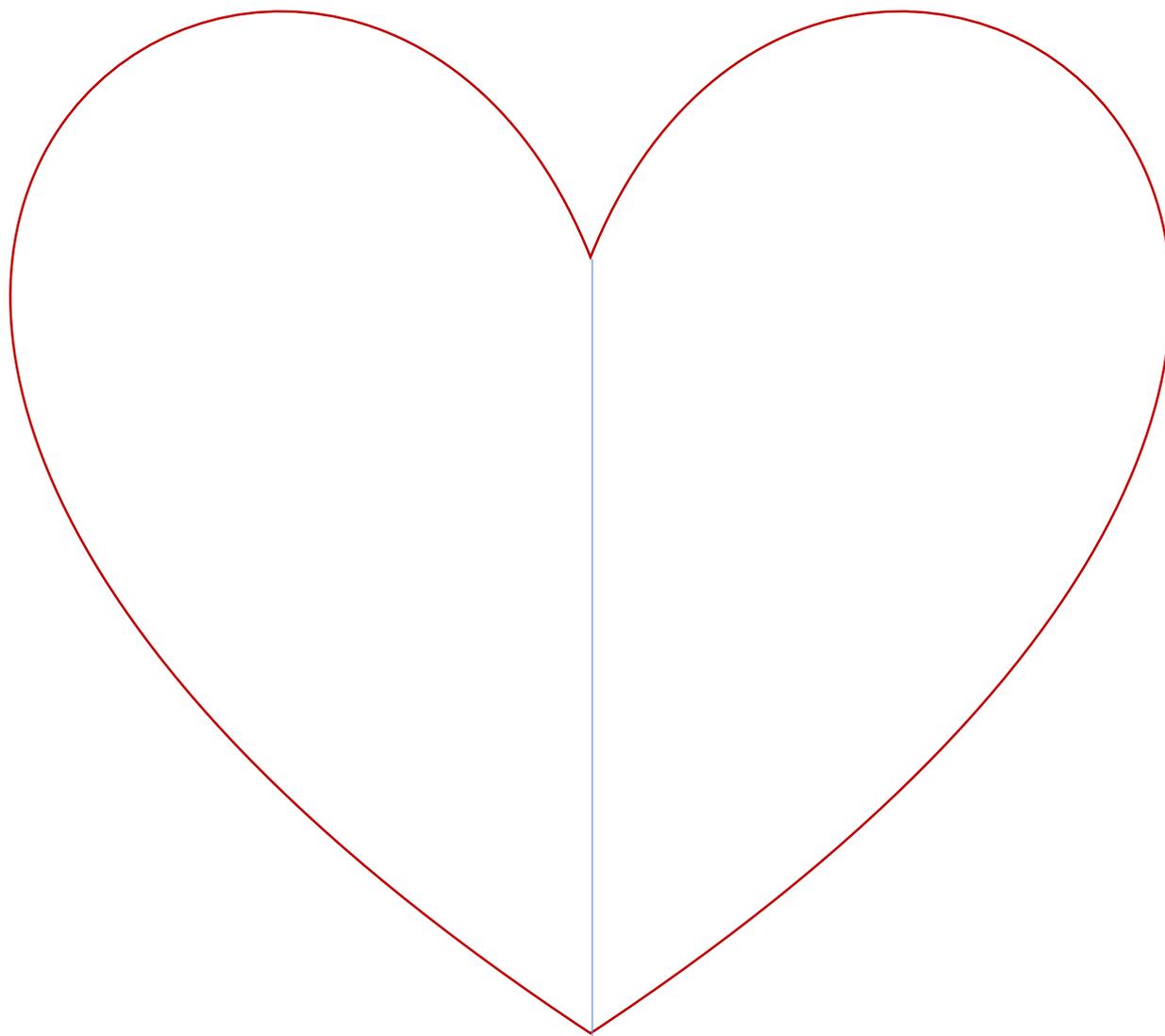


Husband

Wife



Galatians 6:2

“Bear one another’s burdens, and so fulfill the law of Christ.”

I Peter 3:7

“Likewise, husband, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.”

Ask your wife what burdens she consistently brings to the Lord and then join her in prayer for those burdens.

Husband:

“Dear heavenly Father, I confess that I am not always a great listener. Help me to show respect for my wife by paying closer attention to what she is saying and also the meaning behind the words. Thank you for always being available to talk.”

(Now pray for your wife keeping in mind the burdens she shared).

Galatians 6:2

“Bear one another’s burdens, and so fulfill the law of Christ.”

James 1:19 counsels us that we *“should be quick to listen and slow to speak.”*

Ask your husband what burdens he consistently brings to the Lord and then join him in prayer for those burdens.

Wife:

“Dear Jesus, I also confess that I do not always listen as well as I should. Sometimes I am too eager to speak before hearing all that my husband has to say. Also, thank you for hearing my prayers and interceding with the Father on my behalf.”

(Now pray for your husband, keeping in mind the burdens he just shared with you).

Ephesians 5:25-33

“Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body. ‘Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.’ This mystery is profound, and I am saying that it refers to Christ and the church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband.”

Acknowledge to your wife your failures and short-comings in taking on this role in your home. Share your fears in why this is not always the model you follow.

Husband:

Father, thank you for my wife and for the privilege of loving and leading her spiritually. We want You to be the Builder of our marriage and family. I ask You to help me to be a faithful husband in leading my wife in our prayers together. Empower me by Your Holy Spirit to love her with Your love. Thank You for Your grace when I fail to lead her spiritually and for enabling me to begin again.

Ephesians 5:22-24

“Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands.”

Acknowledge to your husband your failures and shortcomings in taking on this role. Share your fears in why this is not always the model you follow.

Wife:

Lord, thank you for my husband and for the privilege of loving him and the honor of submitting to him in Love. We ask that You be our Builder creating us to be an example of Your Love for Your church. I ask that You help me to be a supporting wife as we grow together in prayer. Give me Your charity as I respect my husband as the spiritual leader of our home. Thank You for Your grace when I fail as a supportive wife and for enabling me to begin again.

James 5:16

“Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”

Mark 11:25

“And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”

Think about the words you have spoken or failed to speak when in conflict. Think of any selfishness that has gotten in the way of your intimacy. With sincerity, confess to your wife and ask for forgiveness.

Husband:

Dear Father, I admit that it is hard to turn to You when we are having a conflict. Forgive me for not putting You first when conflict arises. Remind me and give me the courage to suggest and lead in prayer as we work through our disagreements. I do not always want to forgive because I believe I am right. Help me to swallow my pride and forgive others with the same readiness and eagerness that You show each time You forgive me.

Ephesians 4:32

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Consider the words you have spoken to your husband in anger. Think about the ways snide remarks or sarcasm has cut him during conflict and destroyed trust and intimacy and ask for forgiveness.

Wife:

Dear God, Forgive me for the way I sometimes speak to my husband especially when in conflict. Help me to use caring words and treat my husband respectfully even when we disagree. Please help us to always settle our conflicts before the “sun sets.” I am grateful that You are a forgiving God. Thank You for forgiving me time and time again for words that offend. Help me to be gracious in forgiving others as You forgive me.

Colossians 3:19

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

Ephesians 4:32

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Tell your wife about a time you remember that floods your heart with joy and romance. Give her the details of what you remember (what she wore, the season, what was going on around you). Look into her eyes and tell her about that Love that overflows when you think about that moment.

Husbands:

Dear God, I will never forget the feelings of love and romance I had toward the woman You gave me when we first met and began our relationship. Help me to remember that love and to be gracious, loving, kind and tenderhearted to this precious gift You have entrusted to me to Love and Cherish as you cherish her. Thank you for all that she is to me and to our family but most of all, thank you for who she is.

James 3:17

“But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.”

Tell your husband about a time you remember that caught your attention that makes your heart flutter. Give him the details of what you remember about that moment including what you thought. Look into his eyes and with sincerity, give him a glimpse of the impression he left on you that you still carry with you. Think about that moment.

Wife:

Dear Lord, Thank you for creating romantic feelings. Help me to keep romance as a high priority in my daily schedule, even when there are so many other “important” things to do. Help me to remind my husband just how important he is as well. Give me the wisdom and the gentle spirit to understand what my husband needs for romance and the sincerity of heart. Thank you for all that he is to me and for me. Thank you for who he is.