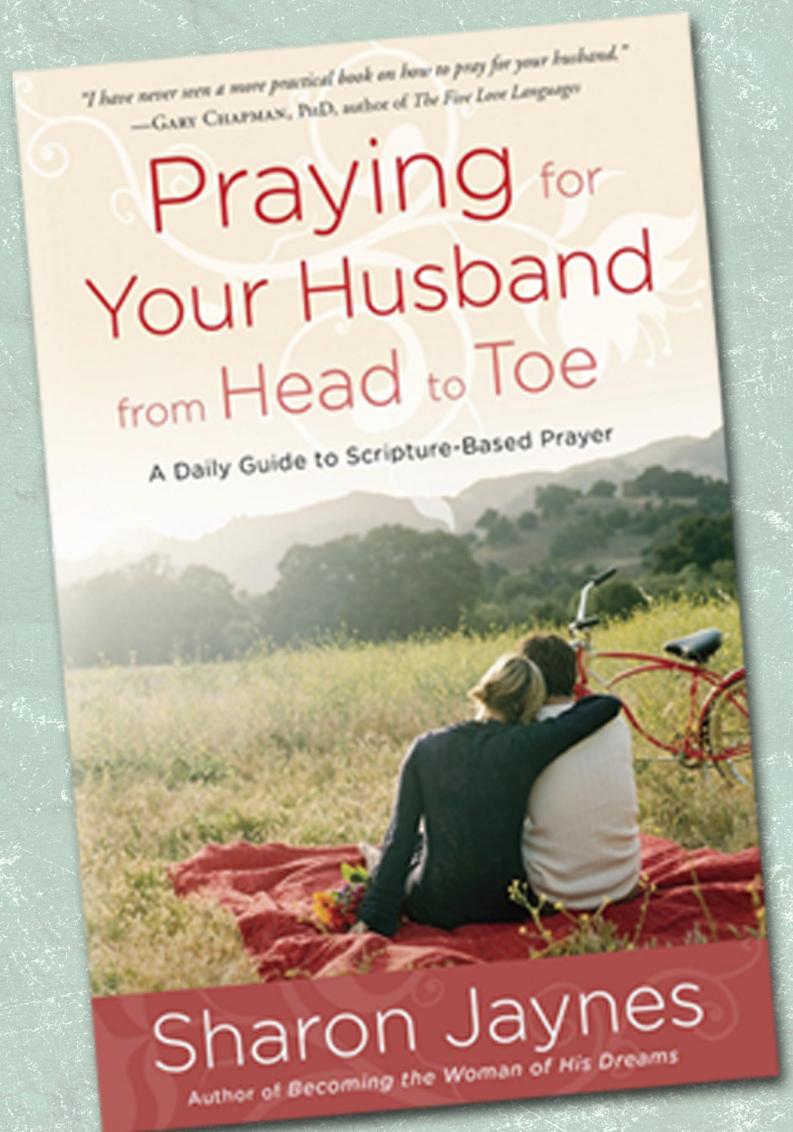


# 22 Day Praying Challenge from Mama's Coffee Shop

Short daily devotions  
based on the best  
selling book by  
Sharon Jaynes - Praying  
for your Husband from  
Head to Toe.



by Callie Domingues at Mama's Coffee Shop Blog

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This 22 day devotional is based on Sharon Jaynes's book - [Praying for Your Husband from Head to Toe](#). This devotional is to get you geared up for the 30 days of Praying for Your Husband from Head to Toe.

This devotional does contain affiliate links. If you make a purchase through these links, I will receive a small monetary commission. Which in turn will benefit my family. Thank you in advance if you do make any purchases.

# Praying for Your Husband from Head to Toe Challenge

## Mama's Coffee Shop Blog

Morning!

Today is the day we begin our march on Heaven's Gate in persistent prayer for our men.

Grab your copy of [Praying for Your Husband from Head to Toe by Sharon Jaynes](#), print version or eBook version is fine, and let's suit up and get to praying.

What do you say?

Each day I will give you the passage we will be reading, a Bible verse or two to read, a few thoughts to ponder and pray about, and a ready to go status for you to post on Facebook and/or Twitter. This way you can share the good news and encourage other women to join in the march.

Ready to go?

Day 1

Today we will read Part 1, (pages 1-11) until subsection, *The Purpose of Prayer*.

Questions to ponder:

How do you feel about being called to be your husband's ezer (helper)?

Can you answer the call?

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## Mama's Coffee Shop Blog

Facebook/Twitter quote

Day 1: The "helper" is the one who supplies strength in an area that is lacking in "the helped". #ezer #helper #praying4husbands #MCSdevo

In His grace.

Day 2

Today we will continue to read Part 1, (pages 11-13), through subsection, *The Purpose of Prayer*.

Questions to Ponder:

Do you catch yourself using prayer as a last resort?

Prayer is about relinquishing control to God. Do you trust God and believe that He has your best interest at heart?

There are no magic words - just truth-filled and heartfelt words that God asks for. Are you ready to offer those types of prayers for your man?

God asks women to stand in the gap and pray for our husbands.

Facebook/Twitter quote:

Day 2: Take your place as your husbands personal prayer warrior today! #prayerwarrior #standinthegap #praying4husbands #MCSdevo

In His grace.

# Praying for Your Husband from Head to Toe Challenge

## Mama's Coffee Shop Blog

### Day 3

Today we will continue to read Part 1, (pages 13-16), through subsection, *The Power of Persistent Prayer*

Questions/Thoughts to Ponder:

Persistent prayer causes miracles to happen...is anything impossible for God?

What is the one thing that you think is *never* going to happen/change in your marriage?

Bible verses to read:

Genesis 18:14, Luke 1:26-38 & Ezekiel 37:1-10

Facebook/Twitter quote:

Day 3: Too much is NOT too much for God. For nothing is impossible with God. #persistentprayers #praying4husbands #MCSdevo

In His Grace.

### Day 4

Today we will continue to read Part 1, (pages 16-20) through subsection, *How to Use this Book*

Nothing is impossible with God!

Persistent prayers cause miracles!

This book gives a direct pattern for prayer, landmarks to help us pray directly from the Written Word of God, the Bible.

In 2 Corinthians 10:4 we are told that we have, "divine power to demolish strongholds" simply by the power of prayer.

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Read Ephesians 6:18

Questions to ponder:

Are you ready to witness miracles and see strongholds crumble?

What is the one change your heart desires to see most from this powerful prayer challenge?

Facebook/Twitter quote:

Day 4: Impact Your husband's life; pray with purpose. Impact your heart too; love him with a deeper & stronger love.  
#praywithpurpose #praying4husbands #MCSdevo

In His Grace.

Day 5

We are going to start Part 2 of the book, called *The Landmarks of Prayer: From Head to Toe*.

Read page 21, only one little paragraph today but it is packed full of important goodness.

Read Psalm 139:14

Hmmm, fearfully AND wonderfully made, a one of a kind masterpiece.

Using physical landmarks we will be better equipped to pray for our husbands spiritual, psychological, and emotional aspects of his inner self.

Questions to ponder:

Do you consider one aspect of your husband over another? For example, do you pray for his spiritual relation with Christ over

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what he may see throughout his day?

What is the one thing you pray about the most?

Facebook/Twitter quote:

Day 5: Psalm 139:14, my husband is a masterpiece, fashioned by the Creative Master. #equippedtopray #praying4husbands #MCSdevo

In His Grace.

Day 6

Let's get down to business and find out more about how Sharon breaks down each body part and how we will go about praying over our men.

Read pages 21-23, only the subsection *His Mind: What He Thinks About*.

So many times this is a battle for me. Total control freak that I tend to be...what is he thinking about...and do I really want to know. This body part encompasses numerous aspects of our men. Thoughts turn into actions. All the more reason that we need to start at the top of our beloved.

Read Romans 12:2, Proverbs 23:7 and 1 Thessalonians 5:23

Facebook/Twitter quote:

Day 6: Thoughts, tumbling around. Keep ungodly ones at bay and wholesome ones ever present. #hismind #praying4husbands #MCSdevo

In His Grace.

# Praying for Your Husband from Head to Toe Challenge

## Mama's Coffee Shop Blog

Day 7

Read pages 23-24, only the subsection *His Eyes: What He Looks At*.

Men are hard wired to look. Sometimes even where they should not. Let's not beat up our guys because the world (Satan himself) is setting out to overwhelm them with every sexual and suggestive image out there.

We are called to pray for him. Pray to help him to keep his eyes on Christ and not everything that the world would call him to see.

Let's set up our men with a prayerful defense. Cover him with prayer to help with the distractions that the world flaunts before his eyes. Pray for his strength to look away from the ever present onslaught of images set out to destroy him and his marriage.

Facebook/Twitter quote:

Day 7: Lord, bless my husband's eyes to see You and Your blessings. Not the world's distractions. #hiseyes  
#praying4husbands #MCSdevo

In His Grace.

Day 8

Read pages 24-25, only subsection *His Ears: What He Listens To*

Everything my husband hears affects his thoughts, therefore effecting his actions and emotions. Let us cover our men in prayers that will help them focus on the voice of The Almighty instead of the constant barrage of other noise.

Even in the midst of the noise God can (and will) speak to us.

Read Exodus 3, Judges 6, Luke 2, and Acts 11

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Facebook/Twitter quote:

Day 8: Praying over my husband's ears so that he will be able to hear The Lord whisper among the noise. #hisears  
#praying4husbands #MCSdevo

In His Grace.

Day 9

Read pages 25-26, only subsection *His Mouth: The Words He Speaks*

Words. They are powerful and can build up or tear down a soul. As we pray for our husbands we will do so in a powerful way, with our words. This building up will help our husbands lean against an Almighty God instead of his own will and understanding (Proverbs 3:5).

Even as we practice to bring gentleness to our own words, by praying for our husbands we will help him bring lovingkindness, gentleness, wisdom and oh so much more to his own words.

Read Numbers 14:28, James 3:7-8, and Luke 1:37

Facebook/Twitter quote:

Day 9: I pray today that God will set a guard on my husbands mouth. As Nothing is Impossible with God. #hismouth  
#praying4husbands #MCSdevo

In His Grace.

# Praying for Your Husband from Head to Toe Challenge

## Mama's Coffee Shop Blog

Day 10

Read pages 26-28, only subsection, *His Neck: The Decisions that turn His Head*

We face choices everyday, one of the gifts (or hardships depending on the day) that God gave to us in The Garden of Eden. With so many choices, let us pray for our husbands that the choices they must make day to day, come easier for them. That our husbands will choose to follow Christ wholeheartedly and that they will turn away from the unfulfilling choices of the fallen world.

Questions to ponder and pray about:

Am I putting forth the effort in myself to make the burden less for my husband?

Am I an unrelenting drip (Proverbs 27:15 & 19:13) or am I wife of noble character (Proverbs 12:4)?

Facebook/Twitter quote:

Day 10: Choices. I pray over my husbands neck - asking God to turn him toward Jesus & away from a self-centered life. #choices #hisneck #praying4husbands #MCSdevo

In His Grace.

Day 11

Morning! I am pleased with all of the headway we are making as we learn why we need to pray for all of our man's body parts. Thank God for Sharon! I don't know about you, but I am learning so much!

Let's move on...we still have so much to learn before we even get down to the nitty-gritty 30 days of prayers!

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Read pages 28-29 subsection *His Shoulders: His Burdens and Worries*

I tend to worry about so many things. This is a constant issue I pray about. Most are small issues, yet issues for me nonetheless. I know how hard it can be to be a mama/wife/sister/friend...that is a whole set of issues waiting to happen!

So I set out to pray for my husband so that his worries will be less. That he can make decisions and not worry about the outcome of situations. I want to pray for his shoulders so that his burdens will be less of a weight. That he can feel more able in all his decisions because of The One that offers to carry them all of our worries (cares) for us.

Read: Philippians 4:6 & Psalm 55:22

Day 11: I pray over my husband's shoulders so that he will pass his burdens & worries to The One able to carry them all. #hisshoulders #praying4husbands #MCSdevo

In His Grace.

Day 12

Read pages 29-30, only subsection *His Heart: Who or What He Loves*

Proverbs 4:23 (NIV) says, "Above all else, guard your heart for everything you do flows from it."

Therefore we must be proactive in the daily activities that our hearts take part in. Daily decisions as well as life long decisions are dependant on our heart.

When our husband's heart is in the right place with God everything else falls into place. Like my mama used to say, "What goes in is what comes out." Her version of, garbage in, garbage out.

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Let's make the added effort to pray for the "things" that are being put in our husband's heart each day.

Facebook/Twitter Quote:

Day 12: As I pray for my husband's heart I am praying for the very wellspring from which life flows. #hisheart #praying4husbands #MCSdevo

In His Grace.

Day 13

Today we are reading pages 30-32, subsection *His Back: His Protection*

God is our protector, our ever present help in trouble (Psalm 18:2). He protects us not only here in earth but in the heavenlies too - the physical and spiritual realms.

He can conquer all of your giants, make a boy into a king and send a baby to save an entire world from sin. Ultimately God can do any single thing to help, strengthen, build up, tear down, protect, guide and renew.

Our husbands do not have to face troubles alone. They have a strong and mighty God that has got their back, each and every moment.

Questions to Ponder:

Do you feel overwhelmed some days? Do you trust in the Lord of All to be your ever present help in trouble?

Praying for your husband's back is another avenue for you as well...if you trust God to protect your husband, He will surely protect and strengthen you too!

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Facebook/Twitter Quote:

Day 13: As I pray for my husband's back, I am praying for his protection in the spiritual and physical realms. God's got his back!  
#hisback #praying4husbands #MCSdevo

In His Grace.

Day 14

Today we are going to read pages 32-33, subsection *His Arms: His Strength*

I am a total fan of the strength in my husband's arms! I admire the way he is able to move things with the slightest of ease as I on the other hand would need way more umph to make the same thing happen!

We serve a strong and mighty God, those are Not Just Words! The Bible says that His arms are His strength, that He is able to lift us up with His righteous right hand.

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

Let us pray over our husband's arms so that he can rely on God's strength instead of his own. That he may know true strength and allow himself to be a conduit through which God's strength can flow.

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Facebook/Twitter Quote:

Day 14: As I pray over my husband's arms, I am praying for his strength of character, courage, & purpose so he can be all God created him to be. #hisarms #praying4husbands #MCSdevo

In His Grace.

Day 15

Read pages 33-35, through subsection *His Hands: His Work*

Every man longs for his work to make a difference, provide a purpose, be successful, be meaningful and be productive. He wants to leave his mark on the world!

Adam had his job (Genesis 1:28) and our husbands have theirs. Nowadays it isn't always so glamorous as naming all of God's creatures but it does pay the bills and allow us to live as we do.

Most men see work as a fulfilling and meaningful part of his manhood. Some even take working to the extreme. While other men forget the importance of work and become lazy about work.

Overworking and laziness are both crushing to a God-glorifying life. So as we pray for our husbands hands, we are praying also for his work and that we he "will do all things" to the glory of God.

Questions to Ponder:

Are you making light of his work?

Or are you a daily encouragement to him?

Facebook/Twitter Quote:

Day 15: By praying for my husband's hands I pray that all he lays his hands to will be for the glory of God. #hishands #praying4husbands #MCSdevo

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# Praying for Your Husband from Head to Toe Challenge

## Mama's Coffee Shop Blog

In His Grace.

Day 16

Today we are going to read pages 35-36, subsection *His Ring Finger : His Marriage*

This is the deep-rooted basis for my love of this book and prayerful process. My marriage.

There are so many reason sin today's world for difficulties in marriages, but in all honesty, it is never just a one-sided problem. Marriage requires two parties- husband and wife.

Therefore, when we pray for our husband's ring finger we are going to be praying for both your husband and yourself. That this union be blessed each day, every moment by a God that sees and loves the idea of marriage and everything it entails.

Questions to Ponder:

How do you view your role in your marriage?

God designed you as a helper, seek out the true meaning behind a helpmeet, the true purpose of a wife.

Facebok/Twitter quote:

Day 16: As I pray for my husband's ring finger, I pray for our marriage, that our union blesses and honors the Lord. #hisfinger #praying4husbands #MCSdevo

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## Mama's Coffee Shop Blog

Day 17

As we make our way through the rest of these body parts I am continually amazed at the depth of knowledge that Sharon shares! Today we are reading pages 37-38, only subsection *His Side : His Relationships*

Relationships. They are a matter of daily life. There is no escape...we are children, brothers, sisters, husbands, wives, bosses and employees. God never intended for anyone to be alone, hence the reason Eve came along.

And like anything else in this world, relationships affect husband for good or bad. You cannot be around someone for any extended amount of time and it not affect you in some way.

We need to spend time with the others that believe as we do, that love God with all of their heart and yearn to know Him better. As iron sharpens iron (Proverbs 27:17) so one person sharpens another.

Questions to Ponder:

Are your friends the type of friends that you should be hanging around with?

Are the online friends the influence you need to be continually sharpened?

Facebook/Twitter quote:

Day 17: Praying 4 my husband's side/relationships and the people who influence him, let iron sharpen iron today Lord. #hisside #praying4husbands #MCSdevo

In His Grace.

# Praying for Your Husband from Head to Toe Challenge

## Mama's Coffee Shop Blog

Day 18

Okay...if you know me at all, you will know that this is just about one of my favorite subjects. \*wink, wink, smile, smile\*

Today we are reading pages 38-41, subsection *His Sexuality: His Need for Physical Intimacy*

Kollae - Greek for "unite" meaning "to glue together, to make cohere".

Men are simply hard-wired by God to need sex, unlike women that need love and affection to want to participate in the intimate side of marriage.

Men that all truly fulfilled in their marriage bed are less likely to feel the need to look elsewhere. Be mindful though, he will know if you are doing the deed out of duty OR if you are doing it to actually connect with your man.

Not only is it imperative to keep your man in the #2 slot of your priority list (after God at #1), it is vital to your marriage to make sex with your man an *excellent* and *enjoyable* priority.

Sexual fulfillment is not just a physical need for your man it is an emotional one too. I flat out asked my husband this question not so long ago if that were true and he said, "YES! Absolutely. It shows me just how much you love me."

Does it sound like he is laying it on thick? Maybe a bit...but in all truth, God didn't mess up when He made men. He knew that the wiring system would require one-on-one upkeep and that married sex would be the correct conduit.

Like two pieces of a puzzle we are created to complete the bigger picture (or puzzle). By connecting with our man during intimate moments we are becoming the "one body" that the Bible speaks of.

Questions to Ponder:

Has sex become more of a chore than the enjoyable experience that God created it to be?

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Where on your priority list has sex found its place?

Does your priority list need an overhaul?

Facebook/Twitter quote:

Day 18: God created sex between husband & wife to bind/bond/unite them as one. #hissexuality #praying4husbands #unite #MCSdevo

In His Grace.

Day 19

Read pages 41-42, only subsection *His Legs: His Stand on the Truth*

Standing in truth is the only way to stand. We see numerous times that people want what they believe to be "their truth". A most nonsensical notion because only The Truth is the truth of course.

And Jesus Christ is The Truth (John 14:4 says, "Jesus said to him, 'I am the way, the truth and the life. No one comes to the Father except through me.'").

There is so much uncertainty in the world and so many ways to hear it, see it and absorb it that as we pray for our husband's legs we are covering him in this wishy-washy world. So that he can stand firm in the Truth.

Questions to Ponder:

Do you have some "truths" that are not so true?

We need more Biblical truths - read John 18:38, John 14:6, & Isaiah 7:9

Facebook/Twitter quote:

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Day 19: Lord, I pray my husband will stand on your unchanging & infallible truths. #hislegs #praying4husbands #MCSdevo

In His Grace.

Day 20

Read pages 42-43, only subsection *His Knees: His Relationship with God*

The best place to be is on your knees before God. From there He will lift you up.

Questions to Ponder:

Are you humble and submissive to God in *your* life?

Diligence in prayer can yield great situations to become less than we imagined the were. Is there anything impossible with God? (Luke 1:37)

Are you prideful? The opposite of prideful is being humble.

Facebook/Twitter quote:

Day 20: Let us pray for our husband's knees that he will bend them in submission to God. #nopride #hisknees #praying4husbands #MCSdevo

In His Grace.

Day 21

We are getting to the end of each body part and are just about ready to get to the 30 days of prayer....are you about ready?! I know I am. I am so excited to see the transformation in me, my husband and our marriage!

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Today we are going to read pages 43-45, subsection *His Feet: His Walk*

How many times do we wish that life were different? That we were right on track with God?

I have countless times questioned God because I simply did not understand the situation I was having to deal with. On those occasions even in the midst of my whimpering and tears I hear Him whisper, "Be still".

Our walk with the Lord is so much more vitally important than any other "thing" we have in this life.

So as we pray for our husband's feet we are asking God to help him with his walk with the Lord. That our husband will choose the correct path for his walk and that he will become stronger and stronger in the Lord.

If I never had any type of walk with God I would never have been able to hear His whisper.

Questions to Ponder:

How is your walk with the Lord? Is it as it should be?

Are you spending enough time with Him to help you be the best you can be for you and your husband?

Read:

2 Corinthians 5:7 and Galatians 5:16 & 5:25

Facebook/Twitter quote:

Day 21: I pray for my husband's walk with the Lord that he will choose to follow God daily. #hisfeet #praying4husbands #MCSDevo

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## Mama's Coffee Shop Blog

Day 22

Prayer. There is no greater way to show your love for someone.

My mom always used to say, "If you are having issues with someone, pray for them." That's even better than the "kill 'em with kindness" adage.

God gives us a direct link to Him via prayer; let us utilize this gift. Not only does He tell us that He simply loves to hear from us, He says that prayer can cause strongholds to fall.

A stronghold is anything that causes issues in our life. Regret. Sadness. Guilt. Loneliness. Weariness. So many words for some of the most difficult feelings and emotions that we sometimes carry around in this thing called life.

The beautiful thing is that with diligent and consistent prayer in our lives, we can pass these feelings and emotions over to Him. We can willingly lay down our "stuff" at His feet. He has big shoulders and He offers to carry our burdens and to give us hope.

As we start on the 30 Days of Daily Prayers for our husbands let us make the time to strengthen our walk with the Lord as well.

He loves us with an unending love. He wants us to be a woman that loves her God more than she loves anything else. Take hold of that and grow your relationship with Him.

Remember, that your husband (and mine) may not have the walk with The Lord as we would like. But that is not the main objective. The Bible does not say to pray for our husbands because it will help save his soul, it says to pray because it can cause strongholds to fall.

If your husband is not saved and redeemed by our loving Savior, take heart sister. With God nothing is impossible. Pray with diligence, each day, each hour and each minute if need be.

Our God is a God of promises and He has never once gone back on His word.

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He loves you. He sees you. He hears your prayers and knows your heart. Stand firm in your faith and be diligent in your spiritual life and the rewards that have been promised will be fulfilled.

We are loved by an Almighty God. He proves this daily with each breathtaking sunrise and sunset and each tear He wipes away at night. Nothing is as important to Him as you.

Pray for that man of yours. Our knees are designed to bend sister. So let us grab hold of the throne with both hands and at the same time surrender all that we have.

Recently I was blessed to hear Matthew 11:12 spoken in a word I could understand.

“And the days of John the Baptist until now the kingdom of heaven suffers violence, and the violent take it by force.”

Ultimately, the word I heard was this....if you want a piece of heaven, grab it with both hands and force your way to the kingdom. It is not an easy task to be a child of a living a true God. Sometimes you need to violently push towards your goal. Prayerfully, and with true purpose we are called the women of God.

Bless you as you journey toward the goal of blessing your beloved man. I pray that today you will see that nothing is impossible for God. The relationship you share with your husband, it was designed by God so let nothing stand in the way of a solid marriage.

Feel free to contact me with prayer requests or praise reports.

I hope this small daily study helps give you a brief insight of Sharon Jaynes's book and that you will be continuing blessed because of it.

In His Grace.

Callie