

A FIELD GUIDE FOR MEN

Cover Her

A husband's prayers for his wife

Jake McCluskey

A man is meant to stand between his wife and the dark. Nobody sat you down and taught you how. You learned how to fix a leaking faucet, how to run a budget, maybe how to change a tire in the rain. Nobody handed you a way to fight for her on your knees.

So most of us skip it. We protect what we can see. We pay the bills, lock the doors, check the smoke detectors. The stuff we can't see, her fear at two in the morning, the thought she doesn't say out loud, the slow drift in her own walk with God, we leave alone. Not because we don't love her. Because nobody showed us this was ours to carry too.

A wife covered in prayer is a different woman than one left uncovered. Not because prayer is magic. Because a man who prays for his wife pays attention to her in a way that changes how he treats her the other twenty-three hours of the day. This is a short guide to get you started. Pick one prayer. Pray it tonight.

1. Start here, not with a plan

You don't need a system. You need to open your mouth. A lot of men wait until they know the "right" way to pray for their wife and never start. Don't wait. Say her name to God tonight, even if it's ten seconds in the truck before you walk inside.

Pray: "Lord, watch over her tonight. She's mine to protect, and I need Your help to do it. Amen."

2. Her heart

She carries things she doesn't say. Not because she's hiding them from you, but because some days she doesn't have the words yet, or she's already tired from carrying them alone. Pray for what's underneath before she has to explain it to you.

The Lord is near to the brokenhearted, and He doesn't wait for a full explanation first.

"The LORD is near to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18)

Pray: "Lord, get close to whatever is heavy in her heart right now, even the part she hasn't told me. Heal what's broken in her. Amen."

3. Her fears

Every wife carries a list. The kids, the money, the diagnosis that hasn't come yet, the thing that happened before you met her that still shows up in the dark. You can't out-argue a fear. You can pray against it.

Pray: "Lord, whatever she's afraid of tonight, You're bigger than it. Take the fear off her chest and put Your peace there instead. Amen."

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:6)

4. Her body and health

She takes care of everybody's body but her own. Yours, the kids', the dog's. Somebody has to stand in the gap for hers. Pray over her health before there's a problem, not just after the scan comes back.

Pray: "Lord, strengthen her body. Guard her health before we even know we need it. Let her rest, and let her feel cared for, not just needed. Amen."

5. Her faith

You are not responsible for her walk with God. You are responsible for standing next to her in it. A lot of marriages drift because both people quietly assume the other one is handling the spiritual side. Pray that she doesn't walk that road alone, and that you don't leave her to.

Pray: "Lord, keep her close to You. Where her faith is tired, wake it back up. Let her see You're for her, and let me be part of how she sees that. Amen."

6. The marriage itself

Not her. Not you. The thing you built together. A marriage can survive two decent people who never once prayed for the marriage as its own thing, but it shouldn't have to. Pray for the "us," not just the two individuals standing next to each other.

Pray: "Lord, protect what You made when we became one. Don't let anything, not money, not tired schedules, not old wounds, pull us apart from what You put together. Amen."

7. The days she's hard to love, and you're hard to live with

This is the section men skip, and it's the one you need most. There will be seasons where she is short with you and you are short with her, and neither of you is at your best. Pray on those days especially. That's not weakness. That's exactly when the fight matters.

Pray: "Lord, I don't feel loving toward her right now, and I know she doesn't feel loving toward me either. Change my heart first. Help me love her the way You do, not the way I feel like right now. Amen."

8. Live it, or the prayer is a lie

Here's the part I'm not going to soften. You can pray beautiful prayers over your wife every night and still be the reason they don't land, if the way you treat her all day doesn't match the words. Scripture is blunt about this.

"You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered." (1 Peter 3:7)

Read that last part again. Your prayers can be hindered. Not by God being distant. By you, not honoring her, not paying attention, treating her like she's in your way instead of walking beside you. If you snap at her in the kitchen and then pray for her peace an hour later, something's not lining up.

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

That's the standard. Not "love her when she earns it." Give yourself up for her, the way Christ did for people who hadn't earned it either. That's the kind of love that makes the prayers real instead of just words you say at night.

9. One inch at a time

You're not going to fix twenty years of silence tonight. You're not supposed to. Pick one prayer from this guide. Pray it tonight, out loud or under your breath, doesn't matter which. Tomorrow, pick another one, or pray the same one again. This isn't a program. It's a habit you're rebuilding, one inch at a time.

I'm not writing this to make you feel behind. Most men are starting from zero here. Starting is the whole thing.

The verses to have ready

Keep these close. Read one before you pray, or just after.

"You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered." (1 Peter 3:7)

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

"The LORD is near to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18)

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:6)

"Casting all your anxiety on Him, because He cares for you." (1 Peter 5:7)

Fold this into your Bible, or keep it in your truck. Cover her tonight.

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