

ONE-MINUTE
PRAYERS[®]
for HUSBANDS

NICK HARRISON



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To husbands everywhere

INTRODUCTION

Men, God has given us a tremendous calling as husbands. He's also made it a bit easier by giving us wives we love and with whom we want to spend the rest of our lives. Still, there are challenges, aren't there? Leading without dominating, listening without commenting, denying ourselves, all these and so much more.

But when God calls, he enables. He has given us the abilities and the strength to carry out our husbandly assignment. My hope is that the following pages will help us become better husbands and more Christ-like men.

Each page includes a Scripture verse, an observation about the topic, and a suggested prayer. Keep in mind that though each page will take about a minute to read and pray, no one's watching the clock. I hope these short prayers will serve as a jump-start for you to pray on, tailoring your petitions to your specific needs.

Finally, as I was mentioning to my wife over lunch, there are some topics that are repeated. When I told her what those topics were—communication, leadership, pride, protection, and a few others—she insisted that the repetition was a good thing and I should keep those topics repeated in the book. As a good husband, I listened to my wife.

May God be with you as you read and pray—and may God bless your marriage!

THE GOLDEN RULE OF MARRIAGE

*As you wish that others would
do to you, do so to them.*

LUKE 6:31

Marriage is a lifelong course in selflessness. Many of us get a low grade on the first few pop quizzes we face. But we can be quick learners when we want to be. Such is the case by simply living with our spouse according to the Golden Rule of “as you wish that others would do to you, do so to them” as our mission statement.

Practice makes perfect. Another pop quiz is just on the horizon. Be prepared.

Father, help me to do for my wife those things I would want her to do for me. Help me anticipate her needs before they're apparent. Enable me as I continue this course in unselfishness called Marriage 101. I pray you'll bless our marriage with mutual selflessness, deepening our love for one another—and for you.

YOU, AS LEADER

Husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

1 PETER 3:7

Leadership doesn't come easily to many husbands. At least not the kind of leadership that includes tact, humility, and preferring our wives over ourselves. And yet true family leadership for a husband is all about just that—selflessness. The great thing is that most wives respond overwhelmingly to leadership that serves. They also balk at a prideful leader who won't communicate effectively or who refuses to listen to their wisdom.

God, help me to be the leader our family needs. Give me wisdom beyond my normal abilities. Guide me in decision-making that affects our family. Remind me to listen to my wife when she shares her insight with me. Teach me how to lead through serving and to serve through leading. As I guide our family, I pray you will lead me to follow closely the path you've blazed for us.

THE HUSBAND AS HELPER

*The LORD God said, "It is not good
that the man should be alone;
I will make him a helper fit for him."*

GENESIS 2:18

When Eve was created, it's noted she was a "helper" to Adam. But does that mean Adam wasn't also a helper to Eve? Yes, he was. Husbands serve their wives by helping them in any way they can. They're there for them. Where does your wife need your help now? If you don't know, ask her.

God, it is truly not good for man to live alone, so thank you for providing me with a helper. As such, I know that I'm also to help her in her role as wife and mother. I pray I would become more observant to her needs and to ways I can be there for her. Even today show me how I can be of help to my wife.

Bring us closer together, Lord. Help us to always remember that each of us is a helper fit for each other.

TIME ALONE TOGETHER

My beloved is mine, and I am his.

SONG OF SOLOMON 2:16

We live in an age when both husbands and wives are busy. Often, both partners work outside the home. After work there can be distractions: housework (for both him and her), kids, bills to pay, errands to run...and more. Busyness can be an enemy of even a good marriage. It can destroy intimacy and hinder true communication. Good husbands make sure there's daily time to be alone with their wives. Schedule it if necessary, but consider it vital to your marriage. If you are too busy for time alone with your wife, you're too busy—period.

Lord, amid all the distractions my wife and I face, I pray you'll keep us mindful of our need to get alone often and share our lives with each other. Time alone to be in each other's presence, time to enjoy the gifts each of us brings to the other. And in these times alone, I pray we would remember and welcome your presence as part of our love.

YOUR WIFE'S ENCOURAGER

Encourage one another and build one another up.

1 THESSALONIANS 5:11

Husbands love it when their wives encourage them. Face it, we all love it when the most important person in our life comes alongside and tells us we can do it—whatever “it” is. But who will encourage our wives, if not us? When a woman marries a man, she wants him to be many things to her...and one of those things is to be an encourager. She needs to be told she can do “it” too.

Lord, help me be aware of those moments when my wife needs my encouragement. Help me say the words that will get her over the hump when she's at a standstill. Give me compassion for her during her hard times and wisdom to know when to just love her and not say anything. Help me build her up in the faith too, Lord. Help me encourage her to rely on you to fulfill your destiny for her. Lord, bless my wife.

A SHARED LIFE

*“The two shall become one flesh.” So they
are no longer two but one flesh.*

MARK 10:8

In a Christian marriage, two become one. That’s God’s divine arithmetic: one plus one equals one. Many marriages fail because one or both partners bring their worst “self” into the marriage instead of laying down what was their single life in favor of a newly shared life. Sharing is essential in marriage...and the most important thing you can bring to share in your marriage is your very life.

Father, thank you that you’ve called my wife and me into oneness. You have taken the two of us as separate individuals and fashioned us as one. Help us both to see each other as part of the one new flesh we’ve become. Lord, be the center of our “one flesh” being. Let nothing come between us, dividing us into two again. Breathe your life into us, and fill us with your Spirit.