

30 Days of Praying for Your Spouse

About a minute a day. Read the focus, pray it in your own words by name, and read the verse when you can. Once a week, tell them what you've been praying.

THEIR HEART

- 1 Knowing God's love** Ephesians 3:17-19
Pray they'd know God's love more deeply this week, not just know about it.
- 2 Peace** Philippians 4:6-7
Pray for a heart at peace, whatever this week brings.
- 3 Rest** Matthew 11:28-30
Pray they'd find real rest, and not feel guilty taking it.
- 4 Joy** Nehemiah 8:10
Pray for a joy that doesn't depend on how the week goes.
- 5 Freedom from worry** 1 Peter 5:7
Pray that whatever they're carrying, they'd hand it to God.
- 6 Courage** Joshua 1:9
Pray for courage for the hard thing in front of them.
- 7 Their thoughts** Philippians 4:8
Pray their mind would dwell on what's true and good.

THEIR DAYS

- 8 Their work** Colossians 3:23
Pray their work would feel meaningful, and that they'd do it well.
- 9 Wisdom** James 1:5
Pray for wisdom in the decisions they're facing.
- 10 Health** 3 John 1:2
Pray for their body: strength, good sleep and health.
- 11 Friendships** Proverbs 27:17
Pray for good friends who sharpen them.
- 12 Integrity** Proverbs 10:9
Pray they'd walk with integrity when no one's watching.
- 13 Temptation** 1 Corinthians 10:13
Pray for protection from whatever tempts them most.
- 14 Money** Hebrews 13:5
Pray for contentment and generosity in how you both handle money.

THEIR CHARACTER

- 15 Patience and kindness** Galatians 5:22-23
Pray the Spirit would grow patience and kindness in them, and in you.

THEIR CHARACTER

- 16 Their words** Ephesians 4:29
Pray their words would build others up, starting at home.
- 17 Humility** Philippians 2:3-4
Pray for a humble heart that looks out for others.
- 18 Strength in hard moments** 2 Timothy 1:7
Pray for power, love and self-discipline in their hardest moments.
- 19 Their gifts** Ephesians 2:10
Pray they'd see the good work they were made for.
- 20 Doing good** Galatians 6:9-10
Pray they wouldn't grow weary of doing good.
- 21 Growing faith** Colossians 1:9-10
Pray their faith would keep growing, in what they know and how they live.

THE TWO OF YOU

- 22 Unity** Ecclesiastes 4:9-12
Pray you'd face things side by side, not against each other.
- 23 Forgiveness** Colossians 3:13
Pray for quick forgiveness between you, both ways.
- 24 Love that lasts** 1 Corinthians 13:4-7
Pray for a patient, kind love that doesn't keep score.
- 25 Friendship and romance** Song of Songs 8:6-7
Pray your friendship and romance would stay strong.
- 26 Your home** Deuteronomy 6:6-7
Pray your home would be a place where faith is lived, not just talked about.
- 27 Hope** Romans 15:13
Pray for hope that overflows, especially in a hard season.
- 28 Gratitude** 1 Thessalonians 5:16-18
Pray you'd both notice, and say, what you're thankful for.

LOOKING AHEAD

- 29 Endurance** Hebrews 12:1-2
Pray for endurance for the long road, with eyes fixed on Jesus.
- 30 Your future together** Proverbs 3:5-6
Pray you'd trust God together with what's ahead.

When you both choose the faith option in R.O.S., a Praying for you button lets your spouse know (with a short note), and a shared prayer list lets you mark prayers answered. Free to start: rosplatform.app

Every day with links: rosplatform.app/pray | Verse references are to the New International Version (NIV). | © 2026 RMC Capital Coaching, LLC