

THE PRAYING WIFE

Here we are on Week Zero of our 10-week Husband Challenge! I'm so glad you've made the commitment to join me. This is what this series is going to look like: We're taking 10 weeks to pray into 10 different areas of our husband's (or future husband's) lives. We'll be flagging scripture and writing prayers for every one.

OUR GOAL: write a **2 prayers a day**; bonus points for 3. When we finish the end of the 10 weeks, we'll have a Bible FULL of over 150 handwritten prayers. Your choice: you can gift it to him or you can keep it as weapon in your own arsenal to war for him. The cool part about this process is I've never made a Prayer Bible that didn't change me too. So you're in for a treat.

This printable is a written transcript of the video so you can use it to easily follow along with the video and take notes or you can use it on it's own. There is a progress tracker at the end of this document, as well as the Clean Your Heart prayer we'll go over in a bit, and a blank Prayer Mapping worksheet that I'll explain towards the end. This printable will be linked in every weekly email.

The reason this is called Week 0 is because we have some house cleaning to do. Praying for our husbands is too sacred to take lightly. We are flawed people, us wives are. And our intentions are usually pretty good but a lot of the time our frustration, bitterness, or even a simple lack of patience can seep into the quiet small places in our hearts. So, as much as we just want to jump directly into prayer for him, we have a vessel that also needs to be clean.

FYI - This isn't a topic I'm going to put in my husband's Bible. This is simply a week to prepare ourselves before we start.

First side quest of the day: Flip to **Leviticus 16**. This is a pretty intricate passage with a lot of seemingly inapplicable information on dress codes and sacrifices, but I want to hone in one part in particular:

When Aaron, the high priest represented *God to the people*, he wore ornate golden robes, but here in Leviticus 16, he's representing *the people to God* and he's dressed in *linen* from head to toe. (Now, I take no credit for this discovery, our pastor just spoke on this recently and it was totally relevant to this week's lesson so I'm sharing the knowledge with you all.)

Why did the high priest wear *linen* on the Day of Atonement? Well, the other option was wool and wool makes a person sweat. Sweat is tied to labor and the curse in Genesis. Aaron didn't represent the people in wool that would make him sweat because we are not saved by our labors, our works, nor should we be dressed in the sweat of our own efforts. So he wore breezy linen as a representation of the people's **humility** and **purity** in the presence of a holy God.

So how does all this tie to what we're talking about this week? We need Jesus's atoning sacrifice as much as our husband, so this week, is our Day of Atonement. Wear your linen. Figuratively. The posture of your heart towards God this week should be dressed in linen: *humble, reverent, teachable, vulnerable, honest, and repentant*.

This whole week, I want you to spend a few minutes every day sitting with the Lord. No complaining. No praying for anyone else. No rehearsed or memorized prayers. Strengthen your relationship with Him by simply sitting with Him. Ask Him to show you any place in your life where you may have bitterness, resentment, anger, or other sin. Sit. Listen. Confess. Repent. Forgive (including yourself). Receive God's forgiveness.

Sin is a sticky thing. It hides in the darkest corners and crevices, and while we won't be perfect in cleaning every thing out, our goal is to do the best we can, where we are. Let's put our main focus on those bad, low lying fruits like a quick quip of gossip at lunch, an improper judgment of a friend's situation, a heated moment of raising your voice to your family member, and even trying to control a situation that you know should be left to God. All those things and more, let's take them to the cross and set them down at the feet of Jesus. God knows where you are, what kind of mountains you're staring at, and what valleys you have been through. He has used broken people for His good purposes since the beginning of time and He isn't breaking that track record with you.

If you've ever attended a workshop with me, you'll recognize this prayer. It's all scripture and you can use it

as a guide to begin every prayer session on the Right foot:

Lord, thank your calling me to draw near to You in this way.¹ Your Word says the prayer of a righteous person has great power as it is working² and You hear the prayer of the righteous.³ I know my sins have made a separation between You and I.⁴ If I cherish sin in my heart, You, Lord, will not listen.⁵ Therefore, let me test and examine my ways.⁶ Lord, weigh my spirit,⁷ for even a little yeast leavens the whole batch of dough.⁸ Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!⁹ Create in me a clean heart, O God, and renew a right spirit within me.¹⁰

[Selah - pause, listen, repent, forgive, receive grace]

Thank you for cleansing me from what is dishonorable, that I am a vessel for honorable use, set apart as holy, useful to You, and ready for every good work.¹¹

¹ James 4:8; ² James 5:16; ³ Proverbs 15:29; ⁴ Isaiah 59:2; ⁵ Psalm 66:18; ⁶ Lamentations 3:40;

⁷ Proverbs 16:2; ⁸ 1 Corinthians 5:6; ⁹ Psalm 139:23-24; ¹⁰ Psalm 51:10; ¹¹ 2 Timothy 2:21

As I was reflecting on the scriptures in *The Praying Wife PDF*, there were a few recurring themes that caught my attention:

- the **Character** of a godly wife,
- the level of their **Submission** to God, and
- their **Eagerness to be Changed** for the better.

CHARACTER

The Bible gives us lots of words to describe the good and bad character of a godly wife. Desirable characteristics would be “wise”, “gracious”, “good”, “prudent”, “fear of the Lord”, “peace”, “uprightness”, “genuine”, “fervent in spirit”, “thoughtful”, “patient”, “loving”, “mutual upbuilding”, and so on.

Proverbs 12:4 and **14:1** both give us the positive and negative results of our character. *“An excellent wife is the crown of her husband, but she who brings shame is like rottenness in his bones.”*

Quick word study side quest: because “excellent” can be an opinionated word so let’s define it the way God wants us to understand it. The Hebrew word here has the idea of *strength and influence, with God being seen as the supplier of this strength*. It speaks of having a *virtuous character*. Similarly, the Hebrew word for “crown” is just that; a crown. But a crown symbolized the king’s power and authority. With this context, I can read that an “excellent” wife is to bring a virtuous heart that has been strengthened by Christ to her marriage, which in turn magnifies her husband’s power and authority.

This gives me the picture of walking in our God-given marriage roles and the subsequent fruit of that obedience. When we walk in our role as *Wife*—lover, encourager, comforter—it gives our husband the confidence to walk in his role as *Husband*—provider, protector, leader—and vice versa. When we are properly walking in our God-designed roles, we empower one another to be the best husband/wife we can be.

I’ve seen this play out in my own marriage and now that I’m aware of it, it really helps me see the beginning signs of when one of us slipping into a role that wasn’t designed for us. For instance, when my husband is confident, takes charge of making decisions for the family, and is balancing work well, it allows me to rest in what God has called me to do: take care of the health and emotional safety of the home, filling it with wholesome food, comfort, and plenty of love. But when my husband slips into passivity and checking out mentally because he’s over stressed, it forces me to step into his role to pick up the slack, which is where my irritability begins to grow and I become quarrelsome. And ironically, when I become irritable and quarrelsome, it causes my husband to recoil even further into a passive nature. It’s a vicious cycle but now that I understand where the starting line is, he and I can be quicker to call it out and get back into alignment.

I read a book called *Transforming the Inner Man* that began to shed light on this subject for me. A couple years later, I read a book called *Captivating* that spoke even deeper into the roles God created for women. My husband read the accompanying book called *Wild at Heart* which is the man-version of *Captivating*. Being cognizant of this dynamic and it’s effect on our marriage has been extremely helpful for interrupting

the snowball effect.

Getting back on track, the Lord also gives us negative characteristics to watch out for too. I like to think of these as warning signs on the Narrow Path: little red flags that signal when we're in dangerous waters. Words like "folly", "foolish", "quarrelsome", "slothful", "vengeful", "irritable", "resentful", "arrogant or rude", so on and so forth. If I read that list for too long, I get super convicted, but it's only because I can still struggle with perfectionism and thinking I'm not allowed to have any of these traits EVER, so I'm choosing to renew my mind with the word "Grace." I won't get it right every time and that's okay. His Grace covers my weakest moments.

Alright, we know that *"out of the abundance of the heart the mouth speaks,"* so of course the words that come from our mouth will reflect our character as well. **Psalm 34:13** instructs us to *"keep your tongue from evil and your lips from speaking deceit,"* and **Proverbs 18:21** is our red warning label that tells us *"death and life are in the power of the tongue."* Ladies, depending on the health of your marriage, this can be hard. So here's a verse to pray:

Psalm 141:3 - *"Set a guard, O Lord, over my mouth; keep watch over the door of my lips!"*

Let's normalize embroidering this verse on hand towels and pillows!

Proverbs 10:11 reminds us that our words are meant to be a fountain of life. Anything less than that creates conditions for violence.

Proverbs 15:1-2 encourages us to respond with tender-hearted, soft, or gentle words to avoid stirring up anger, and to use discretion rather than saying whatever comes to our mind.

Proverbs 16:24 shows a direct correlation between our words and the health of our physical bodies.

I don't want to step on anyone's toes, but I'm going to—including my own. Look at this verse.

Proverbs 29:11. *"A fool gives full vent to his spirit, but a wise man quietly holds it back."*

As women, we can use the term “I need to vent” as a hall pass for permission to say whatever we want. This isn’t saying “don’t ever vent to your friends,” but I do believe the spirit of the proverb is one that is calling us to take our venting to the Lord first. Sure, there are times when we need to process our feelings to one another, but I challenge you to take an honest look at your heart next time this happens.

- Have you taken it to the Lord first?
- Are you choosing to vent to someone who is simply going to tell you what you want to hear?
- Do you have anyone in your life you can trust to tell you what you *need* to hear?

Venting can be helpful but it can also firm up those negative neural pathways and make it easier to focus on the negative. This is not good if you’re struggling with resentment or unforgiveness.

Prayer Mapping

I have an exercise I do when life gets overwhelming. I call it Prayer Mapping. I’ll do a follow up video on my process for this but here is the premise in a nutshell:

1. Write down the overwhelming feeling that’s in my body: fear, anxiety, anger, heartbreak, even bodily tension if I feel like my body isn’t letting go. I can get like this when I have many small stressors building up but no one thing that is really huge. I write that feeling in the middle of a paper and circle it.
2. Then I create a bit of web diagram by listing every thing that’s contributing to that feeling, no matter how insignificant it seems.
3. Afterward, I sit in listening prayer and ask God to speak into these situations as a whole. I write down any impressions I get. This usually takes a few minutes and sometimes I get nothing.
4. When I’m done, I’ll lift every single item on that list, individually, up to God in prayer. Remember, this is listening prayer, so don’t talk or ramble on about what you wrote down. Just read it and then sit quietly. If he brings a verse to mind, write it down. If nothing is coming to me, I will read through scriptures until something resonates or jumps off the page at me.

The Scripture Books on my website are great for this but I've also used the scripture list in the prayer journals I sell on my website. However you do it, the point is this: **to lift up to the Lord that which is weighing on us and give Him an a chance to speak Life into it.**

Sometimes the verses I write down remind me where I find my peace in the struggle and sometimes they call me out for doing something I need to repent of. Whatever you write down, let it **only** be scripture. This is not a place to root ourselves in the idioms of our culture. "Do what makes you happy" is not biblical and anything built on this false sense of security will crumble. *Note: Reading the Bible every day makes this practice a lot easier.*

Let's breeze through a few more scripture that references our character and actions as wives:

Ecclesiastes 5:2 emphasizes to think before you speak.

Ecclesiastes 7:9 is another verse that tells us to take a breath before anger gets its grip on us.

Malachi 2:6 leads by example with his words to walk with God in peace and uprightness. And as a result, our obedience can keep others from sinning.

Matthew 7:12 is the Golden Rule that tells us to be just in our dealings with others, no matter how that person has hurt us.

Romans 12:9-21 is worth the full read. It gives all kinds of character traits and heart postures to which we should align ourselves, including to be genuine, fervent, thoughtful, humble, gracious, forgiving, surrendered, and prayerful.

I Corinthians 13:4-8 is a lot of instruction about what love really is and what it is not. I encourage you to read this through slowly and ask yourself after every phrase, "do I reflect this sentiment?" If the answer is no, take a moment to lift it to the Lord in confession and repentance.

Ephesians 4:29 calls out our word choice again with a firm conviction that if we aren't bringing good to others with our words, we best keep our

mouths shut.

Ephesians 5:33 is the charge for us wives to understand that we are united to our husbands, respecting them as head of the body, in the same way they are to be united to us, in love.

Lastly, this is a great verse to end this section on: **1 Peter 3:1-2**. This has a hint of Malachi 2:6 sprinkled in it. For a husband that is not obeying the word, our task is not to preach to him, scold him, or judge him. On the contrary, we are instructed to win him over by our good conduct, not our words. That our respect towards him and our pure conduct will woo him over from the dark side. I personally need to pair this verse with Psalm 141:3, the verse begging for the Lord to put a guard over my mouth!

One thing all these verses allude to is that a godly wife needs to exercise **self-control**. We'll get into praying for our husband's self-control and temptation to sin in Week 4 but we need to remember that infidelity is not the only kind of temptation we need to keep an eye on. God tells Cain in **Genesis 4:7** that *"sin is crouching at his door but he must rule over it."* Same goes for us and the temptation we fight to say foolish or rude things. As we know, self-control is a fruit of the Spirit listed in **Galatians 5:22-23**, so it's got to be important.

Now that we've laid the groundwork for the kind of character the Lord wants to bring about in us, let's dive into where that strength and motivation will come from.

ALIGNMENT TO GOD

If this list of good and bad character traits feels overwhelming, I want you to remember 2 verses:

John 5:30 - *"I can do nothing on my own..."*

Matthew 6:33 - *"Seek first the kingdom and his righteousness and all these things will be added to you."*

When I get overwhelmed with all I need to be and need to do, I remember these two verses and it takes my never ending task list down to one line item. **Seek God**. When I do that, everything else will fall into place. And that's where we find ourselves now, looking through verses that remind us that having a *humble*

reliance on and alignment to God sets everything else into motion.

Flip to **Psalm 19:14**. The psalmist understands that the words that he speaks and the condition of his heart needs to be favorable to God. Listen to the thoughts in your head. Are they loving? Encouraging? Uplifting? or do they sound more like moans, exasperation, or cynicism? I'm not talking about what comes out of your mouth and what you choose to speak. Yes, that matters also, but remember, the Lord first looks at the heart, not at the outward man. If out of the abundance of the heart the mouth speaks, there will come a time when your will-power will falter, you'll reach your breaking point, or the dam will crack. We can only pretend for so long. So the goal here is not behavior modification but heart change. Let us be like the psalmist who recognizes that his outward actions and words are a direct representation of the condition of his heart and what he chooses to mediate on.

Psalm 37:5 tells us to commit our way to the Lord. The Hebrew word here for "commit" literally means "to roll" as if rolling aside a burden and finding full trust, peace, protection, and satisfaction in a surrendered focus on God. The verse goes on to say "trust in him, and he will act." We are not our husband's savior. We cannot push, pull, force, or drag our men to a changed heart or a new trust in God. We are called to be intercessors: to help him with areas of his life only God can change. Us wives need to roll off our burdens, trust in the Lord, and stand confident knowing He is moving in response to our prayers.

Psalm 51:10-12 is the ultimate cry of a surrendered and teachable heart yearning to do life God's way. The first word "*create*" is a Hebrew word that is reflective of Genesis 1. It implies a complete new creation that is only accomplished by God's intervention. And let's look at that word "*right*" in the second line and it's used to reference the orientation of our spirit. It's a Hebrew word that means "firm spirit for God, able to resist the devil, steadfast in faith, and to abide constant in the way that is holy." It's the necessary ingredient for keeping a cleansed heart clean.

So when Jesus washed Peter's feet and Peter demanded He wash his whole body, Jesus negated him and explained he's already been full cleansed—that's a one and done thing—but washing of the feet should be done regularly. That "*right*" spirit is what keeps us on the narrow path, steadfast for the ways of the Lord, and convicted when we deter to the right or the left. If this passage resonates with you, you might also want to read **Ezekiel 36:26**.

We're all in different seasons of our marriage. For those of you in a season of despair or discouragement, **Psalm 62:5** is solid truth to grab on to. It is God alone—not the awakening of our husband's spirit or the change in our circumstances—that we wait for. Stay steady in prayer; eyes focused on Him, and maintain full assurance that you will see the goodness of the Lord in the land of the living. This firm belief will bring you hope, and hope is the remedy for despair.

Speaking of despair, here's a great verse to wrap yourself up in:

Matthew 11:28 - *"Come to me all who labor and are heavy laden, and I will give you rest."*

This is a promise of God. Brief word study again: The word "come to me" is not suggestive. It's an imperative verb which means it's a command given by one in authority and the Greek verb for "I will give rest" is written in the indicative mood which means this thing is fact. No maybes. No sort of's. He will do it. Period. To come to Him may look different for different seasons and different people. It may look like sitting on floor crying in prayer or standing in worship with arms lifted high. It may look like reading the Word. But I want to remind you that as much as we want to do all the talking and venting to the Lord, He wants even more to speak back to us and provide us with the comfort and encouragement we are desperate for. So just make sure you leave Him room to speak once you've laid it all out for Him to hear.

Now, there are magnificent graces the Lord wants to bestow on us miraculously and there are also commands that He has given us through His word that are our responsibilities to choose to do. **Romans 12:1-2** is one of those calls. We are to choose to *continually* present our bodies as a living sacrifice, fighting against our flesh and feelings. We are to do this by renewing our minds which replaces the lies in our heads with the truth of God and to test those words against scripture to understand the will of God for the situation at hand. This puts us into an alignment under God where our minds are thinking the way and will of His.

Galatians 6:9 tells us that humble reliance on God will supply us with divine endurance to not grow weary or give up when doing good.

Ephesians 5:15-17 instructs us take an honest look at ourselves and how we're walking this Christian walk

and reminds us, *again*, to seek understanding for what God's will is. And I've learned that when a particular directive is repeated by God, He wants us to really pay attention.

Lastly, one of the most simply stated commands is found here:

James 4:7: *"Submit yourselves to God. Resist the devil, and he will flee from you."*

We can't fight a spiritual battle in our own little one-person brigade. We have to be submitted to God's Army. On our own, we wield no power to fight unseen forces but with Christ, we have been given all authority.

Staying in right alignment with the Lord requires knowing what the Lord is aligned with. If you're not reading scripture, you're not going to know what God stands for.

Do you guys remember my friend Jessi? She did the very first 10-week series with me back in the Fall of 2024. She has a passion for WDJD - What DID Jesus Do? - as opposed to What Would Jesus Do because the fact of the matter is, if you don't know what Jesus DID--the kinds of decisions He made, the morals He stood for, or the actions He took in particular situations--then you would have no basis from which to make the assumption of what he WOULD do in your present situation. We have to be in the Word. Dare I say, we need to be in Word *more* than we're in the world. The inputs coming into your brain are setting the plumb line of your moral compass. If the radio, news, social media, culture, and television are entering your eyes and ears more than the Word of God, it only makes sense that you'll struggle with discerning what Jesus would do in reference to your situation at hand. Alignment under and a humble reliance on God is so important for us praying wives.

EAGERNESS TO BE CHANGED

How can an unholy person approach the throne room of God? The fact that this is even possible is probably the biggest mercy God has granted us. But for the sake of not giving you a rote theological Christian answer, I answer it like this: His grace saved us because we answered His call to trust Him. We were cleansed once and for all, but sin is a sticky thing and we have to wash our feet of it regularly. When it's left unattended, it's like a fungus that spreads throughout our whole being, infiltrating our thoughts,

warping our actions, and spreading itself like a viral infection to others. Spiritual hygiene is very important and as much as you are diligent to keep your teeth clean every day, how much more should you be brushing clean the germs of sin?

Psalm 66:18-19 links the Lord's hearing of our prayer to our commitment to our spiritual hygiene. If we aren't bothered and grossed out by our sin germs, then we won't be motivated to brush them off. And if we can't be bothered to clean ourselves, why would a holy and pure God desire to take notice of our prayers? (*"I will have mercy on whom I will have mercy"* is the verse that immediately answers that question in my head. Yes, He can choose to hear our prayers if He so decides regardless of our filth.) But there are plenty of scriptures in the Bible that lay out His commandments alongside the blessing or curse that comes from choosing whether we follow those commandments. Yes, there are curses and they are promises just as much as the blessings are, so when we choose to ignore or avoid an opportunity to be obedient, it's not a passive decision. It's an active decision to choose the curse.

This Psalm 66 verse says *"if I had cherished iniquity in my heart, the Lord would not have listened. But truly God has listened; he has attended to the voice of my prayer."* God wants to help the teachable, the soft in heart, and ones who recognize they need Him. So I believe it's safe to say that when we are committed to our spiritual hygiene, the Lord takes notice of it! And through the purification of our hearts, we then become a more clean and holy vessel through which we can approach the throne room and wait in eager anticipation of His answer to our prayers.

Flip to **Isaiah 1:15-16**. This is the Lord speaking through Isaiah to the people. Their actions were dutiful but their heart was not for God. They wanted Him for what He could do for them. *"...Gods kindness is meant to lead you to repentance"* is how **Romans 2:4** puts it. His kindness of answering their prayers was meant to woo them into loving relationship with Him, not show them that they had a glorified genie in a bottle who was waiting in the wings to grant whatever prayer they lobbed His way. God calls them out and says *"your hands are full of blood"*—essentially, they're a filthy unrepentant people—and then He tells them to wash themselves and to stop doing evil things. The behavior-modification-way here is to simply say I'm sorry and play the Romans 5:20 card (*"where sin abounds, grace abounds more"*) and go about your life, but true repentance means to be so disgusted with your own sins that you desire to turn the other way and do the opposite. We can safely take these verses and conclude that when our hands are full of blood and our spiritual hygiene is less than stellar, God takes no notice of our prayers.

My best guess is that if you're this far into this lesson, your spiritual hygiene is decent (or you at least have a willingness to learn). He can do a lot with a teachable heart.

Let's keep going because this section is really important. We want to be powerful intercessors for our husbands and these are all things that can inhibit us or aid our effectiveness.

Matthew 6:14-15. This is same section of texts as the Lord's Prayer, so we know it's important! Forgiveness is virtue and often something that we can only do through the power of Christ in us. It's also a command, not a suggestion. There are other places in scripture where God tells us the bad fruit that will grow as a result of harboring unforgiveness. Bad fruit attracts flies. When I have a hard time obeying in a certain area of life, I test my heart with really hard questions. "Would I be willing to forgive this person if it resulted in the Lord answering my prayer for their healing?" Sometimes, my flesh doesn't want to forgive for selfish reasons—it's not enough for me to do it for myself—but if I look at the situation as if my decision to forgive could impact another person in my life positively, I find a new motivation to look beyond selfishness for the sake of someone else.

In a more practical example, think about how your prayers for your husband may sound when resentment and bitterness are filling your heart. Perhaps small jabs or passive aggressive comments would be made. It would alter your word choices which can radically change the spirit and tone of the prayer. Your writing may feel tense, your breathing shallow, and your forehead wrinkled.

Now imagine what your prayer would sound like if you had walked through several minutes of confession, repentance, and forgiveness of your husband before entering into prayer, asking the Holy Spirit to descend into your heart and give you the strength to forgive and the peace of mind that naturally follows. Think about how much more relaxed your heart and mind would be. Your words would be more gracious and your mind may even slip into beautiful figurative visions as you compose your prayer. Dare I say you shed a tear because your heart is so torn for the burden of the person you're praying for.

Do you see the physical effect that choosing forgiveness could have over your prayer life? It's for all these reasons and more that we must do our best to be quick to forgive. Also, mostly because God told us so, and if we love Him we will obey Him (**John 14:15**).

Let's look at Matthew 7:1-5. Not only does it speak on forgiveness but also on judging others. I know we all have a heart to pray for our husbands but we also all have different situations, degrees of urgency, and motives for why we're here, and I don't want to assume that we all have great loving relationships with our husbands and we're just here to fulfill our Proverbs 31 wifely duties. You're probably familiar with this verse:

Matthew 7:1-5 - *"You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."*

This is a big part of the purpose of Week 0 here. It's important to remember that we have faults also and a marriage is a two-way street. It's hypocritical of us to point out our husband's shortcomings without addressing our own first.

Here's one thing that I intend on doing in my prayer Bible. I have a lot of shortcomings so it's going to be really easy for me to include myself in some of those prayers. I won't hijack his prayer Bible but I can honestly see myself using words like "us", "our", and "we" when writing prayers. I also feel like when my husband reads the Bible, it will make it feel more like a team-effort rather than me singling him out.

We're getting near the end, I promise! These scriptures and lessons are just too rich and too important to skim over.

I love this next verse: Mark 11:24-25. First of all, it addresses mustard seed faith and believing before we see the answer. This is a whole other topic that excites me but I don't have time to get into it. The second sentence is something that surprised me when I first became aware of it.

Mark 11:24-25 - *"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."*

This is a direct correlation between our forgiveness of others and the effectiveness of our prayers.

Ephesians 4:31-32 is another command to do away with all bitterness, rage, anger, animosity, resentment,

strife, fault-finding, spitefulness, verbal abuse, profanity, and slander. Another command rather than a suggestion. These characteristics have no place in a healthy marriage. If you're like me, there are several of these I'm guilty of. Correcting them requires building new habits by aligning yourself with God. It's challenging and uncomfortable but did we think the phrase "dying to the flesh" would feel like a spa day? If you feel a heaviness, know you're not alone. We can do this through the power of Christ in us that strengthens us. And choosing God's way always brings about good fruit. Who knows, maybe that deep longing for that one specific prayer you want answered lies on the other side of your own sanctification. What do we have to lose? (Other than our pride...)

Last scripture! And this scripture is the verse that holds my feet to the fire. Remember when I said that sometimes I challenge my heart with hard questions essentially asking "what would it take for me to be obedient in this area?" And then I mentioned that my motivation to obey is often stronger when I know it can bring an answered prayer to someone else? This scripture is where that comes from.

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."*

God's word confirms that those of us who walk in righteousness and are diligent to follow the ways of the Lord, our prayers are powerful, effective, and able to accomplish much. I see this as my personal responsibility to walk with the Lord as closely and consistently with God's will as I can to be effective in prayer for others.

ON DAYS WHEN IT'S HARD

Over the next 10 weeks, I'm sure there will be days when your husband does not feel like your favorite person. On those days, it can be hard pray so here's my suggestion. Go back to the prayer at the beginning of this video and sit with the Lord through it again. It's also included at the end of this printable.

My favorite heart reset practice is going to the *Rewire Your Brain: Peace & Positivity* podcast by Liz Bagwell and head to Season 3 from October of 2024. She has dozens and dozens of daily meditations so just start at the beginning. She walks you through the science of turning negative thought cycles into godly thought cycles and has exercises for taking big complaints we have and hard seasons that come up and finding

something in them to be thankful for.

A little science because I love when science proves scripture: As a survival mechanism, our brains have a negative bias so they will naturally remember and ruminate on negative stimuli. This is great if we're living off the land and wild beasts or enemy armies continually threaten our safety. It's not so helpful when we're living in the safety of normal life. But Paul tells us how to fix this negative focus:

Philippians 4:8-9 - *"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me— practice these things, and the God of peace will be with you."*

And that's exactly what this podcast guides you through. I've made it a daily rhythm in my life for seasons of unease, stress, and when I'm in a funk. Paired with early morning sunrise light, it has drastically changed my brain chemistry as well as my overall well-being. If you find yourself in a marriage funk, this is my number one recommendation.

CONCLUSION

Whew! That was a lot! But this is the most important step in this whole 10 weeks series. Coming to the Lord with a soft, clean, teachable, humble, forgiven, surrendered heart will spill out into heartfelt, tender, and effective prayers for our husbands. Not only that but it will begin to change us, which is step one if you're praying for a miracle in your marriage.

Use the rest of this week to spend a few minutes every morning with the Lord listening to what He wants to say to you to prepare you for the next 10 weeks. Practice your listening relationship with Jesus. If there's a particular part of today's lesson that you want to dive into deeper, you can check out *Scripture Book Vol 1* for more verses on Bitterness, Forgiveness, Surrender, and praying for a Clean Heart.

Next week we start with Diligence and I'm going to be using *Scripture Book Vol 3* exclusively throughout the whole series so grab one if you haven't already.

You can use the progress tracker on the next page to keep yourself on track for these next 10-weeks and I've also included blank prayer maps you can print off if you need some extra help renewing your worries into godly promises.

I know a prayer Bible can seem daunting at first, but remember, we have plenty of time so if we stay with it and write **2-3 prayers a day** (*use your Polite house 20 minute candle to help you stay focused!*), the Bible will practically build itself over the course of our series and you'll be left with an amazing tool of warfare as well as tangible proof of God's presence and provision in the form of a Prayer Bible with 140-180 handwritten prayers.

God's word does not return void but accomplishes what it sets out to do! That's a promise and He's never broken one so far!

PROGRESS TRACKER

Staying focused and on track can be a challenge in this distracting world so use this tracker to help you stay diligent and committed. For every prayer you write, color in a bubble. Two prayers per day is our goal and give yourself extra points if you color in the third bonus bubble of the day!

WEEK 1

DILIGENCE & AMBITION



WEEK 2

HONESTY & INTEGRITY



WEEK 3

MONEY & FRUITFULNESS



WEEK 4

TEMPTATION & SELF CONTROL



WEEK 5

CHRISTIAN WALK



WEEK 6

COMPASSION & FRIENDSHIP



WEEK 7

LOVE & MARRIAGE



WEEK 8

HUMILITY & PRIDE



WEEK 9

CALLING & PURPOSE



WEEK 10

DUTY & LEADERSHIP



CLEAN YOUR HEART

Use this on days that feel hard or create a daily rhythm of surrender and begin every prayer session with it.

This is not a moment to perform, produce, or prove anything. Quiet yourself before God and intentionally lay down pride, distraction, control, and any known sin. Confess what Holy Spirit brings to mind. Release your own agendas, assumptions, and expectations. Choose humility. Choose obedience. Ask God to empty you of self so He can fill you with His Spirit. Do not move forward until your heart is surrendered and your spirit is yielded.

Lord, thank your calling me to draw near to You in this way.¹ Your Word says the prayer of a righteous person has great power as it is working² and You hear the prayer of the righteous.³ I know my sins have made a separation between You and I.⁴ If I cherish sin in my heart, You, Lord, will not listen.⁵ Therefore, let me test and examine my ways.⁶ Lord, weigh my spirit,⁷ for even a little yeast leavens the whole batch of dough.⁸ Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!⁹ Create in me a clean heart, O God, and renew a right spirit within me.¹⁰

[Selah - pause, listen, repent, forgive, receive grace]

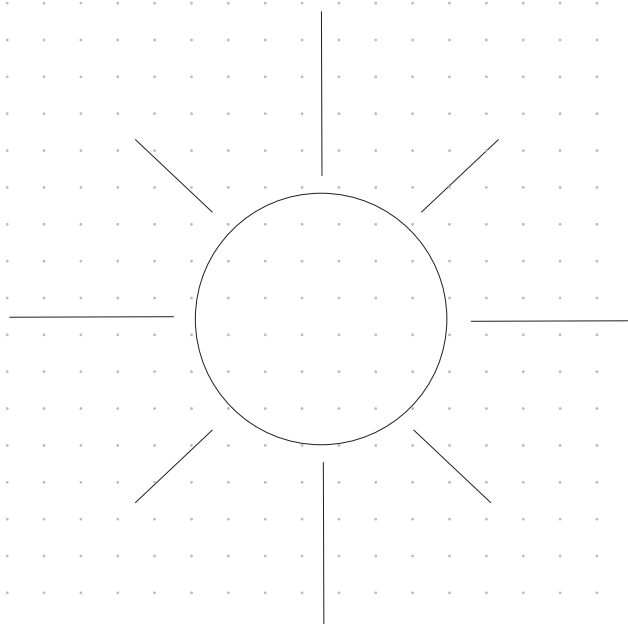
Thank you for cleansing me from what is dishonorable, that I am a vessel for honorable use, set apart as holy, useful to You, and ready for every good work.¹¹

¹ James 4:8; ² James 5:16; ³ Proverbs 15:29; ⁴ Isaiah 59:2; ⁵ Psalm 66:18; ⁶ Lamentations 3:40; ⁷ Proverbs 16:2;

⁸ 1 Corinthians 5:6; ⁹ Psalm 139:23-24; ¹⁰ Psalm 51:10; ¹¹ 2 Timothy 2:21

PRAYER MAP

Use this practice to help you identify the lies and worries and apply God's truth to them.



PRAYER MAP

