



7 Prayers to Restore Your Marriage

A 7-Day Prayer Journey for Couples

*"Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken."
— Ecclesiastes 4:12*

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A Word Before You Begin

Every marriage experiences seasons of joy and seasons of struggle. Whether you are rebuilding after conflict, healing from hurt, or simply longing for a deeper connection, God is able to restore what seems broken.

Over the next seven days, set aside a few quiet moments to pray together — or individually if your spouse is not yet ready. Invite the Holy Spirit to soften hearts, renew love, and strengthen your covenant.

How to Use This Guide

- Find a quiet moment each day — morning works best for most couples.
- Read the Scripture aloud together before the prayer.
- Pray the prayer aloud — one partner or both together.
- After praying, share one thing you are grateful for about each other.
- Use the journal lines to write any thoughts or reflections.

God is faithful. What He began in your marriage, He will complete.

— Reverend Sam Adeyemi

DAY 1

Prayer for Forgiveness

SCRIPTURE — Ephesians 4:32

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

PRAYER

Heavenly Father, thank You for extending Your mercy to us every single day. Today, I choose to release every hurt, disappointment, and offense that has taken root in my heart, just as You have forgiven me. Heal the wounds in our marriage and replace bitterness with compassion, resentment with grace, and anger with genuine love. Help us to forgive freely, seek forgiveness humbly, and walk together in the freedom that only You can give. In Jesus' name, Amen.

MY REFLECTION TODAY

DAY 2

Prayer for Communication

SCRIPTURE — Proverbs 15:1

"A gentle answer turns away wrath, but a harsh word stirs up anger."

PRAYER

Lord, teach us to communicate with patience, wisdom, and love. Guard our words so they build one another up instead of causing pain or misunderstanding. Help us to listen with compassionate hearts, speak with gentleness, and seek understanding before reacting. Let every conversation draw us closer together and closer to You, filling our home with peace, respect, and kindness. In Jesus' name, Amen.

MY REFLECTION TODAY

DAY 3

Prayer for Trust

SCRIPTURE — 1 Corinthians 13:7

"Love always protects, always trusts, always hopes, always perseveres."

PRAYER

Father, where trust has been damaged, begin Your healing work today. Restore confidence, honesty, and faithfulness between us, removing every fear, suspicion, and insecurity that seeks to divide our hearts. Give us the courage to be truthful, dependable, and transparent in every area of our relationship. Help our marriage become a safe place where love grows stronger through integrity and unwavering commitment. In Jesus' name, Amen.

MY REFLECTION TODAY

DAY 4

Prayer for Intimacy

SCRIPTURE — Mark 10:9

"Therefore what God has joined together, let no one separate."

PRAYER

Lord, renew the closeness we once enjoyed and deepen the bond You created between us. Rekindle our affection, friendship, emotional connection, and physical intimacy in ways that honor You. Remove every wall of distance, pride, distraction, or unforgiveness that has weakened our relationship. Teach us to cherish one another daily and to reflect the faithful love that Christ has for His Church. In Jesus' name, Amen.

MY REFLECTION TODAY

DAY 5

Prayer for Finances

SCRIPTURE — Philippians 4:19

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

PRAYER

Gracious Father, we place every financial burden, concern, and decision into Your capable hands. Give us wisdom to manage our resources faithfully, contentment in every season, and unity whenever we make financial choices together. Remove anxiety, conflict, and fear surrounding money, replacing them with trust in Your faithful provision. May our finances become a testimony of Your blessing, stewardship, and abundant grace. In Jesus' name, Amen.

MY REFLECTION TODAY

DAY 6

Prayer for Children and Parenting

SCRIPTURE — Proverbs 22:6

"Train up a child in the way he should go, and when he is old he will not depart from it."

PRAYER

Father, help us to lead our children with wisdom, patience, and unconditional love. Unite us as parents so that we model faith, humility, forgiveness, and integrity within our home. Give us discernment to guide our children according to Your Word and strength to remain consistent even during difficult seasons. May our family become a place where Your love is experienced daily and where future generations are drawn to follow You wholeheartedly. In Jesus' name, Amen.

MY REFLECTION TODAY

DAY 7

Prayer for God's Purpose for Our Marriage

SCRIPTURE — Psalm 127:1

"Unless the Lord builds the house, the builders labour in vain."

PRAYER

Heavenly Father, we surrender our marriage completely to You. Help us to remember that our relationship is more than a partnership — it is a covenant designed to glorify Your name and reflect Your love to the world. Reveal the purpose You have for our lives together, and empower us to serve You with unity, faith, and unwavering devotion. May our marriage become a testimony of Your redeeming grace, bringing hope, encouragement, and glory to Christ for all our days. In Jesus' mighty name, Amen.

MY REFLECTION TODAY

Closing Prayer

Father, thank You for hearing every prayer lifted over this marriage. We believe that no relationship is beyond Your power to restore, heal, and renew. Continue shaping our hearts into the likeness of Christ, strengthening our commitment, increasing our love, and helping us honor one another every day. We trust that the work You have begun in us, You will faithfully complete. In Jesus' precious name, Amen.

Need More Support?

If you and your spouse would like personal, biblical guidance from Reverend Sam Adeyemi, we would love to walk with you.

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"With God, all things are possible." — Matthew 19:26