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ABOUT

I'M COURTNEY, A PIONEER, ENTREPRENEUR, MENTOR, AND WOMAN OF GOD LIVING IN HER #SOFTGIRLERA.

MORER MISIER

THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM, AND THE KNOWLEDGE OF THE HOLY ONE IS INSIGHT." PROVERBS 9:10

FEAR OF THE LORD

Heavenly Father,

I come before You with a humble heart as I pray for my husband. Lord I ask that you would help him to balance His love for You and the Fear of The Lord. Teach us both how to honor, reverence and respect You because Lord you are Holy. May he always surrender his will to Yours and commit to Your Word daily.

Thank You for the Fear of the Lord, which Your Word says is the beginning of wisdom. Continue to reveal the truth of Your Word and will to us both.

In Jesus' name, I pray. Amen.

"IF ANY OF YOU LACKS WISDOM, YOU SHOULD ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT FINDING FAULT, AND IT WILL BE GIVEN TO YOU". JAMES 1:5

WISDOM

Dear Heavenly Father,

I come before you with a heart full of love for my husband. I ask for your blessing upon his life—grant him strength, and courage in all that he faces. Your word says that you do not withhold wisdom from us, so Lord I ask that you would grant my husband wisdom to lead, serve, obey and follow Your Word. Guide us both in our journey together, and fill our home with your love and peace.

In Jesus' name, I pray. Amen.

THE SPIRIT OF THE LORD SHALL REST UPON HIM, THE SPIRIT OF WISDOM AND UNDERSTANDING, THE SPIRIT OF COUNSEL AND MIGHT, THE SPIRIT OF KNOWLEDGE AND OF THE FEAR OF THE LORD. ISAIAH 11:2-5

UNDERSTANDING

Dear Lord.

I ask that You bless him with understanding according to your Word in Isaiah 11:1. May he seek Your presence in every moment, guiding him in his decisions and comforting him in times of stress. Lord, I pray that our bond would be rooted in your understanding and compassion. Help me to be a source of support and encouragement for him, reflecting Your love in our marriage. Grant us both the grace to communicate openly and honestly, building a foundation of trust and respect leaving no room for the snares of the enemy.

Thank You for the gift of this relationship. I trust in Your plan for our marriage and I commit to seeking Your guidance in all that we do.

In Jesus' name, I pray. Amen.

MY SON, IF YOU ACCEPT MY WORDS AND STORE UP MY COMMANDS WITHIN YOU, TURNING YOUR EAR TO WISDOM AND APPLYING YOUR HEART TO UNDERSTANDING— PROVERBS 2:1-2

KNOWLEDGE

Dear Heavenly Father,

I lift up my husband to You, asking for Your infinite knowledge to surround him. Grant him clarity in his thoughts and courage in his actions. Help him to navigate the challenges of life with grace and integrity. Let Your light shine upon him, revealing the path You have laid out for him.

Thank You for the gift of the Holy Spirit, we know that your ways are not our and your thoughts are not our. May our will align with you and bring you glory each day. In Jesus' name, I pray. Amen.

AS EACH HAS RECEIVED A GIFT, USE IT TO SERVE ONE ANOTHER, AS GOOD STEWARDS OF GOD'S VARIED GRACE: 1 PETER 4:10

SPIRITUAL GIFTING

Heavenly Father, I pray that my husband may understand the unique talents and abilities You have bestowed upon him. I pray he finds fulfillment in serving others through these gifts. Encourage him to embrace his calling with humility and dedication, always seeking to glorify You in all that he does. Surround him with opportunities to grow and develop these gifts, and place mentors and friends in his life who will support and encourage him on this journey.

In moments of doubt or uncertainty, remind him of Your unwavering love and the purpose You have designed for him. May he walk confidently in his spiritual gifting, trusting that You have equipped him for every good work. In Jesus' name, I pray. Amen.

THE HEART OF THE DISCERNING ACQUIRES KNOWLEDGE, FOR THE EARS OF THE WISE SEEK IT OUT. PROVERBS 15:14



DISCERNMENT

Heavenly Father, grant my husband discernment to recognize Your voice amidst the noise of the world. Guide his steps and decisions according to Your will. Father, increase his faith and trust in You. Help him to lean on Your promises and walk confidently in Your truth. Lord, draw my husband closer to You through prayer. Help us to make Your Word a priority and a source of strength and comfort at all times. In Jesus' name, I pray. Amen.

AND WITHOUT FAITH IT IS IMPOSSIBLE TO PLEASE GOD. BECAUSE ANYONE WHO COMES TO HIM MUST BELIEVE THAT HE EXISTS AND THAT HE REWARDS THOSE WHO EARNESTLY SEEK HIM. HEBREWS 11:6

FAITH

Father, I lift up my husband to You today. I pray that You would encourage him to step boldly into the assignments You have placed before him, knowing that with faith, all things are possible. May he seek to please You in all that he does, reflecting Your love and grace in his actions. Grant him wisdom and discernment, and let his heart be open to the leading of Your Spirit.

May he find joy in serving You and experience the peace that comes from trusting in Your plans. Strengthen our marriage through our shared faith, and help us to support one another as we pursue Your will together.
In Jesus' name, I pray. Amen.

"I BAPTIZE YOU WITH WATER FOR REPENTANCE, BUT HE WHO IS COMING AFTER ME IS MIGHTIER THAN I, WHOSE SANDALS I AM NOT WORTHY TO CARRY, HE WILL BAPTIZE YOU WITH THE HOLY SPIRIT AND FIRE, MATTHEW 3:11

FRESH FIRE

Spirit of God, ignite a fresh fire in my husband's heart. May his life reflect the transformation and renewal that comes through faith in You. I ask that You pour out Your Spirit upon him in this hour as You have stated you would in Acts 2:17 In Jesus' name, I pray. Amen.

"YOU KEEP HIM IN PERFECT PEACE WHOSE MIND IS STAYED ON YOU, BECAUSE HE TRUSTS IN YOU." ISAIAH 26:3

HIS MIND

Heavenly Father, I come before You today, praying for my husband's mind. Please renew his mind and fill him with Your peace. Guide him to focus on what is true, honorable, and worthy of praise. Surround him with Your love and clarity, as He meditates on Your Word. In Jesus' name, I pray. Amen.

"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD." PHILIPPIANS 4:6

HIS EMOTIONS

Gracious Father, help my husband to understand and manage his emotions. Teach him to express them in healthy ways that honor You. I acknowledge the emotions he carries, both the joys and the burdens. I ask that You help me to understand these feelings more deeply, so I can be the partner he needs. Please give him the courage to share his heart with me, and grant me the patience to listen with compassion. Help us to create a safe space where he feels free to express himself, knowing that he is loved and supported.

In Jesus' name, I pray. Amen.

"HAVE I NOT COMMANDED **YOU? BE STRONG AND** COURAGEOUS. DO NOT BE AFRAID, NOR BE DISMAYED. FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO." JOSHUA 1:9

HIS CONFIDENCE

Heavenly Father, fill my husband with boldness and confidence. Please instill in him the courage and confidence he needs to face the challenges ahead. As he reads your word, please remind him that he is never alone. Help him to step forward in faith, knowing You are with him. In Jesus' name, I pray. Amen.

"LET US FIX OUR EYES ON JESUS, THE AUTHOR AND PERFECTER OF OUR FAITH, WHO FOR THE JOY SET BEFORE HIM ENDURED THE CROSS, SCORNING ITS SHAME, AND SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD" HEBREWS 12:2

HIS FOCUS

Heavenly Father, I come to You asking for Your guidance for my husband. Please help him to keep his focus on You, Lord. Remove any distractions that may pull him away from Your presence and fill him with clarity and determination to follow the path You have designed for him. Strengthen his faith and draw him closer to You each day. In Jesus' name, I pray. Amen.

"OIL AND PERFUME MAKE THE HEART GLAD, AND THE SWEETNESS OF A FRIEND COMES FROM HIS EARNEST COUNSEL." PROVERBS 27:9

HIS FRIENDSHIPS

Heavenly Father, thank You for the gift of friendship. Please teach my to be a loyal and loving friend, bringing joy and support to others. I pray that he surrounds himself with Christ-like friends who inspire him to delve deeper into Your Word and grow in faith. May these friends be a source of accountability for him, encouraging him to walk in Your ways and stay steadfast in his relationship with You. In Jesus' name Amen.

"HE MUST MANAGE HIS OWN FAMILY WELL AND SEE THAT HIS CHILDREN OBEY HIM, AND HE MUST DO SO IN A MANNER WORTHY OF FULL RESPECT."

1 TIMOTHY 3:4

HIS FAMILY

Heavenly Father, I ask that you instruct my husband on how to manage his family well. Lord, help me to honor him as the head of the household daily. Father, if my husband is questioning his authority as a man and leader, I ask that you comfort him by Your Spirit and show him that you have created him in Your image as the priest of the home. Let every attack against his family come to naught, and may the insecurities be dismantled by Your love. Oh Lord, I ask these things in Jesus' name, Amen.

THEREFORE WHAT GOD HAS JOINED TOGETHER, LET NO MAN SEPARATE" MATTHEW 19:6

UNITY

Heavenly Father, I pray that You help my husband and I to see ourselves as a united team, not as opponents. May we recognize the strength that comes from working together, hand in hand, supporting one another as You intended when You created us as partners.

Help me to be the helpmeet my husband needs, and may he see me as his ally in all things. Let Your Spirit of instruction fill our hearts, teaching us to treat each other with love, respect, and understanding. I ask that You remind us of Your words in Genesis 2:18, that it is not good for us to be alone, but rather to lift each other up in our journey together.

Lord, may our marriage be a reflection of Your love and grace. Help us to communicate openly, resolve our differences with kindness, and always strive for unity. Thank You for being at the center of our relationship.

In Jesus' name, Amen.

"FOR BY WISE GUIDANCE YOU CAN WAGE YOUR WAR, AND IN AN ABUNDANCE OF [WISE] COUNSELORS THERE IS VICTORY AND SAFETY". PROVERBS 24:6-7

COUNSEL

Heavenly Father, guide me to offer counsel that is rooted in Your truth. Help me to seek and accept guidance that reflects Your will. Amen."Heavenly Father, I come before You in prayer, asking that my husband would seek Your counsel Holy Spirit as the first source of wisdom in our home. Surround him with wise men who can offer him sound advice, as Your Word teaches us in Proverbs 24:6-7. I pray that he may wage his battles with wisdom and find safety in the multitude of counselors You provide. Lord, grant him discernment and the humility to listen, for wisdom is too lofty for the foolish. May he always turn to You in all decisions, and may our family be blessed by his wise leadership. In Jesus' name Amen.

"DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU **ARE NOT YOUR OWN;**" 1 CORINTHIANS 6:19

HBALTH

Heavenly Father, I come before You with a heart full of gratitude for the gift of my husband and the blessing of health in our lives. Please watch over him and grant him strength and vitality. Remind him, Lord, as stated in 1 Corinthians 6:19-20, that his body is a temple of the Holy Spirit. Help him to remember that he is not his own, for he was bought with a price. May he honor You in all that he does and take care of himself in a way that glorifies Your name.

Thank You Lord, In Jesus' name, Amen.

"THE EYE IS THE LAMP OF THE BODY. YOU DRAW LIGHT INTO **YOUR BODY THROUGH YOUR** EYES, AND LIGHT SHINES OUT TO THE WORLD THROUGH **YOUR EYES.**" **MATTHEW 6:22**

HIS EYES

Heavenly Father, I come before You and I pray that You open my husband's spiritual eyesight, allowing him to see Your beauty and goodness in every aspect of life. Help him to seek Your perspective and follow the steps You have laid out for him. May he find hope in Your plans and trust in Your will. Strengthen his faith, Lord, and draw him closer to You each day. In Jesus' name, I pray. Amen.

"MY SON, GIVE ATTENTION TO MY WORDS; INCLINE YOUR EAR TO MY SAYINGS. DO NOT LET THEM DEPART FROM YOUR EYES;"
PROVERBS 4:20

HIS EARS

Heavenly Father, I come before You to lift up my husband in prayer. I ask that You open his ears to hear Your wisdom and guidance. Help him to be attentive to words that uplift his spirit and strengthen his heart. May he keep Your teachings close, allowing them to fill his mind and soul with life and health. Let him be mindful of what he sees and hears each day, embracing only those things that draw him closer to You. In Your Jesus' name, I pray. Amen.

"LET NO UNWHOLESOME WORD PROCEED FROM YOUR MOUTH. BUT ONLY SUCH A WORD AS IS **GOOD FOR EDIFICATION** ACCORDING TO THE NEED OF THE MOMENT, SO THAT IT WILL **GIVE GRACE TO THOSE WHO** HEAR." EPHESIANS 4:29

HIS SPEECH

Heavenly Father, I ask that You bless my husband's speech and guide his words. May he never be looked down upon for his age, but instead, let his speech, conduct, love, faith, and purity shine as a beacon of example to all who believe, as Your Word says in 1 Timothy 4:12. Lord, I pray that no unwholesome word would proceed from his mouth. Instead, may he speak words that are good for edification, tailored to the needs of the moment, bringing grace to all who hear, as instructed in Ephesians 4:29. Fill his heart with kindness, love, and Your truth, Lord, so that his words promote life and healing. May he be a vessel of Your love and wisdom in every conversation. Thank You for Your guidance and support in our lives. In Jesus' name, Amen.

"LET THE FAVOR OF THE LORD OUR GOD BE UPON US, AND ESTABLISH THE WORK OF OUR HANDS UPON US; YES, ESTABLISH THE WORK OF OUR HANDS!" **PSALM 90:17**

HIS WORK

Heavenly Father, I come before I ask that Your favor be upon my husband, as declared in Psalm 90:17. May You establish the work of his hands and bless all that he endeavors to do. Lord, I pray that You open the heavens and pour out Your blessings upon him, just as promised in Deuteronomy 28:12.

Guide him in his efforts, grant him wisdom and strength, and let his work bear fruit in abundance. Surround him with Your grace, and help him to serve with integrity and diligence. I trust in Your goodness and love. In Jesus' name, I pray. Amen.

"THE BLESSING OF THE LORD MAKES A PERSON RICH, AND HE ADDS NO SORROW WITH IT". PROVERBS 10:22

HIS FINANCES

Heavenly Father, I ask that You guide my husband in his finances, reminding him that he cannot serve two masters. Help him to be devoted to You above all else, so that he may find true fulfillment and purpose in his life. I trust in Your promise, Lord, that You will supply all of our needs from Your glorious riches in Christ Jesus. Please provide for my husband's needs, both spiritually and materially, and fill his heart with peace and contentment. Thank You for the blessings You bestow upon us. May he experience the richness of Your blessings, which add no sorrow. Help us to recognize and appreciate Your provision in our lives. In Jesus' name, I pray. Amen.

"AND GOD IS ABLE TO MAKE ALL GRACE ABOUND TO YOU. SO THAT ALWAYS HAVING ALL SUFFICIENCY IN EVERYTHING. YOU MAY HAVE AN ABUNDANCE FOR EVERY GOOD DEED". LUKE 6:38

ABUNDANCE

Dear Lord, I come before You to thank You for the blessings You have poured into my life and my husband's life. I ask that You shower him with Your abundant grace, as Your Word promises in John 10:10 that You have come so we may have life, and have it more abundantly. May he experience that rich and fulfilling life You desire for him, filled with joy, strength, and purpose in every aspect of his being. I pray that he recognizes the sufficiency You provide in every situation, as stated in Luke 6:38, where You assure us that You are able to make all grace abound. May he be empowered to carry out every good deed, knowing that You will supply all his needs abundantly. Help him to embrace the abundance You offer, so he may also be a blessing to others, living generously and spreading Your love. Thank You, Lord, for Your faithful provision. I trust in Your promises and lift my husband up to You, believing that he will walk in the fullness of life that You have designed for him. In Jesus' name, Amen.

"FOR I KNOW THE PLANS I HAVE FOR YOU," DECLARES THE LORD, "PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE." **JEREMIAH 29:11**

DREAMS

Heavenly Father, I come before lifting up my husband as he pursues his dreams. Just as You revealed to Jacob the stairway reaching from earth to heaven, I pray that You grant him divine visions and clarity about the path You have set for him. Surround him with angelic assistance according to Psalm 91. Lord, I hold onto Your promise from Jeremiah, trusting that You have plans for him—plans to prosper him and not to harm him, plans filled with hope and a bright future. May he feel Your presence in every step he takes, and may his dreams align with Your purpose. Grant him strength and courage to pursue them with unwavering faith, knowing that with You, all things are possible.

In Jesus' mighty name, I pray. Amen.

"THE BREAKER GOES UP BEFORE THEM; THEY BREAK THROUGH AND PASS THE GATE. GOING OUT BY IT. THEIR KING PASSES ON BEFORE THEM, THE LORD AT THEIR HEAD." MICAH 2:13



BREAKTHROUGH

Heavenly Father, thank you for my husband! Thank you that it is you who is in control and not us. I ask that he seeks first Your kingdom and Your righteousness, trusting that all he needs will be provided for him. May he commit every endeavor to You, knowing that You will establish his plans according to Your perfect will. May he experience breakthrough in every area that he is cuttingly lacking. Lord, I pray that he finds strength in You, believing that he can do all things through Christ who empowers him. In Jesus' name, I pray. Amen.

"GO AND ENJOY CHOICE FOOD AND SWEET DRINKS, AND SEND **SOME TO THOSE WHO HAVE** NOTHING PREPARED. THIS DAY IS HOLY TO OUR LORD. DO NOT **GRIEVE. FOR THE JOY OF THE** LORD IS YOUR STRENGTH." **NEHEMIAH 8:10**

JOY

Dear Heavenly Father, I ask that You pour out Your Spirit upon my husband, filling him with the fruit of love, joy, peace, patience, kindness, goodness, and faithfulness. I pray that he may experience true joy, a joy that is rooted in You and that overflows into every aspect of his life. Help him to seek You in all things, trusting that when he asks in Your name, he will receive, and his joy will be made full. Lord, I also ask that You grant him the patience and kindness to navigate life's challenges, and the goodness to shine Your light in the world around him. May he find peace in Your promises and strength in the joy that comes from knowing You. In Jesus' name, I pray. Amen.

THIS IS THE WORD OF THE LORD TO ZERUBBABEL: 'NOT BY MIGHT NOR BY POWER, BUT BY MY SPIRIT,' SAYS THE LORD ALMIGHTY.
ZECHARIAH 4:6

MIGHT

Heavenly Father, I come before You asking that my husband would be empowered by Your might and strength in all that he undertakes. Help him to embrace the words of Ecclesiastes 9:10, encouraging him in that whatever he finds to do, to do so with all his might. May he work diligently, knowing that his efforts are honored by You.

Lord, remind him that it is not by might nor by power, but by Your Spirit, as stated in Zechariah 4:6. I also pray that he operates in power, love, and a sound mind, just as promised in 2 Timothy 1:7. Help him to cast aside any fear and to stand strong in faith, trusting in Your provision and support.

May Your strength be his foundation. In Jesus' name, I pray. Amen.

"CHILDREN ARE A HERITAGE FROM THE LORD, OFFSPRING A REWARD FROM HIM. LIKE ARROWS IN THE HANDS OF A **WARRIOR ARE CHILDREN BORN** IN ONE'S YOUTH." PSALM 127:3-4



OUR CHILDREN

Heavenly Father, I come before You lifting up my husband and our children, both present and those yet to come. I pray that You bless them abundantly. May they grow to be a source of joy and pride, reflecting Your love and wisdom in their lives. As I strive to be a loving and supportive wife and mother, help me to be a positive influence, nurturing our children and encouraging their dreams. I hold on to Your promise in Proverbs 17:6, knowing that our children and future generations are a crown to us. May our family flourish in Your grace, bringing honor and glory to Your name. In Jesus' name Amen.

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

OUR MARRIAGE

Heavenly Father, I submit our marriage to you. Teach us to love each other as You have loved us. May our union reflect Your grace and mercy, becoming a beacon of hope and inspiration to those around us. Guide us in understanding and patience, allowing us to support and uplift each other through every trial and joy. Help us to communicate openly and honestly, always seeking to understand rather than to be understood. May our home be filled with laughter, kindness, and compassion, serving as a testament to Your love. Strengthen our bond so that we may face life's challenges together, hand in hand, with unwavering faith in Your plan. Thank You for the blessing of my partner. In Jesus' name, Amen.

"HE WHO FINDS A WIFE FINDS A GOOD THING AND OBTAINS FAVOR FROM THE LORD." PROVERBS 18:22

HS WIFE

Dear Heavenly Father, I come before You seeking Your grace as I aim to be the wife You have designed me to be. Lord, I pray that You help me to embody the virtues described in Proverbs 31:11-12, where it is written that a husband has full confidence in his wife and lacks nothing of value. May I bring my husband good, not harm, all the days of my life. Teach me, Lord, to be a source of strength and encouragement for him, always acting with love and integrity.

Father, I also turn to your Word in Titus 2:5, asking for Your help to be self-controlled and pure, busy at home, kind, and subject to my husband, so that no one will malign Your word. Grant me the patience and understanding to fulfill these roles with joy and dedication, reflecting Your love in our marriage.

Please guide me in my daily actions and decisions, ensuring that I honor You in all that I do. Fill our home with peace, love, and Your presence, creating an environment where our relationship can thrive. Thank You, Lord, for the gift of marriage. I trust in Your plan for our lives and commit to walking this journey with faith and devotion. In Jesus' name, I pray. Amen.

THANK YOU!

As we reach the end of this 30-day journey, I want to commend you for reading the prayer starters and praying for your husband consistently. Your dedication to lifting up your husband in prayer is a testament to your love and faith, and I hope this experience has enriched both your spiritual life and your marriage.

Remember, this guide is not just a one-time endeavor but a resource you can return to whenever you need encouragement or guidance. Whether you're facing new challenges or simply wish to deepen your connection with God and your husband, let this book be a tool you utilize to ignite a fire of prayer in your home.

I invite you to submit every aspect of your marriage and life to the Lord, trusting in His wisdom to guide you. By placing your faith in Him, you open the door to blessings and growth beyond what you can imagine. For those who have found this journey meaningful, we are pleased to offer a beautifully crafted physical edition of "30 Days of Praying for Our Husband Prayer Starter and Journal." It's a wonderful keepsake and a gift to yourself or a friend. Visit arisedaughtersintl.com to order your copy today.



Heavenly Father,

Thank You for my sister in Christ who has committed to praying for her husband over these 30 days. I lift up each woman who has participated in this prayer challenge, asking that You bless her marriage abundantly. May her home be filled with love, joy, and peace that surpasses all understanding.

Guide her in every step she takes, drawing her closer to You and her husband. Strengthen their bond and help them to face challenges with grace and unity. Lord, may her prayers be a constant source of encouragement and support, uplifting her husband and nurturing their relationship.

I pray that she always finds refuge in You, seeking Your wisdom and submitting to Your will in all things. Thank You, Lord, for hearing our prayers and for the transformative power of Your love.

In Jesus' name, I pray. Amen.

Thank you for being a part of this journey with me. May God's blessings continue to shine upon you and your marriage. With love,

Mrs. Washington
Arise Daughters International

