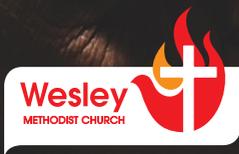
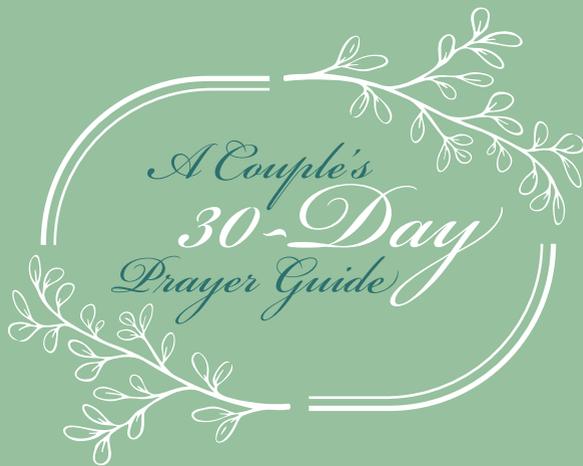




*A Couple's  
30-Day  
Prayer Guide*



Prepared by **Wesley Methodist Church** Family Life Ministry



*A Couple's  
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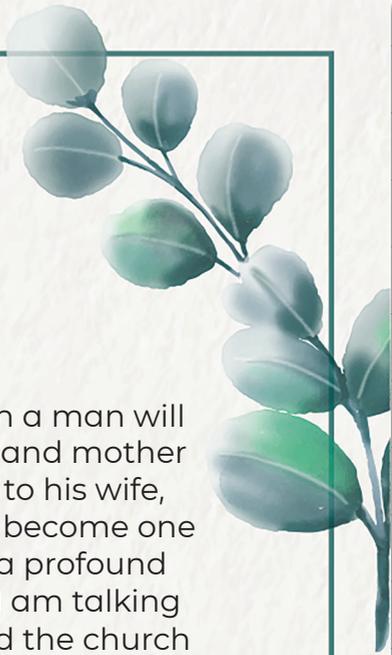


*M*arriage is God's special and wonderful gift for our discipleship. As we journey with our spouses, it is prayer for each other which centres the marriage on Christ and transforms it to increasing Christlikeness. It is my sincere hope you will take time to pray with and for your spouse. May these prayers, scripted according to Scripture, be a catalyst of God's restoration, renewal and revival for your marriage, for the purposes and glory of God. Be blessed as you pray!



**Rev Raymond Fong**  
Pastor-in-Charge

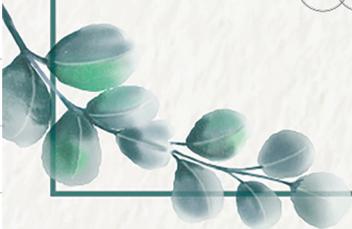




## *Day 1*

<sup>31</sup>"For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." <sup>32</sup>This is a profound mystery — but I am talking about Christ and the church  
(Ephesians 3:21-32).

*T*hank you, Heavenly Father, for my spouse. Help us continue in our journey as one flesh to glorify your name. Grant us your grace to cleave to each other and be a good testimony to the world around us. In Jesus' most precious name we pray. **Amen.**







## *Day 2*

<sup>2</sup>My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ (*Colossians 2:2*).

*Dear* LORD our God, we pray that we may be encouraged and united in love. That in our one flesh, we may grow in our knowledge and understanding of Christ in our midst. In Jesus' most precious name we pray. **Amen.**







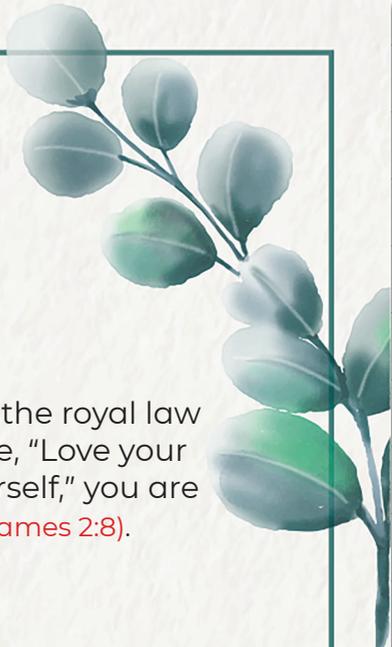
## *Day 3*

<sup>20</sup>For where two or three  
gather in my name, there am  
I with them (**Matthew 18:20**).

*Our Heavenly Father, we praise you  
and welcome you in our home today.  
Although we cannot see you, we  
know you are in our midst listening  
to our prayers. May your name be  
glorified by our words, thoughts and  
deeds today. In the precious name of  
your begotten Son, we pray. **Amen.***



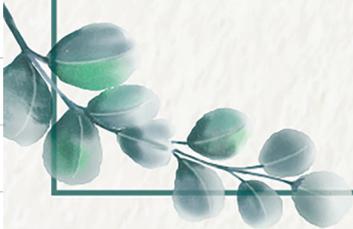




## Day 4

<sup>8</sup>If you really keep the royal law found in Scripture, "Love your neighbour as yourself," you are doing right (**James 2:8**).

Precious Jesus, our Lord and Saviour, help us to obey your command to "Love your neighbour as yourself", and to remember that our neighbour includes our spouse. May I always put the interest of my spouse before mine and to treasure my spouse as a precious gift from you. It is in your holy name that we pray. **Amen.**







## *Day 5*

<sup>12</sup>No one has ever seen God;  
but if we love one another,  
God lives in us and his love is  
made complete in us (1 John 4:12).

*Dear* Heavenly Father, we thank  
you for your Son Jesus whom you sent  
to us, to show us how to love. Grant  
us your grace as we desire to love  
each other as you have loved us. In  
the name of Jesus, your precious Son  
we pray. **Amen.**







## Day 6

<sup>22</sup>Wives, submit yourselves to your own husbands as you do to the Lord. <sup>23</sup>For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Saviour. <sup>24</sup>Now as the church submits to Christ, so also wives should submit to their husbands in everything ([Ephesians 5:22-24](#)).

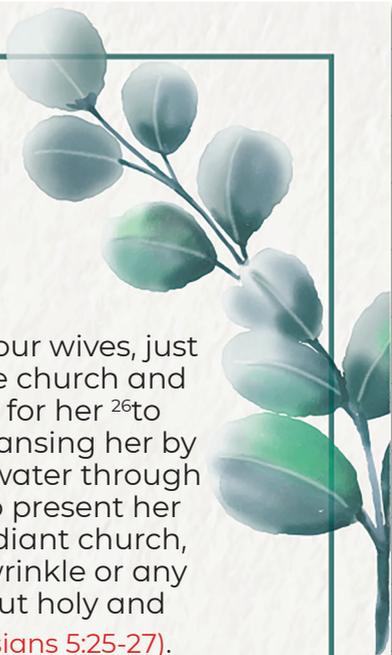
**WIFE:** Lord Jesus, thank you for my husband. I ask that you grant me your grace to submit to him as the church submits to you, according to your will. May my obedience to your holy command to be a submissive wife, honour my husband and glorify your name.

**HUSBAND:** Lord Jesus, thank you for my wife. I ask that you help me show what it means to have a submissive heart by being submissive to your lordship in my life and my marriage.

**TOGETHER:** We pray this in the powerful and gentle name of our Lord Jesus. **Amen.**







## Day 7

<sup>25</sup>Husbands, love your wives, just as Christ loved the church and gave himself up for her <sup>26</sup>to make her holy, cleansing her by the washing with water through the word, <sup>27</sup>and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless (**Ephesians 5:25-27**).

**HUSBAND:** Lord Jesus, I pray you fill my heart with your love so that I can love my wife sacrificially as you have loved the church. I pray that I will love my wife sacrificially all the days of my life so that your glory may be revealed in my marriage.

**WIFE:** Lord Jesus, I pray that you help me be a wife who is supportive towards my husband to love me sacrificially, and grant me a grateful heart to always show appreciation to my husband for his love towards me.

**TOGETHER:** We pray this in the powerful and gentle name of our Lord Jesus. **Amen.**







## Day 8

<sup>19</sup>Let us therefore make every effort to do what leads to peace and to mutual edification (**Romans 14:19**).

*Heavenly Father, we ask that you grant us your divine grace for us to live peaceful lives, always seeking to edify each other. May our marriage and our home be a place where the shalom of God resides. May all who come into contact with us sense the peace of God in our lives for your glory. For it is in the name of your risen Son, Jesus, we pray. **Amen.***







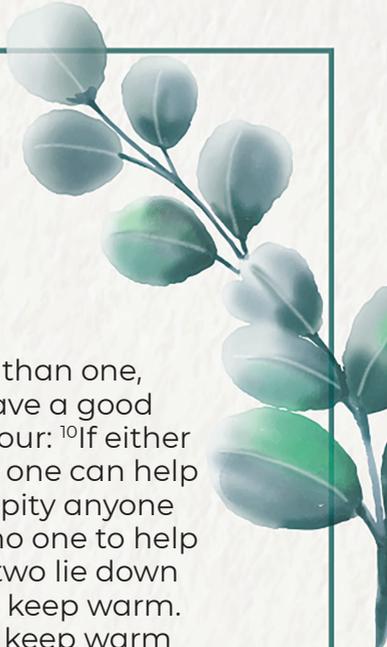
## Day 9

<sup>12</sup>Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience  
(Colossians 3:12).

*Our* Holy God whom we worship, grant us a reverential fear of you. May you clothe us with your compassion, kindness, humility, gentleness and patience, all qualities which your risen Son has set the example for us to follow. May our obedience to your will reveal your glory in our lives, for it is in the name of Jesus we ask. **Amen.**







## Day 10

<sup>9</sup>Two are better than one, because they have a good return for their labour: <sup>10</sup>If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. <sup>11</sup>Also, if two lie down together, they will keep warm. But how can one keep warm alone. <sup>12</sup>Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken

(Ecclesiastes 4:9-12).

*Dear Lord Jesus, we pray that you would come into our marriage as the legitimate third party. We pray that you will be the third cord in our marriage to strengthen and bless. We thank you for our spouse and may we always endeavour to acknowledge your presence in our midst for it is in your holy name we pray. Amen.*







## *Day 11*

<sup>3</sup>Do two walk together unless  
they have agreed to do so?

(Amos 3:3).

*Heavenly* Father, we pray for  
humility in our hearts to put the  
interest of our spouse before ours.  
We pray that in so doing we can  
have more agreement and so our  
marriage may be strengthened, and  
your holy name glorified. We pray  
this in the name of Jesus, our Saviour  
and Lord. **Amen.**







## *Day 12*

<sup>17</sup>As iron sharpens iron, so one person sharpens another (**Proverb 27:17**).

*Lord God, we pray that as we encounter conflicts due to our different views, may your purpose reign supreme so that our views will realign with yours. May our conflicts be so resolved that we will be sharpened and strengthened to be better followers of Jesus Christ for it is in his holy name we pray. **Amen.***



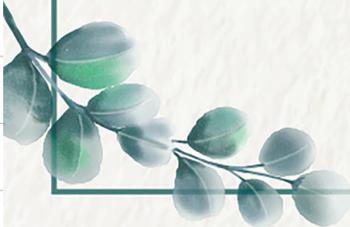




## *Day 13*

<sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well (**Matthew 6:33**).

*P*recious Jesus, our Master and Saviour, help us today to seek after the things that are unseen and eternal, for these are things that matter to you. And as we seek after these things that matter to you, may all other things that we need be provided by you and you alone in your time. We pray this in your precious name. **Amen.**







## *Day 14*

<sup>3</sup>Commit to the Lord whatever you do, and he will establish your plans (**Proverbs 16:3**).

*Dear* Lord Jesus, today we ask that you watch over the plans that we have. We pray that we will be sensitive to the prompting of your Holy Spirit to change any part of our plan so that it will be your plan that is being executed and not ours. This we pray so that your divine plan and purpose may be fulfilled in our lives and our marriage, for we pray this in your name. **Amen.**







## *Day 15*

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future  
([Jeremiah 29:11](#)).

*Heavenly Father, thank you that you have a plan for us even before we were born. We praise you and worship you—for you love us with an everlasting love and your plans and design are for our good. May our marriage continue to fulfil your desire for it is in the precious name of your Son, Jesus Christ, that we pray. **Amen.***







## *Day 16*

°However, as it is written:  
“What no eye has seen, what  
no ear has heard, and what no  
human mind has conceived”—  
the things God has prepared  
for those who love him  
(1 Corinthians 2:9).

*Blessed* Father, help us with  
grateful hearts to receive all that  
you have prepared for us. Some  
of these things may conflict with  
our sinful and rebellious nature,  
but we ask that you forgive us for  
our stubbornness and replace our  
heart of stone with a heart of flesh.  
Mould us and form us to be your  
instruments of peace in this world  
for it is in your Son's precious name  
that we pray. **Amen.**







## *Day 17*

<sup>18</sup>Dear children, let us not love with words or speech but with actions and in truth (**1 John 3:18**).

*Lord Jesus, teach me what it means to love my spouse with actions and in truth. Reveal to me areas of my heart that need to be surrendered to you so that my love for my spouse will be sincere, genuine and complete, a love that mirrors your love for your church. This I pray in your precious name. **Amen.***







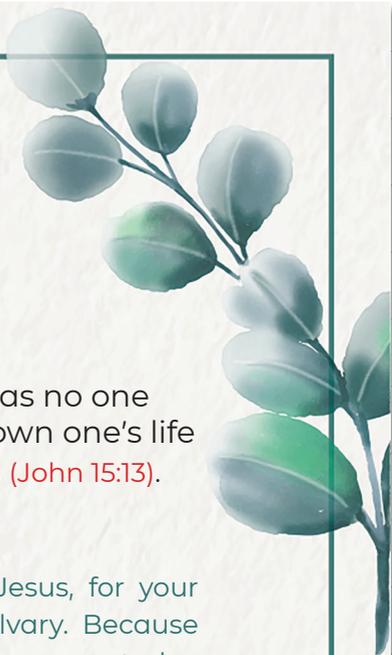
## *Day 18*

<sup>15</sup>Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful ([Colossians 3:15](#)).

*Heavenly Father, we pray that the peace of Christ rule in our hearts always. Forgive us when we forget to have your peace reign supreme over all conflicting situations in our marriage. May you so fill our hearts now so that your peace will reign in our hearts and overflow to all around us. We pray this in the name of Jesus, who is the Prince of Peace. Amen..*



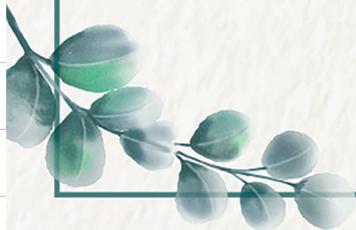




## Day 19

<sup>13</sup>Greater love has no one than this: to lay down one's life for one's friends (**John 15:13**).

*Thank* you, Lord Jesus, for your sacrificial work at Calvary. Because of your sacrifice at the cross, today we can call you our Lord, Saviour, and Friend. May your love flow into our lives and marriage so that we can love each other sacrificially to the glory of your great name. **Amen.**







## *Day 20*

<sup>3</sup>Let love and faithfulness  
never leave you; bind them  
around your neck, write them  
on the tablet of your heart.  
<sup>4</sup>Then you will win favour and a  
good name in the sight of God  
and man ([Proverbs 3:3-4](#)).

*Dear Heavenly Father, you have  
been faithful towards us even when  
we have been faithless. Teach us and  
remind us of what it means to always  
be faithful towards each other,  
honouring our wedding vows to each  
other. May our faithfulness towards  
each other reflect the faithfulness  
you have shown, thus glorifying your  
great name. **Amen.***







## *Day 21*

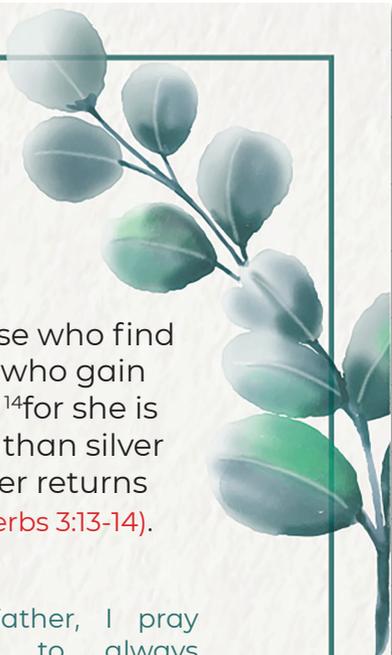
<sup>9</sup>Love must be sincere. Hate what is evil; cling to what is good.

<sup>10</sup>Be devoted to one another in love. Honour one another above yourselves (**Romans 12:9-10**).

*Gracious Lord Jesus, fill us with your love so that your will and purpose be fulfilled in our marriage. Help us to be devoted always to each other and honour each other, and may our actions towards each other reflect your presence in our marriage, giving you all the glory and praise. **Amen.***







## Day 22

<sup>13</sup>Blessed are those who find wisdom, those who gain understanding, <sup>14</sup>for she is more profitable than silver and yields better returns than gold (**Proverbs 3:13-14**).

**WIFE:** Heavenly Father, I pray for my husband to always purpose godly wisdom and gain understanding in all things, and in doing so strengthen our marriage and glorify your name. May my husband treasure and be grateful for this wisdom from you.

**HUSBAND:** Heavenly Father, thank you for your wisdom in my life, always guiding my path and my ways. Your wisdom is like a lamp for my feet and a light on my path.

**TOGETHER:** This we pray in your holy Son's name. **Amen.**







## Day 23

<sup>30</sup>Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised (Proverbs 31:30).

**HUSBAND:** Heavenly Father, I thank you for my wife who fears you. I also thank you for her beautiful heart and spirit which reflect your guiding presence. Continue to let this prevail in our marriage and fill it with your love.

**WIFE:** Heavenly Father, thank you for your Holy Spirit in my life, and in my husband's, spilling the aroma of your presence around us. May you continue to fill us always so that your will and purpose be fulfilled in our lives and marriage.

**TOGETHER:** This we pray in your holy Son's name. **Amen.**







## *Day 24*

<sup>11</sup>Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul (1 Peter 2:11).

*Dear Lord Jesus, we ask that you keep us from sinful desires that will break our fellowship with you and with each other. In our spiritual battles, clothe us with the armour of God (Ephesians 6:13-18), so that we will be victorious as you have called us to be. May our hearts always be sensitive to the prompting of the Holy Spirit to flee from all evil and sinful desires, for it is in your precious name we pray. **Amen.***







## Day 25

<sup>16</sup>So I say, walk by the Spirit, and you will not gratify the desires of the flesh  
(Galatians 5:16).

*Our dear Heavenly Father, help us to walk always by the Spirit so that we will not gratify the desires of the flesh. Fill us to overflowing with the Holy Spirit so that no selfish desires or sinful thoughts remain in our lives and marriage. May our desire to walk in your cause enable us to love each other more deeply, for it is in the name of Jesus, our Lord and Saviour, that we pray. **Amen.***







## *Day 26*

<sup>22</sup>But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup>gentleness and self-control. Against such things there is no law ([Galatians 5:22-23](#)).

*B*lessed Jesus, we pray that our hearts be transformed so that our lives and marriage will bear the Fruit of the Spirit. That in our lives and marriage we will have LOVE, JOY, PEACE, FORBEARANCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, and SELF-CONTROL, strengthening and growing each other in the Lord. This we pray in your holy name. **Amen.**







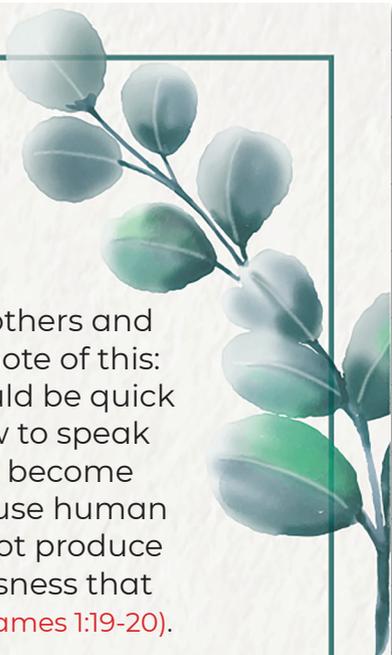
## Day 27

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God (2 Corinthians 7:1).

*Dear* Heavenly Father, we thank you for every promise given to us. We pray that you will purify us so that in our lives and marriage, your holiness may be shown, not because we have no conflicts or challenges, but that by your promises and grace we are overcomers. And through such trials, may our character and marriage be perfected and strengthened for your glory. We pray this in the name of Jesus our Lord. **Amen.**







## *Day 28*

<sup>19</sup>My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup>because human anger does not produce the righteousness that God desires (*James 1:19-20*).

*R*ighteous God, our Heavenly Father, we pray for a spirit that is slow to speak and slow to become angry. Grant us patience and sincerity in our communication with each other, always giving each other undivided time and attention. May our desire to understand each other deepen our love towards each other. This we ask in the name of Jesus who is the Righteous One. **Amen.**







## Day 29

<sup>26</sup>"In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup>and do not give the devil a foothold ([Ephesians 4:26-27](#)).

*Holy* God, our Father, we pray for a loving and tender heart towards each other, that we will not be easily angered or sin in our anger. We ask for much grace and patience from you, our Heavenly Father, so that we can be like you. May the practice of extending grace and forgiveness towards each other strengthen our marriage and deepen our love for each other. Praying this in the name of Jesus, the grace given to us. **Amen.**







## Day 30

<sup>13</sup>And now these three remain:  
faith, hope and love. But the  
greatest of these is love  
(1 Corinthians 13:13).

*Loving God, our gracious Father, we  
thank you for showing us what love is  
by the sending of your begotten Son,  
Jesus Christ, to die for us, to redeem  
us. May you grant us your grace  
to practise this kind of love in our  
marriage so that we can truly reflect  
your loving image to the world. We  
pray this in the loving name of our  
Lord Jesus. Amen.*







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