



A Prayer of Blessing and Empowerment for Your Wife

As a Christian husband you most likely pray with your wife before you go to bed at night. You probably pray about your kids, your health, your finances, your business, and much more. Most of our prayers tend to focus on our problems and our needs which is all fine and good but falls woefully short of the depth and breadth of what our prayer experience can be.

Several years ago, while I was meditating on how to improve my prayer life God directed me to use the hand as a framework for praying for my wife and my children. Immediately I was struck with how simple and beautiful this prayer was and how profoundly it affected my wife and children. Since then, I have prayed "The Hand Prayer" of blessing with many people and always found it to be a powerful experience for me and those that I prayed for. I can't recommend it enough!

So, what is "The Hand Prayer"?

"The Hand Prayer" is a simple format that walks you through a sequence, from thumb to pinky, with logical word associations as follows.

The Hand Prayer Model

1. Thumb Affirmation
2. Index Finger Direction
3. Middle Finger Challenge
4. Ring Finger Commitment
5. Pinky Finger Strength

The Hand Prayer is super flexible and works beautifully. You will find that this prayer naturally flows from your Heavenly Father through you to your wife. Pray about how you should pray and what you should pray, and God will show you the way!

I promise that you and your wife will be blessed by this prayer of blessing. And don't be surprised if both of you don't shed a few tears as you embrace each other in prayer. If you feel a bit intimidated by praying like this, you might consider writing it out. But no matter how awkward you might feel it will be powerful!



The Hand Prayer Example

1. The Thumb of Affirmation

Dear Father in Heaven, I thank you for giving me _____, to be my life companion. She is my most cherished possession here on this earth. She is truly a priceless treasure. And yet, as much as I love her, I know that you love her much more than I ever could. You have known her since she was conceived. You knit her together in her mother's womb. You created her with incredible talents and gifts. May she know you and praise you all the days of her life. May she know her true identity in you.

2. The Index Finger of Direction

Today, as she goes through her day, may she hear and know your "Still Small Voice". May she be teachable and follow your guidance. May she give clear and patient direction to our children, training them up in the instruction of the Lord. May I listen to her voice of wisdom as she also hears my voice of reason.

3. The Middle Finger of Challenge

During the day my wife may hear negative self-talk (zingers) that comes from the "father of lies". May she take these destructive thoughts captive and replace them with the truth of your word. May she keep these thoughts down with the thumb of encouragement because she knows who she is in you... a daughter of God who is more than a conqueror!

4. The Ring Finger of Commitment

Today I know that my wife is tired and at times may feel like giving up. May she firmly believe that you will not give up on her and that as her husband I will not give up on her either. I will never leave her or forsake her. And because of these assurances may she be resolute in her commitment to you Lord, our marriage, and our children.

5. The Pinky Finger of Strength

I know that my wife has been struggling with _____. May she see your strength being made perfect in her weakness. May this be her testimony as she grows in her faith and trust in you. Today may she be filled with your Holy Spirit and produce a bountiful crop of the fruit of love, joy, peace, patience, kindness, goodness, and self-control. May she feel the embrace of your loving arms today. Amen