
The Daily "Blessings" Prayer for your Husband

- B ~ Body- physical health and strength
- L ~ Labor- favor, wisdom, ability in his work
- E ~ Emotions- expression and control
- S ~ Spiritual- growth, passion, leadership
- S ~ Social- strong Godly friendships
- I ~ Intimacy in Marriage- communication
- N ~ Needs met- today's needs
- G ~ Guidance and Wisdom- in decisions
- S ~ Sexual purity and fulfillment in marriage



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Praying for my Husband! What a powerful thing we can do!! Lifting up our spouse to the throne room of heaven is one of the best ways we can love our husband.

It was about 15 years ago that I heard on the radio a way to pray for our husbands using the acronym "BLESSINGS". I so wish I could remember who shared this. I have googled to try to find a source and cannot find any reference.

I have been using this word to help me cover vital things in my husband's life ever since. It has been a great way for me to remember things to pray for him. I have seen SO many answers to prayers! Please don't give up..... it took several years of praying and believing to see some of the answers, but God is faithful!

Praying scripture over our husbands is one of the most effective ways of praying. I love the movie "War Room" because it shows us the power of scripture prayers. Have you seen this movie?? If not I encourage you to watch it! ☺

God's word does not return void. *"As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater."* Isaiah 55:10

Below you will find scriptures to pray for your husband that go with each letter of the word "BLESSINGS". This is just a starting point, there are many more scriptures you could pray over your husband.

I challenge you to start praying scriptures of BLESSINGS over your husband today!! God will move in your husband's life, but He will also do a work in your heart!!

I would love to hear from you! Share your prayer testimony with me by emailing me ~ Heather@simplefaithandfamily.com



Praying "BLESSINGS" for your Husband:

B~ Body

L~ Labor (work)

E~ Emotions

S~ Spiritual Life

S~ Social Life (friendships)

I~ Intimacy in Marriage (strong marriage)

N~ Needs Met

G~ Guidance and Wisdom

S~ Sexual purity and fulfilment in marriage

(All scriptures below are NIV unless noted)

Body

"Bless the Lord, O my soul, and forget none of His benefits; Who pardons all your iniquities; Who heals all your diseases; Who redeems your life from the pit; Who crowns you with loving kindness and compassion; Who satisfies your years with good things, So that your youth is renewed like an eagle." Psalm 103:1-5

"But let all who take refuge in you be glad; ...Spread your protection over them, that those who love your name may rejoice in you. Lord, you bless the righteous; you surround them with your favor as with a shield." Psalm 5:11-12

"The Lord makes firm the steps of the one who delights in Him; though he may stumble, he will not fall, for the Lord upholds him with His hand." Psalm 37:23-24

"...He is my refuge and my fortress, my God in whom I trust.' He will cover you with His feathers, and under His wings you will find refuge; His faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday." Psalm 91:4-6

"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace." Numbers 6:24-26

"If you say, 'The Lord is my refuge.' and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For He will command His angels concerning you to guard you in all your ways, they will lift you up in their hands, so that you will not strike your foot against a stone." Psalm 91:9-12

"In all your ways know and acknowledge and recognize HIM, and He will make your paths straight and smooth [removing obstacles that block your way]. Do not be wise in your own eyes; Fear the Lord [with reverent awe and obedience] and turn away from evil. It will be health to your body [your marrow, your nerves, your sinews, your muscles—all your inner parts]

And refreshment (physical well-being) to your bones. Proverbs 3:6-8 (Amplified)

"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like an eagle; they will run and not grow weary, they will walk and not faint." Isaiah 40:28-31

"This is what the Sovereign Lord says to these bones: I will make breath enter you, and you will come to life." Ezekiel 37:4-6

"For in HIM we live and move and have our being." Acts 17:28

Labor

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." Colossians 3:23-24

"The Lord's Word is flawless; He shields all who take refuge in HIM. ...It is God who arms me with strength and keeps my way secure. He makes my feet like the feet of a deer; He causes me to stand on the heights. Psalm 18:30&32

"Commit everything you do to the Lord. Trust HIM to help you do it and He will." Psalm 37:5

"The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon [120' high-30' circumference]; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruits in old age; they will stay fresh and green, proclaiming, 'The Lord is upright; He is my Rock, and there is no wickedness in HIM.' " Psalm 92: 12-15

"The Sovereign Lord is my strength; He makes my feet like the feet of a deer; He enables me to tread on the heights." Habakkuk 3:19

"If a man's gift is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; ..." Romans 12:7-8

Emotions

"The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." Psalm 28:7

"Be strong and courageous. Do not be afraid or terrified, for the Lord your God goes with you; He will never leave you nor forsake you. ...The Lord Himself goes before you; ...do not be discouraged." Deuteronomy 31:6&8

"The Lord gives strength to His people; the Lord blesses His people with peace." Psalm 29:11

"Be strong and take heart, all you who hope in the Lord." Psalm 31:24

"I sought the Lord and He answered me; He delivered me from all my fears. Psalm 34:4-5

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand." Psalm 41:10

"Blessed are those who fear [respect and revere] the Lord who find great delight in His commands. ...Even in darkness light dawns; comes bursting in, for the upright, for those who are gracious and compassionate and righteous. ...They will have no fear of bad news; their hearts are steadfast, trusting in the Lord. Their hearts are secure, joyful and unafraid; they will have no fear; in the end they will look in triumph on their foes.." Psalm 112:1-8

"He helps the brokenhearted and binds their wounds." Psalm 147:3

"You, Lord, give perfect peace even in turmoil to those who keep their purpose firm and put their trust in You. Trust in the Lord forever for the Lord, the Lord Himself, is the Rock eternal." Isaiah 26:3-4

"I will refresh the weary, give joy to the sorrowing, satisfy the faint and replenish everyone who languishes." Jeremiah 31:25

"Do not grieve, for the joy of the Lord is your strength." Nehemiah 8:10

Spiritual

"Blessed are those who hunger and thirst for righteousness, for they will be filled." Mathew 5:6

"Keep the Book of Law [the Bible] always on your lips; meditate on it day and night, so that you may be careful to do everything in it. Then you will be prosperous and successful." Joshua 1:8

"I call with all my heart; answer me, Lord, ...I call out to you; save me ...I rise before dawn and cry for help; I have put my hope in Your Word." Psalm 119:145-147

"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. Then you will call on Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you seek Me with all your heart." Jeremiah 29:11-13

"Ask and you will be given what you ask for. Seek, and you will find. Knock and the door will be opened. For everyone who asks, receives. Anyone who seeks, finds. If only you will knock, the door will be open." Matthew 7:7-8

"I tell you the truth, whoever hears My word and believes HIM who sent Me has eternal life and will not be condemned; he has crossed over from death to life." John 5:24

"And I [Jesus] will ask the Father; and He will give you another Helper, to be with you forever; even the Spirit of truth, whom the world cannot receive, because it neither sees HIM nor knows HIM. You know HIM for He dwells with you and will be in you." John 14:16

"For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." Romans 8:8

"...neither death nor life, neither angels nor demons, neither the present nor the future; nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will." Romans 12:2

"I [Paul] pray that ... He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have the power...to grasp how wide and long and high and deep is the love of Christ." Ephesians 3:16-17

"In every battle you will need faith as your shield to stop the fiery arrows aimed at you by Satan. And you will need the helmet of salvation and the sword of the Spirit-which is the Word of God. Ephesians 6:16-17

"And let us run with perseverance the race marked out for us, fixing our eyes on Jesus... For the joy set forth before HIM, He endured the cross, scorning its shame and sat down at the right hand of the throne of God. Consider HIM who endured such opposition from sinners, so that you will not grow weary and lose heart." Hebrews 12:1-3

Social

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:31-32

"A man of many companions may come to ruin, but there is a friend who sticks closer than a brother."

Proverbs 18:24

"Do not associate with a man given to anger; Or go with a hot-tempered man, Or you will learn his ways

And find a snare for yourself." Proverbs 22:24-25

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" Ecclesiastes 4:9-10 New King James Version

"This is My commandment, that you love one another as I have loved you. Greater love has no one than this, than to lay down one's life for his friends. You are My friends if you do whatever I command you. No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you." John 15:12-15 New King James Version Bible

"Rejoice with them that do rejoice, and weep with them that weep." Rom 12:15 New King James Version

Intimacy in marriage

"Drink water from your own cistern, running water from your own well." Proverbs 5:15

"That is why a man leaves his father and mother and is united to his wife, and they become one flesh." Genesis 2:24

"A wife of noble character who can find? She is worth far more than rubies. Her husband has full confidence in her and lacks nothing of value. She brings him good, not harm, all the days of her life" Proverbs 31:10-12

"Husbands, love your wives, just as Christ loved the church and gave himself up for her." Ephesians 5:25

"The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." Genesis 2:18

Needs met

"May the Lord answer you when you are in distress; may the name of the God of Jacob protect you. May He send you help from the sanctuary and grant you support from Zion. ...May the Lord grant all your requests." Psalm 20:1-2

"The Lord is my Shepherd, I shall not want. He makes me lie down in green pastures, He leads me beside still waters, He refreshes my soul. He guides me along the right paths for His name's sake." Psalm 23:1-3

"The Lord is my strength and my shield; my heart trusts in HIM and He helps me." Psalm 28:7

"Oh my soul, don't be discouraged. Don't be upset. Expect God to act! For I know that I again will have reason to praise HIM for all that He will do. He is my help. He is my God." Psalm 42:11

"Fear not, for I have redeemed you; I have called you by name; you are Mine. When you pass through the waters, I will be with you and through the rivers, they shall not overwhelm you; when you walk through the fire, you shall not be burned, and the flame shall not consume you. For I am the Lord your God...your Savior." Isaiah 43:1-3

"God is our refuge and our strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way.... The Lord Almighty is with us; the God of Jacob is our fortress." Psalm 46:1-2 & 11

"Cast your cares on the Lord and He will sustain you." Psalm 55:22

"Fear not, for I am with you. Do not be dismayed. I am your God. I will strengthen you; I will help you. I will uphold you with my victorious right hand." Isaiah 41:10

"Jesus...said, "With man this is impossible, but with God all things are possible." Matthew 19:26

"Do not be anxious about anything, but in everything, by prayer and petition, with Thanksgiving, present your requests to God. And the peace of God, which

transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6

"I [Paul] know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, I can do all things through Christ who strengthens me." Philippians 4:12-13

"And my God will meet all your needs according to the riches of His glory in Christ Jesus." Philippians 4:19

Guidance and Wisdom

"Who is the man who fears [recognizes and respects] the Lord? Him will He instruct in the way that he should choose. His soul shall abide in well-being." Psalm 25:12-13

"How blessed is the man who finds wisdom and the man who gains understanding. For its profit is better than the profit of silver, and its gain than fine gold. ...Long life is in her [wisdom's] right hand. ...When you lie down, you will not be afraid; when you lie down your sleep will be sweet." Proverbs 3:13-14 & 24

"So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time." Matthew 6:34

"If any of you lack wisdom, you should ask God...and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord." James 1:5-7

"Do not forsake wisdom, and she will protect you; love her, and she will watch over you. Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding." Proverbs 4:6-7,

The righteous will inherit the land and dwell in it forever. The mouths of the righteous utter wisdom, and their tongues speak what is just. The law of their God is in their hearts; their feet do not slip. Psalm 37:29-31 (NIV)

"Teach us to number our days, that we may gain a heart of wisdom." Psalm 90:12

"For the Lord gives wisdom; from his mouth come knowledge and understanding."
Proverbs 2:6

"For wisdom is more precious than rubies, and nothing you desire can compare with her." Proverbs 8:11

"Where there is strife, there is pride, but wisdom is found in those who take advice." Proverbs 13:10

Sexual purity and fulfilment in marriage

"Do you not know that your body is a temple of the Holy Spirit, Who is in you, Whom you have received from God? ... So use every part of your body to give glory back to God..." 1 Corinthians 6:19-20

"You were bought at a price [Jesus death on the cross]. Therefore honor God with your body." 1 Corinthians 6:20

"...Let us cleanse and purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God." 2 Corinthians 7:1

"Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral." Hebrews 13:4

"Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." 1 Corinthians 7:5

"A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be intoxicated with her love." Proverbs 5:19

"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female, and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh? So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.'"
Matthew 19:4-6