



— 30 - DAY — COUPLE PRAYER *Guide*

PRAY TOGETHER. GROW TOGETHER. LOVE FOREVER.

A 30-DAY
JOURNEY OF
PRAYER, SCRIPTURE,
AND HEARTFELT
CONVERSATIONS
FOR A **STRONGER**
MARRIAGE.



SCRIPTURE
TO FOCUS
YOUR HEARTS



PRAYERS TO
STRENGTHEN
YOUR BOND



CONVERSATION
QUESTIONS TO
DEEPEN INTIMACY



FAITH TO
GUIDE YOU
TOGETHER



30 DAYS
OF PURPOSE
AND GRACE



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Unless otherwise indicated, Scripture references are paraphrased summaries of passages from the Holy Bible and are not direct quotations from any single translation.

This guide is intended for general educational and spiritual encouragement purposes only. It is not a substitute for professional marriage counseling, therapy, or legal advice.

A companion volume to *How to Build a Lasting Marriage with Biblical Truth*, the *21-Day Marriage Devotional*, and the *Marriage Emergency Kit*, by the same author.

BEFORE YOU BEGIN

How to Use This Guide



Praying together consistently is one of the simplest and most powerful habits a couple can build, and also one of the easiest to let slip. This guide is designed to make it easy to begin again, one short day at a time, for thirty days.

Each day follows the same four-part rhythm:

- **Scripture** — a short truth to ground the day's prayer.
- **Prayer Together** — pray this one aloud, together, in whatever way feels natural — holding hands, facing each other, or simply side by side.
- **Prayer for Your Spouse** — take turns praying this one *over* each other, inserting your spouse's name where indicated.
- **Conversation Question** — a short question to talk through after you pray, to keep the habit connected to real, honest conversation.

You do not need much time for this — most days take five minutes or less. What matters far more than the length is the consistency. Consider praying at the same time each day: before bed, over morning coffee, or in the car. If you miss a day, simply pick back up where you left off. Thirty days is not a magic number, but it is enough time to begin building a rhythm worth keeping long after you finish this guide.

Gratitude for Your Spouse

1 SCRIPTURE

Psalm 136:1

Give thanks to the Lord, for He is good; His love endures forever.

2 PRAYER TOGETHER

Lord, thank You for each other today. Thank You for the specific ways You have used my spouse to show me Your love. Root out our complaining and grow our gratitude, even for the ordinary things about each other we rarely stop to notice. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, thank You for [spouse's name]. I'm grateful for their steady presence in my life. Help me notice and appreciate them more today, and give me eyes to see them the way You see them. Amen.

4 CONVERSATION QUESTION

What is one specific thing about your spouse you're grateful for today that you don't say often enough?

Unity of Heart

1 SCRIPTURE

Philippians 2:2

Being like-minded, having the same love, being one in spirit and of one mind.

2 PRAYER TOGETHER

Lord, make us truly one — not agreeing on everything, but united in love and purpose. Where we've drifted into separate corners this week, draw us back toward each other. Help us want the same things for our marriage. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] a sense of being truly on the same team with me, not opposed to me. Soften any place where we've felt distant lately, and help us move toward each other today. Amen.

4 CONVERSATION QUESTION

Where do you feel most "we" right now, and where do you feel most like two separate people?

Patience in Conflict

1 SCRIPTURE

Colossians 3:12-13

Clothe yourselves with compassion, kindness, humility, gentleness and patience, bearing with one another.

2 PRAYER TOGETHER

Lord, clothe us in patience today, especially in whatever tension we're carrying. Slow our reactions, soften our tone, and help us bear with each other's weaknesses the way You bear with ours. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] patience with me today, and give me patience with them too. Where either of us is running short on grace, fill in what we lack. Amen.

4 CONVERSATION QUESTION

What is one thing your spouse does under stress that you could respond to with more patience?

Protection Over Your Marriage

1 SCRIPTURE

Ephesians 6:11

Put on the full armor of God, so that you can take your stand against the enemy's schemes.

2 PRAYER TOGETHER

Lord, protect our marriage from anything that seeks to divide us — outside pressure, old patterns, or our own selfishness. Guard our hearts and our home, and make us quick to run toward You together. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, protect [spouse's name] today — their heart, their mind, and their time. Guard them from discouragement and from anything that would pull them away from us or from You. Amen.

4 CONVERSATION QUESTION

Is there a pressure — from work, family, or elsewhere — quietly pushing on our marriage that we haven't named out loud?

Wisdom for Decisions

1 SCRIPTURE

James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault.

2 PRAYER TOGETHER

Lord, we have decisions ahead of us, some small and some significant. Give us wisdom together, not just individually. Help us seek You before we seek our own preference, and help us trust You with what we cannot yet see. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] wisdom in what they're facing right now. Where they feel uncertain, give clarity. Where they feel rushed, give peace to wait on You. Amen.

4 CONVERSATION QUESTION

What decision are we facing, big or small, that we haven't actually prayed about together yet?

Healing from Past Hurts

1 SCRIPTURE

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

2 PRAYER TOGETHER

Lord, You know the wounds we still carry, some from each other and some from before we ever met. Bring Your healing to what still aches. Help us be gentle with each other's tender places, not careless with them. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, heal what still hurts in [spouse's name]'s heart, whatever its source. Help me be a source of comfort to them, not additional pain. Amen.

4 CONVERSATION QUESTION

Is there an old hurt, in our marriage or before it, that still needs God's healing touch?

Contentment

1 SCRIPTURE

Hebrews 13:5

Keep your lives free from the love of money and be content with what you have, for God has said, "Never will I leave you nor forsake you."

2 PRAYER TOGETHER

Lord, teach us contentment — with what we have, with where we are, and with each other, exactly as we are today. Guard us from comparing our marriage to anyone else's. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, grow contentment in [spouse's name]'s heart today, especially in whatever they're currently wishing were different. Help them feel truly enough, and truly loved, right now. Amen.

4 CONVERSATION QUESTION

Where have we been comparing our marriage to someone else's instead of appreciating our own?

Faithfulness

1 SCRIPTURE

Proverbs 3:3-4

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

2 PRAYER TOGETHER

Lord, make faithfulness the quiet, steady rhythm of our marriage — not just the absence of betrayal, but the daily presence of loyalty, in small things and large. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, thank You for [spouse's name]'s faithfulness to me. Strengthen their resolve to stay loyal and true, and let them feel my faithfulness to them just as clearly. Amen.

4 CONVERSATION QUESTION

What is one small way you can show faithfulness to your spouse today, in a moment no one else will see?

Joy in the Ordinary

1 SCRIPTURE

Nehemiah 8:10

The joy of the Lord is your strength.

2 PRAYER TOGETHER

Lord, give us joy in this ordinary day together — not because everything is easy, but because Your joy does not depend on our circumstances. Help us laugh together today. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] joy today, genuine and light, not forced. Help me be someone who adds to their joy rather than draining it. Amen.

4 CONVERSATION QUESTION

When did you last laugh together, really laugh, and what would it take to do that again soon?

Strength for Hard Seasons

1 SCRIPTURE

Isaiah 40:29

He gives strength to the weary and increases the power of the weak.

2 PRAYER TOGETHER

Lord, if we are in a hard season right now, give us strength we don't have on our own. Carry what feels too heavy. Remind us this season is not forever, and that You are present with us in it. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, strengthen [spouse's name] today. If they are weary, renew them. Help me notice when they're running on empty, and help me be a source of strength, not another demand on theirs. Amen.

4 CONVERSATION QUESTION

On a scale of empty to full, how is your tank today, honestly — and what would help refill it?

Your Spouse's Work

1 SCRIPTURE

Psalm 90:17

May the favor of the Lord rest on us; establish the work of our hands.

2 PRAYER TOGETHER

Lord, bless the work we each do, seen and unseen, paid and unpaid. Establish it, and give us a sense of purpose in it. Help us support rather than resent each other's labor. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, go before [spouse's name] in their work today. Give them favor, strength, and a sense that what they do matters, even on the days it feels thankless. Amen.

4 CONVERSATION QUESTION

What is one part of your spouse's daily work or responsibilities you could genuinely thank them for today?

Guarding Your Words

1 SCRIPTURE

Psalm 141:3

Set a guard over my mouth, Lord; keep watch over the door of my lips.

2 PRAYER TOGETHER

Lord, guard our words toward each other, especially when we're frustrated or tired. Let what we say build up rather than tear down. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, help me speak to [spouse's name] the way I would want to be spoken to. Guard my tone as much as my words today. Amen.

4 CONVERSATION QUESTION

Is there a phrase or tone you tend to reach for in frustration that you'd like to replace with something gentler?

Trust in God's Timing

1 SCRIPTURE

Ecclesiastes 3:1

There is a time for everything, and a season for every activity under the heavens.

2 PRAYER TOGETHER

Lord, we are waiting on some things we wish were already resolved. Help us trust Your timing rather than forcing our own. Give us patience with this season, and with each other. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] peace about what they're waiting on right now. Where impatience is creeping in, replace it with trust that You are not late. Amen.

4 CONVERSATION QUESTION

What are we currently waiting on together, and how can we support each other better in the waiting?

Emotional Health

1 SCRIPTURE

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

2 PRAYER TOGETHER

Lord, help us guard our hearts, individually and together, from bitterness, comparison, and unspoken resentment. Show us what we've been quietly carrying that needs to come into the light. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, tend to [spouse's name]'s heart today. Show me anything they're carrying that I've missed, and give me sensitivity to ask rather than assume. Amen.

4 CONVERSATION QUESTION

Is there something on your heart you've been carrying quietly that you'd be willing to name out loud tonight?

Physical Intimacy

1 SCRIPTURE

1 Corinthians 7:3–5

Spouses are called to mutual, generous attentiveness to one another's needs — intimacy as a genuine gift, not an obligation.

2 PRAYER TOGETHER

Lord, thank You for the gift of physical closeness in our marriage. Help us pursue each other generously, not out of obligation but out of genuine care. Remove any distance or tension standing in the way. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, help me be generous and attentive toward [spouse's name] in this area of our marriage. Help us both feel safe, wanted, and unhurried with each other. Amen.

4 CONVERSATION QUESTION

Is there anything unspoken affecting our closeness right now that would help to say out loud, gently?

Generosity

1 SCRIPTURE

2 Corinthians 9:7

God loves a cheerful giver — generosity offered freely, not reluctantly or under pressure.

2 PRAYER TOGETHER

Lord, make us a generous couple — with our time, our resources, and our grace toward each other. Help us give freely, not keeping score of who gave more recently. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, thank You for [spouse's name]'s generosity toward me. Help me notice and match it, giving freely rather than waiting to receive first. Amen.

4 CONVERSATION QUESTION

What is one generous thing your spouse has done for you recently that you haven't properly thanked them for?

Rest Together

1 SCRIPTURE

Mark 6:31

Jesus said, "Come with me by yourselves to a quiet place and get some rest."

2 PRAYER TOGETHER

Lord, we are tired in ways rest alone doesn't seem to fix. Teach us to actually rest together, not just stop working. Help us protect time for quiet, unhurried presence with each other and with You. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] real rest, not just a break from tasks. Help me protect space for them to actually breathe. Amen.

4 CONVERSATION QUESTION

When did we last truly rest together, without an agenda, and when could we do that again soon?

Hospitality

1 SCRIPTURE

Romans 12:13

Share with the Lord's people who are in need; practice hospitality.

2 PRAYER TOGETHER

Lord, make our home a place of welcome — for each other first, and then for others. Help us open our life to people who need to see a marriage that is honest and full of grace. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, thank You for the way [spouse's name] welcomes others. Help me support and share in that hospitality rather than resenting the effort it takes. Amen.

4 CONVERSATION QUESTION

Who could we invite into our life or home this month, even in a small way?

Your Spouse's Fears

1 SCRIPTURE

1 Peter 5:7

Cast all your anxiety on Him because He cares for you.

2 PRAYER TOGETHER

Lord, we bring our fears to You today, the ones we've said out loud and the ones we haven't. Help us be a safe place for each other's anxiety, rather than dismissing it or adding to it. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, You know what [spouse's name] is afraid of right now, even the fears they haven't fully named. Meet them there, and help me be patient and present instead of trying to fix it too quickly. Amen.

4 CONVERSATION QUESTION

What is something you're quietly afraid of right now that you haven't told your spouse?

Humility

1 SCRIPTURE

Philippians 2:3

Do nothing out of selfish ambition, but in humility value others above yourselves.

2 PRAYER TOGETHER

Lord, grow humility in both of us. Where pride has made it hard to apologize or to listen, soften us. Help us value each other's needs as highly as our own today. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, help me approach [spouse's name] with humility today, quick to admit when I'm wrong and slow to insist on being right. Amen.

4 CONVERSATION QUESTION

Is there something small you've been unwilling to apologize for that you could let go of today?

Extended Family

1 SCRIPTURE

Genesis 2:24

A man leaves his father and mother and is joined to his wife – a new, primary loyalty formed.

2 PRAYER TOGETHER

Lord, help us navigate our extended families with wisdom, honoring them well while keeping our marriage as our primary loyalty. Give us unity when family relationships get complicated. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] peace in their relationship with their family, and give me patience and support as they navigate it. Help us always feel like a team on this. Amen.

4 CONVERSATION QUESTION

Is there a family relationship or expectation that's been creating tension between us that we should talk through?

Purpose as a Couple

1 SCRIPTURE

Ecclesiastes 4:9-10

Two are better than one, because they have a good return for their labor.

2 PRAYER TOGETHER

Lord, show us what You've called us to do together, not just as individuals sharing a home. Give us a shared sense of purpose beyond our own comfort. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, thank You for partnering with [spouse's name] in this life. Help us encourage each other's calling, and help me see how our lives are stronger joined together than apart. Amen.

4 CONVERSATION QUESTION

What is one thing we feel called to do or build together, beyond our daily routine?

Guarding Against Outside Pressures

1 SCRIPTURE

1 Peter 5:8

Be alert and of sober mind; your enemy prowls around like a roaring lion looking for someone to devour.

2 PRAYER TOGETHER

Lord, make us alert to anything trying to quietly divide us — comparison, distraction, or outside voices that don't have our marriage's best interest at heart. Guard the gate of our home. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, protect [spouse's name] from outside influences that could pull them away from our marriage. Help me be a trustworthy, safe presence they don't need to guard themselves against. Amen.

4 CONVERSATION QUESTION

Is there an influence — a friendship, a habit, a screen — that's been quietly taking more of our attention than our marriage lately?

Renewed Love

1 SCRIPTURE

Revelation 2:4-5

You have forsaken the love you had at first; remember the height from which you have fallen, and return.

2 PRAYER TOGETHER

Lord, rekindle whatever has grown cold or routine between us. Remind us why we chose each other, and give us fresh eyes for one another today. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, help me love [spouse's name] with fresh eyes today, not out of habit but out of genuine delight. Remind me what first drew me to them. Amen.

4 CONVERSATION QUESTION

What is something you loved about each other early on that you'd like to intentionally bring back?

Serving One Another

1 SCRIPTURE

Galatians 5:13

Serve one another humbly in love.

2 PRAYER TOGETHER

Lord, make serving each other a joy, not a burden. Show us practical ways to lighten each other's load today, without keeping score of who serves more. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, show me one specific way to serve [spouse's name] today — something they genuinely need rather than something convenient for me to offer. Amen.

4 CONVERSATION QUESTION

What is one task or burden you could quietly take off your spouse's plate this week?

Your Spouse's Dreams

1 SCRIPTURE

Habakkuk 2:2-3

Write down the revelation and make it plain; though it linger, wait for it — dreams worth writing down and waiting for.

2 PRAYER TOGETHER

Lord, we bring our hopes and dreams to You today, the ones we've spoken and the ones we've kept quiet. Give us patience for the ones still unfolding, and courage to pursue the ones worth pursuing. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, You know [spouse's name]'s dreams, even the ones they've stopped saying out loud. Breathe new life into them, and help me genuinely champion those dreams rather than dismissing them. Amen.

4 CONVERSATION QUESTION

What is a dream your spouse has that you could ask them more about today?

Peace in the Home

1 SCRIPTURE

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives.

2 PRAYER TOGETHER

Lord, let Your peace, not the world's version of peace, settle over our home today. Where there is tension, bring calm. Where there is anxiety, bring Your steady presence. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, give [spouse's name] a deep, settled peace today, the kind that doesn't depend on circumstances going well. Help our home be a place they can exhale in. Amen.

4 CONVERSATION QUESTION

What would help our home feel more peaceful this week, practically speaking?

Legacy and Future Generations

1 SCRIPTURE

Psalm 78:4

We will tell the next generation the praiseworthy deeds of the Lord, His power, and the wonders He has done.

2 PRAYER TOGETHER

Lord, help us build a marriage worth passing on – to our children if we have them, and to everyone who watches how we love each other. Let our story point clearly to Your faithfulness. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, thank You for the legacy [spouse's name] is building, in ways big and small. Help me support the mark they want to leave. Amen.

4 CONVERSATION QUESTION

What do you want people to say about our marriage twenty years from now?

Perseverance

1 SCRIPTURE

James 1:12

Blessed is the one who perseveres under trial, because having stood the test, they will receive the crown of life.

2 PRAYER TOGETHER

Lord, give us endurance for whatever this season requires. Help us keep choosing each other, day after ordinary day, even when it's hard and no one is watching. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, strengthen [spouse's name]'s resolve to keep going, especially in whatever feels discouraging right now. Help me be a source of encouragement, not additional weight. Amen.

4 CONVERSATION QUESTION

What has kept you committed to our marriage on the hardest days?

A Blessing Over Your Marriage

1 SCRIPTURE

Numbers 6:24–26

The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace.

2 PRAYER TOGETHER

Lord, we ask for Your blessing over the next season of our marriage. Keep us, be gracious to us, and give us Your peace, wherever this next chapter leads. Thank You for these thirty days – help us keep this rhythm going. Amen.

3 PRAYER FOR YOUR SPOUSE

Lord, bless [spouse's name] richly in the days ahead. Keep them close to You, and let them feel how deeply loved they are, by You and by me. Amen.

4 CONVERSATION QUESTION

Looking back on these thirty days, what is one prayer rhythm you want to keep going forward?

A WORD AS YOU CLOSE THIS GUIDE

Keep the Habit Going

Thirty days is enough time to build a rhythm, but it is not the end of it. Consider starting again from Day 1, choosing a handful of favorite days to revisit often, or simply continuing to pray together in your own words, now that the habit has taken root.

For the deeper theological foundation behind these prayers, return to *How to Build a Lasting Marriage with Biblical Truth*. For a daily rhythm of practicing these truths, walk through the *21-Day Marriage Devotional*. And for the harder days, keep the *Marriage Emergency Kit* close by.

About the Author

Andrés Morantes holds a bachelor's degree in Theology and Leadership and is a certified life coach with a specialization in ministry management. His work centers on helping people connect sound biblical teaching with practical, everyday tools for emotional, relational, and spiritual health. Through writing, coaching, and ministry leadership, he is committed to helping couples build marriages that are honest, sustainable, and rooted in truth.