

Prayer Guide

For Praying Wives

Men's Retreat August 21-22,
2026

God calls men to love their wives and families as Christ loves His Church—a calling that is both an extraordinary privilege and a sacred responsibility.

Yet in today's world, men are surrounded by competing voices telling them who they should be, what success looks like, and what it means to be a "real man." The world often offers praise for achievements that have little eternal value or applauds pursuits that subtly distract them from God's calling and purpose.

Apart from a man's personal relationship with Jesus Christ and the indwelling presence of the Holy Spirit, one of God's greatest gifts to him is you. God did not declare anything to be "very good" until Creation was completed and man and woman experienced the union, partnership, and belonging of being given to one another. From that moment forward, Scripture tells the story of humanity's brokenness, God's redeeming love, and His ongoing work of restoration—including His work within marriage. He seems to *really care* about marriage and its impact!

If you haven't heard it lately, thank you.

Thank you for your part in that redemptive and restorative plan. Thank you for believing in your husband. Thank you for encouraging him, praying for him, supporting him, and faithfully walking beside him through every season of life. While men's ministries, pastors, mentors, and friends all

play important roles, no ministry will ever have the same opportunity to strengthen, encourage, and spiritually cover your husband's heart as your faithful ministry to him within your marriage.

In just a few weeks, the MVF Men's Ministry will gather with your husband and other men for a two-day retreat to seek God's purpose, power, provision, and pleasure in their lives. This prayer guide is inspired by Stormie Omartian's *The Power of a Praying Wife* and informed by years of pastoral and marital counseling. Our hope is to encourage and equip you to intentionally pray for your husband in the weeks leading up to the retreat, throughout the weekend itself, and in the days that follow as God continues His work in his heart.

We are praying with you that this retreat will become another significant milestone in God's ongoing work of discipleship—deepening your husband's love for Christ, strengthening your marriage, and blessing your entire family.

Thank you again for faithfully covering him in prayer. May God honor your faithfulness, strengthen your marriage, and accomplish immeasurably more than either of you could ask or imagine as you entrust this season to Him.

God Bless you!

With you for Him,

The MVF Men's Ministry Leadership Team

As your husband looks forward to the men's retreat. This book is an encouragement for you to prayerfully intercede for your husband's heart, mind, and spirit to become more prepared and open to what God may choose to at the retreat.

Some prayer patterns from Paul to consider and apply:

Ephesians 1:15–23 - that he would know God more deeply.

Ephesians 3:14–21 - that he would be strengthened with power and rooted in Christ's love.

Colossians 1:9–14 - that he would be filled with wisdom and walk worthy of the Lord.

Philippians 1:9–11 - that his love would abound with knowledge and discernment.

2 Thessalonians 1:11–12 - that God would fulfill every resolve for good and every work of faith.

Philippians 1:3-11 *MODIFIED for personal prayer
for your husband.*

“³ I thank you God in [every thought] for _____, ⁴ always in every prayer of mine for [him] making my prayer with joy, ⁵ because of [his] partnership in the gospel from the first day until now. ⁶ And I am sure of this, that he who began a good work in _____ will bring it to completion at the day of Jesus Christ. ⁷ It is right for me to feel this way about [him], because I hold [him] in my heart, for [he is a partaker] with me of grace,^[a] both in my [hardships] and in the defense and confirmation of the gospel.⁸ For God is my witness, how I yearn for _____ with the affection of Christ Jesus.⁹ And it is my prayer that [his] love may abound more and more, with knowledge and all discernment, ¹⁰ so that _____ may approve what is excellent, and so be pure and blameless for the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.”

Day 1

Pray for the Holy Spirit to fill and empower your husband as only He can today. The Bible

commands us to be filled with the Holy Spirit (Ephesians 5:18). Pray that your husband would be pursuing the Holy Spirit's filling and leading in his life. Pray that the Holy Spirit would make him aware of any thing, thought, or pursuit that may hinder that filling and leading. If you know of any pray specifically that those things would find their appropriate place and priority in his life. Pray that today he would know through the Holy Spirits conviction his place and privilege as God's son – beloved, chosen, highly esteemed, forgiven, blessed, favored, gifted, and loved by you and the rest of his family. Pray that this would not just be today but would grow as a integrated part of his psyche and life.

Day 2

Pray for your relationship with your husband

today. Pray for your strength, wisdom and insight as a companion, helper, guide, advocate, lover, and prayer warrior for him. Ask the Holy spirit to reveal anything that may be hindering your heart from seeing your husband's clearly. If there is any unforgiveness and repentance you need to seek in anything to make your relationship with him and Jesus right – do that. Ask Jesus to help see yourself as He does in His provision of you for your husband. Ask Him to show you how special, how “enough”, and how perfect you are for your husband in His plan. Pray that the Holy Spirit would move in your husband heart and mind to see where you need more or special attention and affirmation. Give thanks as only you can for the man God gave you and the man he is still becoming.

Day 3

Pray for family's relationship with your husband

today. Pray for the interactions that occur between your husband and his family today. Whether it's your children or his parents and siblings, pray for protection over the unity and stability of those relationships. Pray for the influence he has and the influence they have over him. Pray that those relationships would help him see himself the way that God does. Pray that they would positively impact his understanding of God's relationship with and love for him. Ask that God would help you both to see if there is anything hindering God's best for your family in those relationships. Then ask the Holy Spirit to give you both wisdom and conviction to deal with those issues.

Day 4

Pray for your husband's worldview today. Like every other person who has ever lived, your imperfect husband is a product of the influences of his life. Hopefully he sees the world through a lens of redemption and grace, but it is still affected by his life experiences, his past relationships, his wounds, his weaknesses and strengths, the wisdom and “wisdom” that has been poured into him, as well as the tools that he has the opportunities to develop in his life. Pray over the way he sees the world and people. Pray for balance in his sense of optimistic dependence on God and his responsibility to steward the broken parts of creation he lives in. Pray that the Gospel permeates his daily experiences and that hope, grace, and God's goodness becomes or remains a staple in his response to the world he lives in.

Day 5

Pray for his work today. Your husband's job is a priority in his life but pray that it does not become *the priority*. Pray that your husband finds fulfillment and satisfaction in his job. Pray for favor from those he serves, his peers, and those he works under. Pray that he seeks and practices the Lord's wisdom in the stewardship of his responsibilities. Pray for the safety of his environment as well as his spiritual, physical, emotional, mental, and social safety. But his work doesn't stop there. Pray for the stewardship of his other "work" around home, the community, and church as he influences those environments as well. Finally, pray for his rest – that he would honor God's sovereignty by taking rest consistently and enjoying all that God has given him.

Day 6

Pray over his allies and enemies. Scripture is very clear that we were made to walk alongside others in community and to sharpen one another. Pray for those whom your husband walks alongside and in whose guidance he trusts and seeks out. If there are few, pray for God's design to bring them into his life. Pray for wisdom and spiritual fruit in the lives of others to surround him as he goes throughout his day. Pray that he would have the wisdom and courage to ask for help from allies when he needs it. Ask God to open his eyes to the brevity of the spiritual and moral realities around him so that he will seek others who are like-minded.

Likewise, pray against the reality of enemies in his life. If he is currently under attack pray through Psalms 140-143 for him inserting his name where appropriate. Many of his enemies will always be spiritual ones that we cannot see. Especially if he is pursuing God's will for his life. Ask God to speak his Word of Authority over his life today and every day that he would be off limits and protected by His ministering angels. Tell God you trust Him to care for and fight the battles your husband can't and is unaware of.

Day 7

Pray for his thought life and choices. It is no secret that our thought life is constantly under attack. Marketing, work, social life, and personal demons constantly assault us and vie for real estate in our mind. Many scriptures including Romans 12:2, 1 Corinthians 10:5, Ephesians 4:23, and Philippians 4:8 instruct us to take control and renew our minds. Pray for your husband to be open to the Holy Spirit's leading in this area of his life. Pray that his mind is protected as he goes out into his daily life. Ask God to show him where he specifically needs to renew his thinking under the sovereignty of God's redemptive work in his life. Pray that his past will remain where it belongs and that only constructive and instructive lessons will come from those memories and echoes. Ask the Holy Spirit to direct his thoughts toward the aspects of Philippians 4:8 through his day.

Also pray over his awareness of the choices he makes. Pray that his mind would be attuned to his kneejerk reactions and that he would be able to be intentional and purpose driven in his choices. That he would choose you first when necessary and God's agenda always. If appropriate, thank your husband for the choices he makes and has made to lead in a godly way.

Day 8

Pray for his desires. Psalm 37:4 says, “*Delight yourself in the Lord and He will give you the desires of your heart.*” Philippians 2:13 says “*for it is God who works in you, both to will and to work for his good pleasure.*” Pray for your husband to be experiencing the type of fellowship with his maker that brings his desires into alignment with the desires of Jesus for him. Ask the Holy Spirit to not only grant him the desires of his heart but that the desires of his heart will only be those things that God gives him to desire because you know those will be beautiful, perfect, and a blessing to all of you. Pray that his desire is to please the Lord today in all that he does. Pray for his desires for you and your relationship. Pray for his desire to be honoring to you and your family as well as to the Image he bears as an Image Bearer of Christ. Finally pray against those influences of human nature and our broken world’s culture. Pray that his heart and mind would be protected against them today and always. Pray that every avenue that gives them access to his heart and mind would be torn down or that he would be distracted from even noticing them. Pray against anxieties that come against you when thinking about his desires and ask for the peace that He promises through faithful surrender so that your peace will bless your relationship - and trust God to do what only He can do.

Day 9

Pray for his purpose today. It has been said that every person's purpose is to glorify God and enjoy

Him forever. But every person is made unique and the way they glorify God through the stewardship of all their unique circumstances, gifts, and assets is – unique! Pray for your husband’s experience of enjoying God today and glorifying Him somehow in the way he lives, talks, relates, thinks, and moves through his day stewarding the millions of little things in each of those categories. Pray that he will have a sense of greater purpose in His life if he struggles with that. Pray that he would have the right perspective on His purpose and its reflection of his relationship with God. Pray that he would experience fulfillment in his work, in his relationships, and in his calling as a Son of God and Ambassador of Christ. No matter where he is on that journey, pray that he takes the next step today, this week, this month, toward being able to experience that purpose, calling and fulfillment. Ask God to make it increasingly clear to him what God’s direction and specific purpose is. Ask the Holy Spirit to show you how you might speak affirmation and encouragement into his life and support him as he pursues God’s purposes for his life.

Day 10

Pray for his needs. Yes, all of them. Think of all the areas that make your husband an Image Bearer of

God – his S.P.I.C.E.S. He is spiritual, physical, intellectual, creative, emotional, and social. He was made to have relationship with God and others in each of those areas of life. Some of those are unique to you. Pray over those needs and how God meets them in the very special context of your marriage relationship. Pray for the spiritual fruit needed between the two of you to make those transactions what God intended and designed them to be. Pray that your husband would surrender to the sovereignty of God and be filled with the Holy Spirit in the way he pursues those needs in your relationship. Ask for favor and the Image Bearing capacity of all *your* S.P.I.C.E.S. to be honored in that pursuit.

Pray for the spheres of influence in your husband's life that provide for his needs in all those S.P.I.C.E.S. in other ways. Pray for protection against false gratifications or dishonoring ones. Pray for your husband's needs to be filled by those who are surrendered to God as well. Every affirmation, every agreement and alliance, every friendship, every accomplishment, every physical expression, and every intellectual and emotionally fulfilling encounter to come through His people, His presence, and His perfect provision.

Day 11

Pray over his insecurities. I truly believe that everyone on this planet has some kind of insecurity. It is the product of broken relationships in a broken world. Typically, wherever you see the most amount

of anxious control attempted or exerted in life is an area where insecurity has influence in life. First, pray for your husband's insecurities to be evident to him so that he can then begin to face them and overcome them. Pray that he would surrender his insecurities to God. If you know them pray against them by name. Pray that the lies that give those insecurities power would be revealed for what they are. Pray for God's affirming truths to replace those lies. If you can think of specific scriptural truths, pray those specifically! Pray that the Holy Spirit would strengthen your husband with courage where fear or disappointment exists; with wisdom where confusion or doubt pervades; and peace where he simply needs to walk faithfully through the drama and chaos of others and leave the rest to God, especially where he cannot change others who foster those insecurities. Pray against those people's access to his heart and mind with anything that contributes. Finally pray for your ability to see and know when to speak to his heart and mind as only you can!

Day 12

Pray over the leaders/influencers in his life. Ask the Holy Spirit for special favor over your husband regarding how his leaders see him. Pray for those who have influence in his life to be Christians, and

at least people of character, integrity, and just discernment. Pray that God would be working their lives to prepare their steps as they head towards interactions with your husband or intersections with his life in some way. Pray against the voice and influence of the Enemy into their lives and in your husband's life through their leadership and influence. Pray that your husband would have open access to address anything that needs to be addressed for his concerns and his S.P.I.C.E.S. needs. Pray for his discernment and wisdom as he navigates the world of his leaders and influencers as needed. Pray that he would always see God's provision for a way into and through his circumstances with leaders and influencers and that he would be a man of Godly character, Biblical integrity, and Spiritual discernment at the end and beginning of every day, thus being the leader and influencer that his world needs.

Day 13

Pray for his health and protection today. Thank God for the blessing of healthy lifestyle and resources that are available to us every day. Take a moment to thank God for the blessings of health in

your husband's life and how He has watched over him for so long. Pray for wisdom and perseverance in the healthy habits that your husband exercises or needs to exercise more. Ask that God continue to convict him of healthy eating, proper exercise, and healthy lifestyle habits – or bring that conviction on him and that he would steward his health well for his sake and your family's sake. Pray against the pride of the flesh that can become a stronghold and distract him from the proper stewardship of health and become an idol that takes him away from you and your family time. Ask the Holy Spirit to be over all the things that your husband is not in control of. Other people's habits that affect his health, food handling protocols that protect the food that comes to him in his day, traffic, environmental and cultural occurrences that affect his operations in place and time. Finally pray for awareness and wisdom in those who make decisions concerning his safety on a daily basis, whomever they may be.

Day 14

Pray over his integrity and reputation. Pray for your husband's favor as he goes out into his world. Pray that He finds favor with God in his thoughts, actions, and attitudes today. Pray that he also finds

favor with those he serves (or those his work benefits), those he works with, and those he works under. Ask the Holy Spirit to guide his heart and mind today so that he walks with the integrity and honor that you know he is capable of. Pray against the temptations and issues have the potential to come against him in his day. Pray that even little moments and small decisions do not go unscrutinized and that God would uphold his integrity and reputation. Pray that the enemy has no opening to come against God's purpose of your husband exalting Jesus Christ and glorifying himself through the stewardship of his life today!

Day 15

Pray over his past and his regrets. There is a plethora of positive and negative lessons in our past and the enemy knows that he can use against us. Pray against the frailty and insecurities he can use to

make your husband ashamed of his past. Pray that your husband has the strength today to carry his lessons as blessings and resources available to him instead of lugging them around like they are burdens to hide and ignore. Pray that God will give your husband peace today from anything that haunts his conscience or causes him to live less than totally free in the grace of Jesus Christ. Pray that God would make your husband aware of every good thing He has brought out of every difficult, broken, and challenging thing in your husband's past. Pray that your husband see's the maturity and growth that has come out of every lesson learned. Pray that he sees his lessons learned as resources now available to him through God's grace instead of baggage that must be carried as public or private shame. If you are aware of anything in your husbands past that causes him anxiety or shame, or if there are consequences of something from his past that you see keep him feeling less than the victorious Son of God that Jesus says he is, pray that he would be set free. Pray for circumstances to work out so that he can hear and see the truth that his past is not his present and God has given him a new future. Pray for joy and peace to replace any broken spaces that the enemy may be using to keep him feeling down, weaker than he truly is, or lost.

Day 16

Pray over his speech today. Your husband's speech starts with his thoughts. Pray over this thought life today. Pray that he sees himself, others, and the world the way that God does. Pray that truth saturates his inner dialogue and that whatever

comes out of his mouth is pleasing to God and that he follows the Holy Spirit's leading when not to talk as well as when to. Pray that his speech is salted with truth and grace. Pray that he and others would be lifted, encouraged, inspired, comforted, calmed, challenged, and honored by your husband's words today. Pray against temptations to be crude, proud, insensitive, over opinionated, abrasive, or anything else that would damage his reputation or ability to be a comforter and helper today.

Day 17

Pray for your husband's creativity today. Does that sound strange? One of the chief ways humanity reflects the Image of God is through our creativity. Your husband, whether recognized or not has the capacity for great imagination. He can use it for

good or for bad. Pray over your husband's creativity today. Pray that God would smile over the imagination and creativity that comes from your husband. Whether it is a strength he exhibits and stewards daily, or just a flicker that appears occasionally, pray that your husband's creativity would serve the agenda of God and manifest joy, love, hope, and every good thing in his and others lives. Pray that it would serve him well to solve problems, see things uniquely, and gain insight and perspective that would gain him favor and influence. Pray for the sources of creativity in your husband's world. Pray that his heart and mind would be guarded and guided to see the good and best in his world and that his creativity would come from and reflect those things. Pray that he would be appropriately fulfilled and satisfied in his hobbies, his creative interests, his dreams, and his ingenuity. If you know about specific dreams he has, pray over those and their realization and God's Pleasure over them.

Day 18

Pray for his influence. You have already prayed over those who have influence in his life either through authority or via family systems and friend groups. Today, pray about the influence he has in his world and family. Pray first that God allows him

to see the significance of his impact on you, his children, and/or other family members. Pray that the Holy Spirit would bring to mind the significance he has through his actions, words, and attitude. Pray over his influence as a father. Pray over his influence as a provider, protector, visionary, leader, servant, communicator, and whatever else you know is specific to him. Pray that God would give him encouraging glimpses into his impact so that he sees that he is being used by God to do good things and is encouraged to keep up his good fight! Pray against those that would seek to limit his influence in negative ways. Pray against the enemy and any inroads that would disrupt his influence or block his ability to be a godly influence. Thank God for his heart and pray for continued surrender that makes God's influence through Him powerful and affective!

Day 19

Pray for his endurance. Pray for his endurance today. Thank God for everything He has brought your husband through and the strength He has given him to endure thus far in life. Pray against strongholds and temptations that come against him

and seek to break him down. Pray for brothers in Christ who will walk beside him and help him to stand and persevere. Pray for his spirit of openness and authenticity so that nothing will keep him from sharing his struggles with you and those who can help him in his daily faith journey. Pray that he would not try to “tough it out” or “be strong for others” in ways that are detrimental and unnecessary. 1 Corinthians 10:13 says that God will provide a way through any trial and temptation if we stand firm in faith for a time. Pray that over your husband. Pray for his spiritual armor (Ephesians 6:10-18). Pray that he would not only endure his struggles, but that in God’s perfect timing, he would see God’s favor in establishing him and making his righteousness shine like the noonday sun (Psalm 37:6).

Day 20

Pray for his relationships and vulnerability. Pray specifically for your husband’s relationships today. Pray for relationships that strengthen him and offer Godly counsel and companionship. Pray that over your relationship. Ask God to strengthen your bond and trust with each other. Ask God to bring others

into his life that he can trust and that he would in fact allow his trust to be given to the right people. Ask Jesus to reveal Himself in the character and personality of those in his life that God wants him to partner with. Pray for your husband's vulnerability to wisely open up to those he should and to be sensitive to be the kind of brother and man Jesus has him in place to be for others. SPECIAL PRAYER NOTE: Up to this point, all these prayers have been intended to prepare your husband's heart, mind, and social life to receive the best possible experience at Men's retreat. Pray for this experience as he may be heading up there today or tomorrow. His relationships and vulnerability will be especially powerful tools this weekend if prepared!

Day 21

Pray for openness and obedience. As your Husband engages with the material at this retreat, pray that his spirit will be open to the unique message and challenges that God may have for him. Remember that he will be receiving teaching throughout the day and reflecting through conversation and personal time throughout as well. Pray several times for him today. Pray that he would

be a part of discussions in a humble and transparent way when needed and that he would be a good listener and observer when needed. Present your concerns and hopes to Jesus for him this weekend!

Day 22

Pray for new spiritual growth. Pray for his spiritual growth during this retreat and pray for the depth and longevity of this growth to last far beyond this retreat. Remember his S.P.I.C.E.S. introduced in day 10. Pray for spiritual growth in each of those areas of his life. Ask the Holy Spirit to give him insight into those areas during the retreat and ask for insight for yourself as you pray for those issues. Pray that he would grow in his capacity for more growth and pray for the effect of this change over your marriage, family, and his extended spheres of influence.

Day 23

Pray for his future. Reflect on how this prayer journey has been for you and, if you are aware of how it has affected him, reflect on that journey as well. Pray for your husband's future concerning his spiritual growth, his purpose, his fulfillment, your marriage, his relationships, and his personal S.P.I.C.E.S. Ask God to establish some kind of special renewal and refreshing in his life that will

bless him into his future, manifesting in stronger and deeper spiritual disciplines and intimacy with God. Ask the Holy Spirit to bless this time and to show you ways to repeat it moving forward.