAEL AND
MELISSA KRUGER

the goodbook
COMPANY

5 things to pray for your spouse

Prayers that change and strengthen your marriage

© Michael and Melissa Kruger, 2022

Series Editor: Carl Laferton

Published by:

The Good Book Company



thegoodbook.com | thegoodbook.co.uk

thegoodbook.com.au | thegoodbook.co.nz | thegoodbook.co.in

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Published in association with the literary agency of Wolgemuth & Associates.

ISBN: 9781784986629 | Printed in India

Design by André Parker

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FOREWORD

BY NANCY GUTHRIE

I think most of us want to pray for our spouse. We *intend* to pray for our spouse. But we forget to pray for our spouse. Or, when we remember, our prayers can often be limited to what we want to see happen in their lives—the issues we see as urgent. And those aren't always the things that are truly most needed or most urgent.

This simple but helpful book is a tool to aid us in praying more consistently, more broadly, and more scripturally for the most important person in our lives—the one we promised to love and cherish above all others. Michael and Melissa have provided scriptural guidance and a helpful grid for asking God to do what we know he delights to do in the lives of all who are his. They're coaching us to look into God's word and turn it into prayers prayed back to him—asking him to do things like develop the fruit of the Spirit in the character of our spouse; praying that God would give them a desire to serve with joy, the grace to be content when things are hard, and a perspective that will enable them to face the future with confidence and hope.

There is a great deal each of us can do for our spouse. But there is so much that only God can do, so much that only he can develop, and so much that only he can provide. So we pray. And as we pray instead of worry, pray instead of complain, pray instead of strategize, we find that God is not only doing a work in our spouse; he's doing a work in us too. He's generating love and joy, peace and patience.

This book is helping me to set aside time to ask my Father to have his way in the life of the one I'm spending my life with, and I pray it will do the same for you.

Nancy Guthrie
Author and Bible Teacher

HOW TO USE THIS GUIDE

This guide will help you to pray for spouse in 21 different areas and situations—whether you’re newlyweds or have been married for decades. There are five different things to pray for each of the 21 areas, so you can use this book in a variety of ways.

- ▶ *You can pray through a set of “five things” each day, over the course of three weeks, and then start again.*
- ▶ *You can take one of the prayer themes for the week and pray one point every day from Monday to Friday.*
- ▶ *Or you can dip in and out of it, as and when you want and need to pray for a particular aspect of family life.*
- ▶ *There’s also a space on each page for you to write in the names of specific situations, concerns, or children that you intend to remember in prayer.*

Each prayer suggestion is based on a passage of the Bible, so you can be confident as you use this guide that you are praying great prayers—prayers that God wants you to pray, because they’re based on his word.



PRAYING THAT GOD WILL...

GIVE GRACE
TO MY SPOUSE

1 CORINTHIANS 1 v 4-9

PRAYER POINTS:

Father, I pray you would give my spouse...

1 GRACE TO BELIEVE

"I always thank my God for you because of his grace given you in Christ Jesus" (v 4).

It is only by God's grace that we are able to believe and trust in Christ (John 3 v 5). If your spouse is not a believer, pray that God would open their eyes to the truth of the gospel. If they are a believer, then take a moment to praise God for giving you a believing spouse. Ask God to give them a heart of thankfulness for the mercy they have received in Christ.

2 GRACE TO SPEAK TRUTH

"You have been enriched in every way— with all kinds of speech" (v 5).

The tongue is a powerful tool that can either build up or tear down. Pray that God would give your spouse the grace to speak words of grace, truth, and peace to all those they encounter, whether it be friends, neighbors, co-workers or members of their own family.

3 GRACE TO UNDERSTAND

"... and with all knowledge" (v 5).

We know that spiritual knowledge and understanding don't come naturally, but are gifts of God's grace. After Peter recognized Jesus as the Messiah, Jesus said to him, "This was not revealed to you by flesh and blood, but by my Father in heaven" (Matthew 16 v 17). Pray that God would grant your spouse spiritual understanding and theological discernment so they may live a life worthy of Christ.

4 GRACE TO USE SPIRITUAL GIFTS

"You do not lack any spiritual gift..." (v 7).

Praise God that he not only saves us by his grace but equips us by his grace to use our spiritual gifts to serve him and to bless others. Pray that God would grant spiritual gifts to your spouse in abundance, whether the gift of teaching, service, generosity, or acts of mercy. Then ask the Lord to empower your spouse to use those gifts to advance God's kingdom on earth.

5 GRACE TO PERSEVERE

"He will also keep you firm to the end" (v 8).

The Christian life is not easy. It's a long race in which we feel tired or even exhausted, and ready to give up. The only way we make it to the finish line is by God's grace (Hebrews 12 v 1-2). Pray that God would grant endurance and perseverance to your spouse so that they may run the Christian race with joy and faithfulness and not give in to despair and discouragement.



PRAYING THAT GOD WILL...

**PRODUCE
SPIRITUAL
FRUIT**

GALATIANS 5 v 22-23

PRAYER POINTS:

Father, I pray that your Spirit will bear this fruit in my spouse...

1 LOVE

"But the fruit of the Spirit is love" (v 22).

Praise God that by his Spirit he gives us a new heart that bears good fruit. While our own love may run out or dry up, God's love overflows and allows us to be loving toward one another—even on difficult days when we may be disappointed or discontent in our marriage. Pray that your spouse will experience anew the love of God, and that God's love would be the source of your spouse's love for others.

2 JOY AND PEACE

"... joy, peace" (v 22).

Jesus told his disciples, "In this world you will have trouble" (John 16 v 33). He also told them that he would be the source of their joy and peace in the midst of their trials. Consider what is difficult for your spouse today and ask God to give them joy in all circumstances, and a peace that transcends understanding.

3 FORBEARANCE, KINDNESS

"... forbearance, kindness" (v 22).

Being part of any family requires patience. Living in close quarters means we can annoy or frustrate one another. Pray that your spouse will bear with you in love. Also, pray that you would show kindness and consideration as you live with your spouse.

4 GOODNESS, FAITHFULNESS

"... goodness, faithfulness" (v 22).

Praise God that he is the author of all that is good and he is faithful in all that he does. Each of us have many moments throughout the day when we choose whether to listen to God's ways or to go our own way. Today, pray that your spouse will follow God's word and faithfully do what is good—in their work, home, and friendships.

5 GENTLENESS, SELF-CONTROL

"... gentleness and self-control" (v 23).

Self-control paired with gentleness is something we all hope to model. Consider today in what ways your spouse is struggling with self-control. Perhaps they are having a difficult time controlling their spending habits, limiting their screen time, or being frustrated with others. Pray that the Lord will give them self-control to do what is right, and give them gentleness in their attitude as they interact with others.



PRAYING THAT GOD WILL...

WATCH OVER
MY SPOUSE

PSALM 121

PRAYER POINTS:

Father, I pray you would watch over my spouse and...

1 BE THEIR HELP

"My help comes from the LORD" (v 2).

Since we live in a fallen world, your spouse will eventually face challenges, difficulties, and discouragement. It's not a matter of if but of when. Pray that your spouse would not dwell on the problems they face but turn to the Lord who made the heavens and the earth. Take a moment to praise God for his power and strength, and be reassured that he has the ability to help your spouse in the time of need.

2 KEEP THEM FROM STUMBLING

"He will not let your foot slip" (v 3).

Since life is filled with obstacles and pitfalls, it is all too easy to trip and fall while we are on the Christian journey. We are all in danger of spiritually slipping. But we serve a God who perpetually watches over us because he will "neither slumber nor sleep" (v 4). Pray that God would keep your spouse spiritually steady and firmly planted in Christ.

3 GIVE PROTECTION AND CARE

"The sun will not harm you by day, nor the moon by night" (v 6).

God does not promise Christians will have an easy, perfect life. It is often filled with trials and tribulations, persecutions and sufferings. But though the sun beats down, the Lord "is your shade" (v 5). Pray that he would give your spouse his presence and protection even in the midst of difficult times.

4 DELIVER THEM FROM EVIL

"The LORD will keep you from all harm" (v 7).

Our fallen world is not just filled with difficult trials, but also with evil people. The psalmist is always asking God to guard him from the plots and schemes of his enemies. Pray that the Lord will protect your spouse from wicked people who may want to harm them, and vindicate them from anyone who might attack their character or wound their reputation.

5 PROVIDE DAILY MERCIES

"The LORD will watch over your coming and going" (v 8).

It's easy to think that God only cares about the "big" things in our lives. So, we often forget to pray about the day-to-day things, the comings and goings. Pray through your spouse's daily routine and ask God to sustain them, encourage them, and protect them. May God remind your spouse that his mercies "are new every morning" (Lamentations 3 v 23).