A couple is seen from behind, sitting on a red blanket in a field of tall grass. A red bicycle is parked to their right. In the background, there are rolling hills and mountains under a soft, hazy sky. The overall scene is peaceful and romantic.

Praying for Your Husband from Head to Toe

A Daily Guide to Scripture-Based Prayer

Sharon Jaynes

Author of *Becoming the Woman of His Dreams*

Praise for
Praying for Your Husband from Head to Toe

“I have never seen a more practical book on how to pray for your husband than *Praying for Your Husband from Head to Toe*. Sharon Jaynes has done wives (and husbands) a great service by writing this book. I can’t wait to see what will happen to husbands whose wives choose this challenge to pray.”

—GARY CHAPMAN, PHD, author of *The Five Love Languages*

“In this much-needed book, Sharon Jaynes gives readers the whys, whats, and how-tos of praying for a husband. The thirty-day guide for covering every aspect of a man’s life through prayer is every wife’s dream come true. What a gift! As Sharon writes, ‘Prayer can change everything!’”

—ELIZABETH GEORGE, author of *A Woman After God’s Own Heart*

“You will be delightfully surprised by the power of this book. Most of us have prayed for our husbands for years, but Sharon’s approach is so unique, it will change how we pray for our men forever.”

—SHAUNTI FELDHAWN, author of *For Women Only*

“Sharon Jaynes has combined powerful prayers with a practical plan that wives everywhere can follow. Her words are full of wisdom, encouragement, and truth. This book is an invitation to deepen your intimacy with Jesus in ways that will ultimately bless your marriage as well.”

—HOLLEY GERTH, author of *You’re Already Amazing*

“Every wife wants to know the best way to encourage and support her husband. The best place to begin is by having a conversation with the God who created him. God knows every detail about your husband—his struggles, his concerns, his joys, his fears, his hopes, and his dreams. After all, it’s God who wired your husband exactly the way he is. Sharon Jaynes invites you to pray for your husband by releasing the creation (your husband)

back to his Creator (our gracious God) and praying for your husband from head to toe each day. This collection of prayers will be an encouragement to your husband, and in the process, you'll be drawn closer to God."

—DIEDRA RIGGS, managing editor of TheHighCalling.org

"Sharon Jaynes has written a book every woman needs on her bedside table. *Praying for Your Husband from Head to Toe* is a powerful and practical marriage changer. A woman will get in tune with God's heart for her husband—and also with herself, her life, and the future blessings and *best* God has for her love."

—PAM FARREL, coauthor of *Men Are Like Waffles—Women Are Like Spaghetti*

"*Praying for Your Husband from Head to Toe* could not have arrived at a more perfect time. With life moving ahead at a near-frantic pace while I attempt—in vain—to keep up, this book is a reminder to slow it all down. My husband needs not only my love, encouragement, and support but most important, my prayers. And not just any boilerplate prayer, but specific prayers over every square inch of his body, mind, and even his sexuality (one of my personal favorites!)."

—FAWN WEAVER, founder of HappyWivesClub.com

"In the nineteen years I've been married to my best friend, I've lived the 'for better or for worse' part of my wedding vows. I've learned so much and assembled quite the tool belt in my journey to love and honor my husband. But nothing—*nothing*—has been as powerful as bowing my heart and knee and simply praying for him. *Praying for Your Husband from Head to Toe* is a practical, powerful guide for blessing not only your spouse's life but also your own. This resource will take your marriage to a new level!"

—KRISTEN WELCH, author of *We Are THAT Family* blog

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*Dedicated to my husband, Steve,
the man who captured my heart the first time I laid eyes
on him over three decades ago.*

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Part 1

The Power and Purpose of Prayer



I can still remember being sequestered in the “bride’s room” of our church just moments before the organist began to play for the early arrivals. As I sat in front of an oversized gilded mirror, trying not to wrinkle my dress, I daydreamed about the man who would become my husband by day’s end. He was everything I had ever hoped for: handsome, smart, ambitious, and strong. And most important, he had a deeply intimate relationship with Jesus.

My delicate white gown fit snugly around my upper frame, and a flowing satin train trailed behind. A veil rested on a nearby table, ready to be positioned on my head. My bouquet of white roses stood at attention, waiting to be placed in my hands. The most important people in my life gathered in the sanctuary to witness the “I do’s.”

Yes, this was a good day.

As I stared at my reflection, my heart so full of hope and promise, an unwelcome thought interrupted my musing. *Doesn’t every woman feel this way on her wedding day? What could go so terribly wrong that such a high percentage of marriages end in divorce? Am I fooling myself? Am I that much different from the thousands who have walked the aisle before me?*

I decided right then and there that I would do everything in my power to make my marriage a success. It didn’t take long for me to discover that the words *in my power* were a problem. “My power” was not enough.

Fairy tales always end with the words “And they lived happily ever after.” But if we could read the epilogue to those rides off into the sunset, we’d most likely find daily struggles, potentially divisive decisions, and

angry arguments sprinkled throughout. Fairy tales stop short of telling us about tension over whose turn it is to wash the dishes, pay the bills, or put the kids to bed. They leave out the part about stress over holidays with in-laws, frequency of intimacy, and who gets to spend what when. We naively repeat the words “for better or for worse” and then are shocked when the first hint of “worse” rears its ugly head.

Prayer Can Change Everything

If you’ve been married for more than a few days, then you have most likely figured out that the blessed union doesn’t stay so blessed without a lot of work. And I dare say, the most important “work” we can do as wives is on our knees. The psalmist wrote, “Unless the LORD builds the house, its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain” (Psalm 127:1). Only God can truly protect your marriage and your man. And He invites you to participate in the unleashing of His power by praying for your husband and turning the key to the storehouse of heaven’s door for blessings outpoured.

Louise saw this happen with her husband, Allan, in a miraculous way.

Allan was a tough man. Raised by a single mom with five siblings during the Depression in the early 1930s, Allan learned how to scrap his way through life and climb to the top of humanity’s heap through sheer determination and grit. He married at nineteen, had his first son at twenty, then a baby girl at twenty-five. Over the next two decades he advanced from driving a delivery truck at a lumberyard to becoming part owner and president of a building supply company in eastern North Carolina.

Allan drank heavily, fought with his wife physically, and terrorized his children emotionally. He gambled, dabbled in pornography, and had questionable relationships laced with a host of unsavory vices. But when his teenage daughter became a Christian and began praying for her family, God grabbed the chisel of grace and began chipping away at Allan’s

proud heart of stone. Three years after his daughter's decision to follow Christ, his wife, Louise, became a believer as well. His wife, his daughter, and a host of other prayer warriors began interceding with God on Allan's behalf.

When Allan was forty-six years old, his life took several hairpin twists and troublesome turns. Because of a business deal gone terribly wrong, he was sued for breach of contract for breaking a noncompete clause with a former employer. Fearing exposure in court and, more important, in his small community, Allan teetered on the brink of a nervous breakdown. From man's perspective, it appeared he was on the verge of losing it all. From God's perspective, Allan was right where he needed to be.

One day, in a surge of panic, Allan drove home from work, only to remember his wife was at a meeting in Pennsylvania. He got back in his car and drove five hundred miles to try and find her. As he drove into the town where he expected to find his wife, he passed a church. Immediately, Allan made a U-turn, parked his car, and ran inside the ornate building.

"Excuse me, ma'am," he said with tears in his eyes. "I need someone to pray for me. Is the preacher available? I need help."

"I'm sorry, sir," the church receptionist said. "He's not in, but I know a man who can help you. Here," she said as she sketched out directions on a scrap of paper. "The pastor of the Baptist church down the street is out doing some construction work on their new church building. Why don't you drive on over there? I bet he can help you."

So Allan got back in his car, followed the receptionist's crude map, and found the country preacher out in the woods working on his church. With a hammer in his hand and Jesus in his heart, the pastor turned to Allan and asked, "What can I do for you?"

"I need you to pray for me," Allan explained as tears ran down his weathered cheeks.

"Let's sit down on this log while you tell me what's going on."

For several hours Allan sat with a fellow builder and told him all he had ever done. When he had finished his confession, the pastor put his arm around this broken man and said, “Now, Allan, let me tell you what I’ve done.”

The way Allan later explained it, “I told this man everything I had ever done. Then he told me he had done the very same things. And I knew if God could forgive him, and he could be a preacher, then God could forgive me too.”

Allan knelt in the woods of Pennsylvania with angels hovering low. Heaven’s host celebrated as he gave his heart to Christ and made Jesus the Lord of his life. “Amazing grace, how sweet the sound...” But for me, this is more than a *sweet* story. It is a miraculous memory. Allan was my dad.

From my earliest years as a Christian, I experienced the power of prayer to change a man’s life—to strengthen a man’s resolve, to protect a man’s heart, and to mature a man’s faith. My firsthand encounter with God’s faithfulness to hear our pleas began with my father and continues today as I witness it in the lives of my husband, my son, and a host of husbands whose wives call out to God in prayer.

As a wife, you have the power to open the floodgates of heaven through prayer on your husband’s behalf. Whether your husband hasn’t yet decided to follow Christ, has a lukewarm fledgling faith, or lives a fiery firm faith, there is no one more qualified to pray for his relationship with Christ than you. No matter where your husband is on the continuum of faithlessness to faithfulness, I encourage you to pray with “the assurance of things hoped for, the conviction of things not seen” (Hebrews 11:1, NASB).

Before we jump into praying for our husbands, let’s take a look at your position as a prayer warrior, the power and purpose of intercession, and the promises of persistent prayer.

We’ll begin by looking at the first married couple ever: Adam and Eve.

Then God Created an *Ezer*

“In the beginning...”

Those three little words are pregnant with anticipation, and God does not disappoint. Genesis 1:1 tells us, “In the beginning God created the heavens and the earth.” God said, “Let there be,” and there was. “By the word of the LORD were the heavens made, their starry host by the breath of his mouth” (Psalm 33:6). God decorated the sky with the sun, moon, and stars, separated the seas from the land, scattered seed of every kind in the soil, and released flocks of birds into the sky, swarms of insects into the air, and schools of fish into the sea. On the sixth day, God created all the creeping animals. And He wrapped up His work with a masterful flourish. “Then God said, ‘Let us make man in our image, in our likeness...’ So God created man in his own image, in the image of God he created him; male and female he created them” (Genesis 1:26–27).

Then, as if the writer really wanted us to fully grasp what transpired during the first week of the earth’s existence, he picked up his pen and told the story again. In Genesis 2:4, he starts over: “This is the account of the heavens and the earth when they were created.”

This time when the writer got to the part about God creating man, he interjected God’s musing after He formed Adam and breathed the breath of life into his lungs. God sat back, considered the lone male, and decided, “It is not good for the man to be alone” (Genesis 2:18).

This is where you come in.

“I will make a helper suitable for him,” God declared. So God set out to fashion His final masterpiece. The crowning touch of His creation. Woman.

Up to this point in the creation account, we have no recorded words from Adam. However, when he laid eyes on the fair Eve, I imagine he said, “Now this is good!” His exact words were, “This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was taken out of man” (Genesis 2:23). Woman—the inspiration of man’s first poetry and the grand finale of God’s creative genius.

Let's back up, replay the scene, and take a look at one particular word God used in the creation account. God said, "I will make a *helper* suitable for him" (Genesis 2:18). The Hebrew word translated here as "helper" in reference to the woman is *ezer*. This term is derived from a Hebrew word used of God and the Holy Spirit: *azar*. Both mean "helper"—one who comes alongside to aid, assist, or rescue. The ESV Study Bible notes that the "helper" is one who supplies strength in the area that is lacking in "the helped."

Ezer appears twenty-one times in the Old Testament. Two times it is used of the woman in Genesis 2, and sixteen times it is used to describe God or Yahweh as the helper of His people. The remaining three references appear in the books of the prophets, referring to military aid. Interestingly the sixteen times the word *ezer* is used of God, it also carries military connotations. "O LORD, be my helper," David cried (Psalm 30:10, NASB). "My father's God was my helper; he saved me from the sword of Pharaoh," Moses proclaimed (Exodus 18:4). Clearly, the word *ezer* suggests a role of great honor. It is a portrait of great strength.

Theologian William Mounce painted a poignant picture:

With so many references to God as our helper, it is obvious that an *ezer* is in no way inferior to the one who receives help. This is important because this is the word that God uses in Gen. 2:18, when he says about Adam, "It is not good for the man to be alone. I will make a *helper* suitable for him." God then forms Eve as his *ezer*. According to God's design, therefore, the man and the woman, the husband and the wife, have been designed by God to stand together and help each other fight the battles of life. And God is there as the divine *ezer* to fight with them.¹

I was surprised to discover that even the Proverbs 31 woman, the model for godly wives and mothers through the centuries, was also referred to in military terms. "An excellent wife, who can find?" the passage begins.

“Her worth is far above jewels” (Proverbs 31:10, NASB). The New International Version calls her “a wife of noble character.” The Amplified Bible describes her as “a capable, intelligent, and virtuous woman.” The Hebrew word that is translated “excellent” or “virtuous” can also mean “wealthy, prosperous, valiant, boldly courageous, powerful, mighty warrior.”² Did you catch that? *Mighty warrior*.

In my book *What God Really Thinks About Women*, I noted the following:

God did not create woman simply because man was lonely... He [fashioned] woman to complete man—to love with him, work with him, rule with him, live life with him, procreate with him, and to fight alongside him. She was a female image bearer in this mysterious union of marriage. Woman was and is a warrior called to fight alongside man in the greatest battle that was yet to come—a battle not fought on the battlefield with guns, but on our knees in prayer.³

I’m not suggesting you replace your jeans with battle fatigues and your cute shoes with army boots. But I am suggesting that God has given you an amazing role as a prayer warrior on your husband’s behalf.

The apostle Paul urges believers to enter into spiritual battle armed and ready with the Word of God.

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm

then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions.... Be alert and always keep on praying for all the saints. (Ephesians 6:10–18)

A spiritual battle is going on all around us, and Paul urges us to be prepared, spiritually armed and physically alert. He emphasizes this again in his second letter to the Corinthians: “Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds” (2 Corinthians 10:3–4).

While we don’t have authority over our husbands, we do have authority over the Enemy who seeks to harm him (Luke 10:19). Through prayer, the Enemy’s plans are intercepted; the principalities and authorities are defeated. Through prayer, the power and provision of God flow into the lives of His people.

Paul tells us that marriage between a woman and a man is an earthly example of a heavenly relationship between Christ and the Church (Ephesians 5:22–33). So of course the devil, Satan, wants to destroy that microcosmic snapshot. He began with the first couple in the Garden of Eden, and he continues his all-out assault on the God-ordained institution of marriage today. The words of Genesis 3:1, “Now the serpent,” continue to slither into marriages just as surely as they did with the first couple of all time.

But here’s the good news. Jesus said, “But take heart! I have overcome the world” (John 16:33). Not only that, Jesus said He has given you power and authority to “overcome all the power of the enemy” (Luke 10:19). “The one who is in you is greater than the one who is in the world”

(1 John 4:4). You are an *ezer*, uniquely fashioned and supernaturally equipped to do battle on your knees in prayer for your marriage and your man.

The Purpose of Prayer

“Well, I guess the only thing left to do is pray about it.” How many times have I heard those words? How many times have they slipped past my lips? But what if we looked at prayer from a different perspective...God’s perspective? What if we viewed prayer as our first course of action rather than a last resort?

The vast majority of the e-mails I receive through my ministry center on marriage problems. Women struggle with husbands who aren’t living up to their expectations: men who work too much and love too little, men who withdraw emotionally and advance sexually, men who initially appear to be Prince Charming but later reveal the villain within.

Some wives describe their husbands as hardhearted, meanspirited, and verbally combative. Others complain that their husbands are aloof, passive, and emotionally withdrawn. Perhaps your man fits one of those descriptions.

On the other hand, perhaps you have an adoring husband who cherishes you, cares for you, and encourages you to be all that God has created you to be. Praise God for such a man!

Regardless of where your man or your marriage falls on the continuum of terrific to tolerable to terrible, there is always room for improvement. Prayer can make a bad marriage good and a good marriage great.

Before we start, I want to make this very clear: Prayer is not a means of *gaining control* over your husband, to whip him into shape and make him the man *you* want him to be. Prayer is a means of *relinquishing control* of your husband and asking God to shape him into the man that *He* wants him to be. Prayer involves turning the finger that points out your man’s faults and folding it along with the others in prayer.

The Bible tells us in Isaiah 29:16, “You turn things upside down, as

if the potter were thought to be like the clay! Shall what is formed say to him who formed it, 'He did not make me'? Can the pot say of the potter, 'He knows nothing'?"

God is the Master Potter, and He certainly doesn't need you or me to tell Him how to shape and mold that marvelous piece of pottery called husband. Oh, we'd like to. That's for sure. But God's ultimate goal is for that lump of clay to be fashioned according to His design and for His purposes, not ours. "We are the clay, you are the potter," Isaiah writes, "we are all the work of your hand" (Isaiah 64:8). I am. You are. Your husband is.

God shapes and molds. You pray and intercede. James warns about the danger of praying with wrong motives (James 4:3). Check your desire to control at the door of the prayer closet and don't let it in.

Prayer is not for the purpose of getting your husband to do what you want him to do when you want him to do it. Let me take that a bit further. Prayer is not for the purpose of getting God to do what you want Him to do when you want Him to do it. It is not for twisting God's arm to convince Him to do your bidding. He already has your best interests in mind. He already has your husband's best interests in mind. Amazingly, He invites you to play a part in the miracle of making your husband into the man He created him to be. Your role is not to nag, manipulate, cajole, or control. Your part is to love him and pray for him. And as you pray, God aligns your desires with His desires, your thinking with His thinking, and your heart with His heart.

God is not hoarding His blessings, waiting for us to say the right words to pry those blessings out of His stingy hand. He longs to lavish us with His goodness! (Ephesians 1:7-8). And yet He often waits for us to ask. I am not saying I understand it. Prayer is simply how He chose to engineer the flow of His power and activity from the spiritual realm into the physical realm. Prayer is the conduit through which God's power is released and His will is brought to earth as it is in heaven.

It is not that God cannot act without the prayers of His people. He

can do anything He pleases (Psalm 115:3). However, He has established prayer as the gate through which His blessings flow. James reminds us: “You do not have, because you do not ask” (James 4:2).

Ezekiel gives us a glimpse into the heart of God regarding prayer. Israel had sinned in every possible way, and her people were doomed for destruction. God said, “I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none” (Ezekiel 22:30). God looked for someone to pray, to intercede, to stand in the gap for Israel, but there was no one.

Today God is looking for women who will stand in the gap for their husbands, wives who will pray for their men to experience the fullness of God’s blessing. I’m so glad He has found such a woman in you.

The Power of Persistent Prayer

Since that day in the bride room, I have spent many hours praying for my husband. I don’t have a big bad story of how God took our terrible tumultuous marriage and miraculously transformed it into a storybook romance filled with white knight rescues, relentless romance, and rides into the sunset as we left all danger and darkness behind. Even though we’ve had our share of both tumult and romance, our relationship is no fairy tale. Our marriage reads more like a daily journal, one page after another, one day after another. Eleven thousand, six hundred, and eighty at the time of this writing. Some entries are smudged with tears; others are dog-eared as favorites. Some pages of our story are marred by unsuccessful erasures that wouldn’t quite rub away the words said; others are finger-worn by reading of precious events time and time again.

For most couples, life is just daily. However, the accumulation of small struggles can nibble like termites to undermine the foundation of what appears to be a healthy structure just as surely as an earthshaking rumble of sudden disaster.

In our early years of marriage, my prayers for Steve were more conflict

oriented. I tended to pray for him when I felt he “needed” it. When a difficult situation arose, when work was hard, when finances were strained, when relationships were messy, when stress had us both tightly wound. And yes, I did see God’s hand respond to those prayers of intercession on my husband’s behalf. But as my understanding of prayer matured, so did my intercession for Steve. My desperate cries to God in difficulties grew into daily conversations with God in the ordinary. I prayed for God’s protection and provision for my man in the one-step-in-front-of-the-other dailiness of life.

And while my marriage has not miraculously come back from the brink of disaster, I have held the hands of women who have experienced exactly that. Beth, whose husband was addicted to pornography, but because of her intercession sought out help and deliverance. Jona, whose husband filed for divorce, but because of her intercession fell in love with her all over again. Patty, whose husband was consumed with work and financial gain, but because of her intercession turned his heart back toward home. Miriam, whose husband was bound by pain from past abuse, but because of her intercession experienced the freedom of healing and forgiveness. I have held their hands. I have heard their cries. I have joined in their prayers. I have witnessed their miracles.

You may be wondering if your marriage is too far gone. Too much pain to patch. Too much hurt to heal. Too many mistakes to mend. Too much resentment to remedy. Too much bitterness to make better. Too much brokenness to rebuild. Too much betrayal to forgive. Too much. Too much. Too much.

I realize that you might have picked this book up as a last resort. Perhaps you feel your marriage is in such a shambles, there is absolutely nothing you can do *but* pray. Well, praise God for that! I’m glad you haven’t given up. God’s specialty is resurrection. He brings the dead to life...and that includes marriages that seem beyond hope.

The Bible shows us time and time again that what is impossible for man is possible with God. When God told Abraham that his eighty-nine-

year-old wife was going to have a son, the eavesdropping Sarah laughed. God's messenger calmly replied, "Is anything too hard for the LORD?" (Genesis 18:14).

In the New Testament, we find similar words when the angel Gabriel appeared to a young virgin girl named Mary and told her she was going to conceive a son. "'How will this be,' Mary asked the angel, 'since I am a virgin?'" Gabriel replied, "Nothing is impossible with God" (Luke 1:26–38).

Not convinced? Let me give you one more example. Let's go back to the Old Testament to a prophet named Ezekiel. One day God brought Ezekiel to the middle of a large valley. It wasn't a lush landscape filled with beautiful foliage but rather a wasteland littered with human bones. These weren't just any ol' bones. The prophet describes them as "bones that were very dry" (Ezekiel 37:2). In other words, these bones had been dead a long time. Bones, bones, everywhere bones. Ezekiel describes what happened to these long-dead, dry bones:

Then he [God] said to me, "Prophesy to these bones and say to them, 'Dry bones, hear the word of the LORD! This is what the Sovereign LORD says to these bones: I will make breath enter you, and you will come to life. I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the LORD.'"

So I prophesied as I was commanded. And as I was prophesying, there was a noise, a rattling sound, and the bones came together, bone to bone. I looked, and tendons and flesh appeared on them and skin covered them, but there was no breath in them.

Then he said to me, "Prophesy to the breath; prophesy, son of man, and say to it, 'This is what the Sovereign LORD says: Come from the four winds, O breath, and breathe into these slain, that they may live.'" So I prophesied as he commanded me,

and breath entered them; they came to life and stood up on their feet—a vast army. (37:4–10)

Now that would have been a sight to behold. Oh friend, you may feel that your marriage resembles that valley of dry bones. Not just any ol' bones, but long-dead, dry bones. It may seem that your marriage has passed the point of no return. But our God specializes in bringing death to life. He can turn a valley of bones into a vast army, and He can transform a marriage of pain into a living, breathing, walking testimony of mercy and grace.

For nothing is impossible with God.

How thankful I am that He has invited me and you to join Him in His work—to participate in the miraculous through powerful intercession.

How to Use This Book

I find that many women, including me, are directionally challenged. I need landmarks. Don't tell me to go east or west, north or south. Give me a landmark. Turn right at the McDonald's. Turn left at the fire station. Look for the teal-colored house around the bend. Those are directions that I can follow.

Maybe that's why I love the fact that Jesus taught His disciples to pray using landmarks. When one of His disciples asked, "Lord, teach us to pray" (Luke 11:1), Jesus responded:

In this manner, therefore, pray:

Our Father in heaven,
 Hallowed be Your name.
 Your kingdom come.
 Your will be done
 On earth as it is in heaven.
 Give us this day our daily bread.

And forgive us our debts,
As we forgive our debtors.
And do not lead us into temptation,
But deliver us from the evil one.
For Yours is the kingdom and the power
and the glory forever. Amen.
(Matthew 6:9–13, NKJV)

Jesus was not instructing the disciples on how to pray a rote prayer. He was giving them a *pattern* for prayer—landmarks: Acknowledge God’s fatherhood, holiness, and sovereignty. Ask for His will to be done, your needs to be met, and your sins to be forgiven. Ask for deliverance from temptation and protection from evil. Acknowledge God’s rule, reign, power, and glory.

In a similar way, *Praying for Your Husband from Head to Toe* will give you landmarks to guide your prayers. This is not a magic formula or a pattern for rote prayer. It is simply a guide for pursuing a more consistent and effective prayer life.

Let’s be honest. God’s ways are not our ways, and sometimes we don’t know what to pray for our husbands. But we can rest assured that when we pray the *Word of God*, we pray the *will of God*. What a relief!

When Paul instructed us to put on the armor of God, did you notice there was only one weapon? Everything else—the figurative helmet, breastplate, belt, shield, and shoes—were defensive pieces intended for protection from the Evil One. The sword of the Spirit, which is defined as the Word of God, is the only offensive weapon listed in the whole outfit.

After Paul instructed us to take up the sword of the Spirit, he followed with this: “And pray in the Spirit on all occasions” (Ephesians 6:18). When you combine the Word of God with Spirit-empowered prayer, you are armed and dangerous against the power of the Enemy. You have “divine power to demolish strongholds” (2 Corinthians 10:4).

In the Greek, the original language of the New Testament, the word translated as “power” is *dunamis*; it speaks of “potential power” and “actual power.” It is where we get our English word *dynamite*. God has handed you two powerful sticks of “dynamite” as you intercede for your husband: His Word and prayer. As you strap these two sticks together and ignite the fuse with faith, you will see the power of God act on your and your husband’s behalf as never before.

In the next section I will provide an overview of the landmarks we’ll be using to pray for our husbands. Each landmark is represented by a part of your husband’s body; for example, his mind represents what he thinks about; his eyes, what he looks at; his ears, what he listens to; and so on. This will be your road map as you cover your man in prayer.

In part 2 we begin to pray. I have provided a thirty-day guide for interceding for your husband from head to toe. Each day you’ll find a scripture for each landmark and a prayer that incorporates that passage. It should take approximately five to seven minutes to cover your husband daily in powerfully effective, Bible-based prayer. I can’t think of a better investment of time!

Throughout this book, the prayers are written as if your husband were a Christian. However, I recognize there is no greater burden for a woman than for her unsaved husband and children to come to know Jesus as Savior and Lord. All else pales in the light of where they will spend eternity. If your husband has not yet made a decision to follow Christ, you’ll find scriptures in the appendix that target that most important need of all. As we go through the thirty days of prayer, we will be praying by faith, calling “things that are not as though they were” (Romans 4:17).

One way to use the book is to correspond the days of prayer with the dates of the months. For example, on the first day of the month, pray day one; on the second day of the month, pray day two; and so on. If you miss a day, just stay on track with your calendar, then begin again the follow-

ing month. Of course you can also simply pray straight through without connecting the days of prayer with the dates on the calendar.

If you're like me, you will want to use this book time and time again. You might even want to gather a few girlfriends to form a Praying Wives group and pray for your husbands together. Jesus said, "Again, I tell you that if two of you on earth *agree* about anything you ask for, it will be done for you by my Father in heaven" (Matthew 18:19). The Greek word for "agree" is *symphoneō*, which means "to sound together, to be in accord, primarily of musical instruments."⁴ What a beautiful symphony wafts to the heavenlies when sisters in Christ join in harmonious prayer offered up to God!

Just make sure the group sticks to praying and not complaining. You don't want that beautiful symphony to sound like the cat-scratching tuning of the instruments before the actual symphony begins.

No matter which way you choose to use this prayer guide, I know you and your husband will be blessed "exceedingly abundantly" above all you ask or think! (Ephesians 3:20, NKJV).

I have set up a web page to help us pray for one another's husbands. You can log on to www.prayingforyourhusband.com to share your prayer requests and to pray for others. You can also share your victories, and we will celebrate with you!

Before you begin, let me give you a little warning. There will be days when you will not want to pray for your husband—days when you don't feel like asking God to bless him. There will be times when what you really want to do is ask God to knock him upside the head because he's hurt your feelings, been mean to you, or disappointed you. But let me encourage you to pray anyway. I can't tell you how many times I've been upset with Steve and then as I prayed *for* him, God softened my heart *toward* him. And pray for yourself too. Pray that God will give you a forgiving heart, a grace-filled attitude, and a sacrificial love.

Praying for your husband will do more than impact your husband's

life; it will impact your heart as well. Don't be surprised if God stirs a love for your husband that is stronger, deeper, and more precious than ever before. As I wrote this book and spent many hours praying for Steve, God did a work in my heart I wasn't expecting.

I'm so excited to see how God is going to act on your behalf as you lift up your man in prayer. The prophet Isaiah wrote this about God: "Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you, who acts on behalf of those who wait for him" (Isaiah 64:4).

Now let's look at the road map and the landmarks for this guide on how to pray for your husband from head to toe.



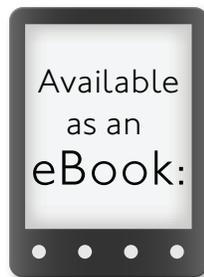
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