

# A PRAYER FOR A SPOUSE WHO'S HURT YOU

Have you ever felt upset or hurt by your spouse that the last thing you wanted to do was pray for them?

It can be hard to pray for someone when we're overwhelmed with hurt and anger, but it's exactly what God tells us to do. (Luke 6:27-28) If He asks us to pray for our enemies, how much more should we pray for the person we've become one with and love and care for so deeply? So, how do we get past the unforgiveness and critical attitude?

We can start by blessing them and praying for them. To break down the walls in our hearts and smash the barriers that hinder growth in our relationship with the Lord and our spouse, we can begin by examining our hearts and getting into the Lord's presence.

If you feel stuck in anger and resentment with your spouse, run to God. Don't let it become a root of bitterness growing inside you daily. We want to encourage you to pray for your spouse today and watch what the Lord can do in you, your spouse and your marriage.

## **HEAVENLY FATHER,**

I come to You with a heavy heart, seeking Your grace and guidance as I lift my spouse to You. I confess my anger, hurt, unforgiveness, disappointment, resentment, and hardness of heart toward them. I lay it at your feet. Forgive me and create in me a clean heart and right spirit before You.

Amid the pain caused by their actions, I ask for Your strength to find forgiveness within my heart. Help me release the burden of resentment and replace it with Your love and understanding. Lord, grant me the wisdom to see beyond the hurt, recognizing the humanity in my spouse. Pour Your healing spirit over us as we reconcile, and fill us with renewed compassion. May Your peace consume our hearts and guide us to a path of restoration, leading us to emerge stronger and deeply connected.

Remind me of Your boundless mercy in moments of struggle, teaching me to extend that same mercy to them. May Your perfect love be our source of strength to overcome this hard season. God, I surrender this pain to You. I trust Your grace will transform it into an opportunity for growth and a renewed perspective in my spouse and myself. In Jesus' name, I pray. Amen.