
MARRIED FOR MORE

7 - DAY

Prayer Guide

for Married Couples

Seven focused prayer targets drawn from
Ground Rules — the devotional companion to *Rules of Engagement*.

Each day includes a Scripture anchor, specific prayer targets,
and a reflection prompt to carry into your time with God.

DAY ONE

The Covenant of Pursuit

What God joins together, we are called to continually pursue.

SCRIPTURE

"Therefore what God has joined together, let no one separate."

— Mark 10:9

"She is your partner, the wife of your marriage covenant."

— Malachi 2:14

PRAYER TARGETS

- Ask God to renew your understanding of marriage as a sacred covenant — not a contract to renegotiate when life gets hard.
 - Confess any areas where pursuit of your spouse has grown passive, routine, or assumed.
 - Pray for a fresh hunger to actively engage your spouse — emotionally, spiritually, and practically.
 - Ask the Holy Spirit to show you one specific, tangible way to pursue your spouse this week.
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TODAY'S REFLECTION

Where has my pursuit of my spouse slowed down, and what is one step I can take today?

DAY TWO

Pray Together, Stay Together

When you pray together, you invite God into the center of your marriage.

SCRIPTURE

"For where two or three are gathered in my name, there am I with them."

— Matthew 18:20

"Devote yourselves to prayer, being watchful and thankful."

— Colossians 4:2

PRAYER TARGETS

- Pray against the barriers that keep you from praying together — pride, busyness, awkwardness, or past hurt.
- Ask God to align your hearts and desires with His will for your marriage and family.
- Pray for a consistent, daily rhythm of prayer to take root in your home — not forced, but genuine.
- Ask the Holy Spirit to surface specific needs, fears, or hopes you can bring to God together as a couple.

TODAY'S REFLECTION

What is one honest barrier keeping me from praying with my spouse, and am I willing to bring it to God?

DAY THREE

Love Like Christ

Sacrificial love isn't a feeling — it's a daily choice.

SCRIPTURE

"Husbands, love your wives, just as Christ loved the church and gave himself up for her."

— Ephesians 5:25

"Above all, love each other deeply, because love covers over a multitude of sins."

— 1 Peter 4:8

PRAYER TARGETS

— Ask God to purify your love — shifting it from conditional and transactional to unconditional and Christ-like.

— Pray for the grace to release any internal scorecards or records of wrong you've been holding against your spouse.

— Ask for humility to consistently put your spouse's needs, comfort, and honor above your own preferences.

— Pray for a love that serves joyfully and forgives quickly, even in seasons where you feel you've received little in return.

TODAY'S REFLECTION

In what area of my marriage am I currently loving out of obligation instead of genuine grace?

DAY FOUR

Choosing Oneness Daily

Unity is not a wedding-day event — it's a daily decision.

SCRIPTURE

"That is why a man leaves his father and mother and is united to his wife, and they become one flesh."

— Genesis 2:24

"Make every effort to keep the unity of the Spirit through the bond of peace."

— Ephesians 4:3

PRAYER TARGETS

- Pray for genuine unity in the areas where you and your spouse are most different in personality, preference, or perspective.
- Ask God to help you see your spouse's differences as God-given design — not obstacles to work around.
- Confess any recent moments where you chose "me" over "we" and ask for a renewed spirit of togetherness.
- Pray that the Holy Spirit guards the bond of peace in your marriage, especially in tense or disconnected seasons.

TODAY'S REFLECTION

What is one area where my spouse and I have been moving in opposite directions, and what would one step toward alignment look like?

DAY FIVE

Handle with Care

How you fight matters as much as what you fight about.

SCRIPTURE

"A gentle answer turns away wrath, but a harsh word stirs up anger."

— Proverbs 15:1

"Let your conversation be always full of grace, seasoned with salt."

— Colossians 4:6

PRAYER TARGETS

- Ask God to guard your tongue — especially in moments of frustration, exhaustion, or unresolved tension.
 - Pray for the self-control to pause before responding during conflict, choosing understanding over reaction.
 - Ask for words that build up rather than tear down, even when you're hurt or feeling misunderstood.
 - Pray that your marriage would be marked by a consistent pursuit of peace over being right.
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TODAY'S REFLECTION

When was the last time my words did damage in my marriage, and what does handling with care look like in that area?

DAY SIX

Restoring What Was Broken

God doesn't just repair — He rebuilds stronger than before.

SCRIPTURE

"He heals the brokenhearted and binds up their wounds."

— Psalm 147:3

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

— Colossians 3:13

PRAYER TARGETS

- Honestly bring any unresolved hurt, offense, or distance before God — naming it rather than minimizing it.
 - Pray for the willingness to forgive fully — not just in words, but in posture, tone, and daily treatment.
 - Ask God to heal areas of betrayal, neglect, or prolonged distance that have created walls in your marriage.
 - Pray for the courage and consistency to take small, tangible steps toward rebuilding trust and intimacy.
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TODAY'S REFLECTION

Have I truly released the offenses I say I've forgiven, or am I still holding on to parts of them?

DAY SEVEN

Keep the Fire Fed

The flame doesn't just die all at once — it fades one neglected moment at a time.

SCRIPTURE

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

— Galatians 6:9

"Do not neglect your gift, which was given you..."

— 1 Timothy 4:14

PRAYER TARGETS

- Ask God to expose any places where routine has quietly replaced intentional pursuit in your marriage.
 - Pray against the temptation to compare your marriage to others — ask for eyes to see the unique beauty God placed in your own.
 - Ask for fresh creativity and energy to pursue your spouse well in this specific season of life.
 - Pray for the discipline to keep showing up — with words, time, and presence — especially when it feels like the fire has dimmed.
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TODAY'S REFLECTION

Am I giving my spouse my best energy, or just what's left over after everything else?
