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Affirmations & Prayers for Your Marriage



I honor my spouse with my words.

Gentle words bring life and health; a deceitful tongue crushes the spirit.

Proverbs 15:4

"Lord, help me from correcting, discounting, or speaking a harsh word. Motivate me to speak words of encouragement to my spouse. I want to honor my spouse and desire to build them up. Father, I know words are powerful. They carry life or death, so help me to choose life when I speak to my spouse. Amen."

We can overcome every problem with God's help.

And not only that, but we also boast in our afflictions, because we know that affliction produces endurance, endurance produces proven character, and proven character produces hope.

Romans 5:3-4

"Lord, I bring my marriage before you. Help us both to solve problems well together. Lord, you have joined us together in Holy matrimony. In you, our love is perfected. Help us to discern and navigate life walking in your wisdom and not the world's. Guide us every day. I submit myself and my spouse to you. Heal any brokenness and damage between us, and strengthen us with your power. Amen."

I choose to love, to be patient, to be kind, and to forgive my spouse.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

Lord, you know I struggle to forgive others. Please help me to lean into your ways and soften my heart to freely forgive my spouse, as you have done for all. Help me to excuse my spouse's sin and shortcomings as you have forgiven every blemish in my life. Thank you for your gift of forgiveness. May your mercy flow to me in spite of my failures and faults. Help me to demonstrate unconditional love today, especially to my spouse.

The two of us together are stronger than one of us alone.

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

Ecclesiastes 4:9

"Thank you for placing us together. Thank you for giving us each other and building our marriage. Lord, help us to be great teammates. Help us to act like teammates and be for each other even when times are tough. Give us the strength to treat each other with mutual love and respect. Enable us to work effectively together. Help us to be a couple that builds your kingdom together and models marriage well for others."

I am loyal to my spouse.

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness.

Matthew 6:22

"Give us eyes only for each other. Protect us from lust and sinful thoughts. Help us to guard ourselves and our marriage from lust. Protect our eyes and our hearts from unholy things. Give us a love for holiness and a hatred for sin. Enable us to walk in the ways of light and flee all darkness."

We submit ourselves to God.

Submit yourselves therefore to God.

James 4:7

"God we pray that you will be the center of our marriage. We confess there are times we look for our spouse to make us feel happy and fulfilled, rather than finding our validation in you. We ask that you will remind us that as your children, you fully love and accept us. Remind us that marriage was your idea in the first place, and that your way for marriage is the best way - putting you first, and each other second. We are so thankful for your perfect love. In response, let us put you at the heart of our marriage, and make you the foundation of everything we do."

I put God first and my spouse second.

Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind.'

Matthew 22:3

"Father, we made vows before you. We said, 'Til death do us part.' I want to mean it. Help me love You more than my spouse, and then love my spouse more than anyone or anything else. Make us one and help us bring you glory."

I prioritize my spouse.

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Ephesians 5:33

"Father, thank you for all of the ways you have provided for us. Thank you for the many gifts we get to experience, for friendships, for jobs, for a home, but remind me to always prioritize my spouse and my marriage over all of these. Help me to put my spouse's needs first. I pray against putting my marriage or my spouse on the back burner. Protect me from getting distracted and help me to prioritize the things that matter most. Help me to cherish them and to desire you first and them second above all else."

I am a husband/wife who prays for my spouse.

The LORD is near to all who call on him, to all who call on him in truth.

Psalm 145:18

"God, I pray that you will bless and grow my spouse's relationship with you. Thank you for him / her and for our marriage. Help me to be a blessing and an encourager to their relationship with you, never a nag or a naysayer. I pray you will help me accept their growth as you change their heart and deepen their love of you. I thank you that the growth you will bring forth in them is for your glory and your Kingdom's good."

I will not put my marriage on the back burner as I raise kids.

For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.

Ephesians 5:31

"Thank you Lord for our children. Give us peace and strength to get through the days ahead of training them up. As we raise children together, I pray we do not put our marriage on the back burner. I pray that we still make each other a priority, and give one another our best. I pray that we have a marriage that makes our kids want to get married one day. I pray for motivation to help us continue to pursue one another."

I am intentional about showing my spouse I care.

Be devoted to one another in love. Honor one another above yourselves.

Romans 12:10

"Lord, thank you for my spouse. Help me to see my spouse the way you see them. Help me to cherish them. Show me new ways to cherish them today. Remind me to be intentional in loving my spouse. In Jesus' name we pray, Amen."

I do not invalidate my spouse.

Therefore encourage one another and build one another up, just as you are doing.

1 Thessalonians 5:11

"Dear God, when life is hard and my spouse lets me down, help me to see the good in them. Help me to remember that you love everyone. Help us to see the light that you have placed within them. Give me your love and grace to honor my spouse. Help me to have eyes to see my spouse and carry their burdens well. Jesus, let us love like you do and be a reflection of your love for them."

I believe in my marriage.

Most important of all, continue to show deep love for each other, for love covers a multitude of sins.

1 Peter 4:8

"Lord, tough times don't mean the end. Allow us to turn to you during rough seasons of our marriage. Your power is unstoppable. I believe you have joined us together for a reason. I believe you have a purpose for our marriage. I believe our marriage can overcome anything with your help. You are the great reconciler. Help me to keep my covenant to you. May we always seek you for wisdom and strength."

I do not tear my spouse down.

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Ephesians 4:29

"Lord, Thank you for our marriage. I pray for the Holy Spirit to help me when I speak to my spouse and to others. Help me to only use words of life and truth. Give me the grace and words to encourage them and build them up. Protect me from temptation and keep me from tearing down my spouse. Fill my words and my mind with grace and life. I pray that you allow me to see my spouse the way you see them, and to love them with your love. Thank you for the gift of marriage and for my spouse."

I will not bail on my spouse.

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

Genesis 2:24

"Lord, help me to have steadfast commitment to my spouse and my marriage. Equip me to persevere and be there for my spouse through every trial. It's in your power and strength that I can hold fast to my covenant. Help me to do that. Help me to show up for my spouse and never bail on them. Amen."

My spouse and I hear from God and follow him.

My sheep hear My voice, and I know them, and they follow Me.

John 10:27

"Lord, we are grateful that you are a present and personal God. You speak to us through your word and by your Holy Spirit. Help us to hear and know your voice. Give us the courage and the grace to follow you wherever you may lead us. We want to do whatever you ask us to do and go wherever you ask us to go."

My marriage is worth fighting for.

Since they are no longer two but one, let no one split apart what God has joined together.

Matthew 19:6

"Lord I pray that even on the hard days, you will remind me that you are the one who orchestrated my marriage. Help me to see your purpose over my preferences, and to keep fighting for marriage."

My commitment to my marriage helps me grow in holiness.

As iron sharpens iron, so a friend sharpens a friend.

Proverbs 27:17

"Lord, I confess that the challenges in my marriage can sometimes drive me toward selfishness, bitterness and anger. Being accountable to my spouse can be uncomfortable and reveal my selfishness. I ask that you will grow my love of holiness and help me run toward you. I pray you will refine my heart and grow my love for you."

Our marriage is creating a legacy of God's light and love in the world.

Then Jesus asked them, "Would anyone light a lamp and then put it under a basket or under a bed? Of course not! A lamp is placed on a stand, where its light will shine."

Mark 4:21

"Lord, I ask that through our marriage your love will be evident. I humbly acknowledge that I do not always keep this in mind. I ask that you will shift my mind toward your perspective, and help me to consider how our marriage can be a beacon of hope and encouragement in this world."

