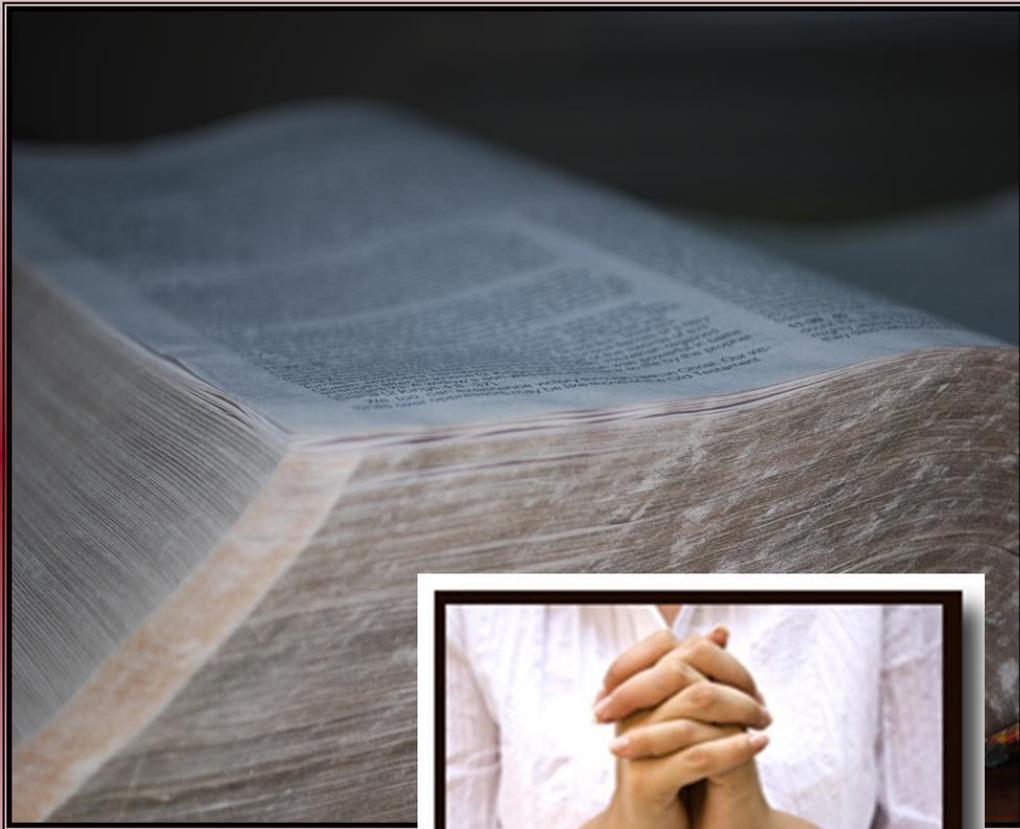


*Praying Him Through Unemployment*  
*6 Week Prayer Guide*



By Rosann Cunningham  
© 2012 | All rights reserved.  
[Unemployedfaith.com](http://Unemployedfaith.com)

---

## PRAYING HIM THROUGH UNEMPLOYMENT

---

Prayer is powerful. Yet it isn't easy for everyone. In fact, if you're new in your faith, you may feel intimidated by prayer. What do you say? How and when should you pray? What gives your prayers power? Maybe you even feel like you pray all the time, yet nothing seems to be changing for the better.

I used to worry (and still do) that my prayers sounded foolish. It takes a lot of prompting from God to get me to actually pray aloud. Many of my good friends pray eloquent words that seem to flow off their tongues. It's hard for me to replicate their style. When I try to, I feel as though I'm not being authentic with God.

Can you relate?

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.*

*~ Romans 8:26*

Did you catch the message in the verse above?

The Holy Spirit knows what we need (and what others need) so He intercedes *for* us with an inner emotion our words could never fully express. God knows our heart and our intent. He isn't sitting up in Heaven passing judgment because we stumble with embarrassment through a prayer.

He's actually overjoyed that we're reaching out to Him in faith. God wants a deep, meaningful relationship with each of us. Spending time in prayer and quiet stillness is a necessary step to fill our spiritual tank and deepen the relationship we have with our Creator. Make time to seek the Kingdom of God first, above all other things, and get comfortable praying.

---

### HERE ARE A FEW TIPS TO GET YOU COMFORTABLE WITH PRAYER:

---

- **Dig into God's word.** The book of Psalms is full of beautiful words of praise and truth. Many of them are also written from the author's emotion as he cries out to the Lord in the midst of suffering. Challenge yourself to grow your prayer life. Write down a few prayers from Psalms inserting your name or the names of your loved ones and your circumstances. This is a great way to get comfortable with and learn how to pray God's word back to Him.
- **Consider the acronym ACTS.** {Adoration, Confession, Thanksgiving, and Supplication.} Not every prayer has to follow a formula. This is simply a guide to help you remember valuable components to add to your communication with God. Try not to worry about *how* you are praying, but focus more on making sure you *do* spend time in heartfelt prayer, regularly.
- **Put together a prayer basket.** Keep it handy with items such as your Bible, a notepad, a pen and highlighter, a list of prayer requests and praises, an iPod with a worship music playlist, and anything else you think would enhance your time with God.

- **Find a quiet time and place for daily prayer.** You can do this by getting up before the family arises, or perhaps escape to the comfy chair on the patio for some quiet time after dinner. This time should be spent sitting still. Quiet your mind. Listen. Pray. Play some worship music softly, if you have it. Try to spend at least 30 minutes every day in God's presence.

Unemployment is extremely difficult for a man to cope with. His entire identity is tied up in what he does for a living. From the earliest age boys watch their dad work, whether through day to day employment or in getting the *honey do* list accomplished around the home. It's only natural and expected from society for them to grow up, become a man, and work.

Men are workers. That's what they do. It doesn't matter if it's a high paying white collar job or a mechanic with his head under the hood of a car all day. Work gives men self-worth. Without it, they feel like a complete loser. Eventually, the overwhelming emotion that comes with being jobless will spill over into life, marriage, parenting, and self.

As the wife, your role changes drastically when your man is out of work. Whether you work full time or are a stay at home mom doesn't change that fact. When your husband comes home and says he's been laid off, you have little choice but to become the face of loving support and constant encouragement.

It's hard for you too! Especially when you feel like fear of the unknown is consuming you as well. How do you maintain any sanity? You can't control whether or not he gets called for an interview. There's nothing you can do to get him hired anywhere. And half the time you don't know what to do or say that will pull him out of his jobless funk.

There is one thing you *can* do though.

Pray him through unemployment...because there's power in prayer!

Not only will your prayers work powerfully for your husband and his well being, but they'll also bring you an immense amount of peace as you wait upon God and His timing.

The following pages have 6 weeks of daily prayers to pray your husband through his season of unemployment. If he's still not employed after you've completed the first round. Start over and pray them again.

Keep doing so until the circumstances change (and in God's perfect timing, they will.) Then make adjustments to your prayers according to life's new joys or new struggles. But no matter what, never stop praying for your husband. It's one of the most loving things you can do for him.

These prayers are short and simple (all inspired by the word of God), but you should add to them as the Spirit leads you to during your prayer time. They are meant only to help inspire your mind as you prepare to spend time in prayer for your husband. If the words don't fit your particular situation, change them slightly.

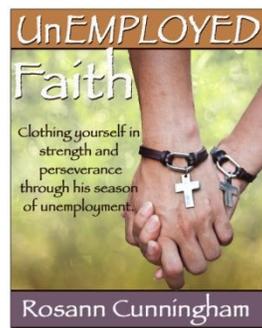
Print these prayer pages off and keep them in your prayer basket so you'll have them within easy reach while praying.

One more thing.

**I would be forever grateful if you'd consider doing the following:**

1. Like [UnEMPLOYED Faith](#) in Facebook.
2. Share your favorite article from the [UnEMPLOYED Faith blog](#) via Twitter, Facebook, Google+, or Pinterest.
3. Be sure to [subscribe](#) to the UnEMPLOYED Faith blog so you won't miss a thing.
4. Shoot me an email {[Rosann@UnEmployedFaith.com](mailto:Rosann@UnEmployedFaith.com)} sharing a little bit about your situation so I can consider adding you as a member to the private [UnEMPLOYED Faith Facebook Group](#). The current members are so supportive and know exactly what you're going through.

See what other's are saying about my book, [UnEMPLOYED Faith](#), and get your copy today. Only \$4.99, it's available on [Kindle](#), [NOOK](#), and as a [PDF download](#).



Be sure to check out my sister site, [Christian SuperMom!](#)



---

PRAYING HIM THROUGH UNEMPLOYMENT

...BECAUSE THERE'S POWER IN PRAYER

---

WEEK 1

**Day 1: Feeling Helpless**

Father, I rejoice in the gift of my husband. This layoff has been hard on his spirit. Lord, free him from feeling helpless and lost in this storm. Help him to know that no matter how dark our situation may seem, You are a light that can never be put out. Show him an added sense of Your presence, Lord.

**Day 2: Depression**

Lord, even in the midst of suffering, You are worthy of praise. Still, depression looms as my husband struggles to find work. Take his grief and deep rooted, raw emotion into Your mighty hands. Replace it with JOY found only in You, Lord. Show him Your face and fill his soul with peace.

**Day 3: Strength of Character**

Dear God, now more than ever, mold my husband into Christ like character. Strengthen him for this trial. Give him a soft heart, desiring to please You. Shine Your light so bright on him, that it radiates through him to others. Help him trust You, for he is waiting upon your plan, Father.

**Day 4: Self-Worth**

Dear God, every day You show me the wonder of your love. Please show my husband the same so he won't rely on his employment status to determine his self-worth. He is a great man because of You! Reveal to him his strengths so he can focus on them with confidence. Remind him that he is worthy because he's Your creation, and You don't make mistakes.

**Day 5: Purpose**

Father God, my husband is fearfully and wonderfully made by your amazing hands. He is part of your grand plan. Lord, help him to understand his purpose in the midst of such difficult circumstances. Inspire his heart and mind with your plans, so he may go forward walking out Your perfect will.

**Day 6: Consumed with Fear**

Dear Lord, lack of money is a big issue for me and my husband. It's easy for us to fall prey to ungodly fear. Guard my husband's heart and mind from the spirit of fear. Help him reject the evil spirit of fear and claim the power of love and sound mind that comes from You. Comfort him in Your promises.

**Day 7: Refined**

Gracious God, this test of faith is refining my husband like never before. Use this time to change him from the inside out, for your glory and purpose. Reveal to him the good You bring from pain. Purify him by the power of Your Spirit. Teach him what's truly valuable and help him focus on being changed for the better.

---

PRAYING HIM THROUGH UNEMPLOYMENT

...BECAUSE THERE'S POWER IN PRAYER

---

WEEK 2

**Day 8: Your Will Be Done**

Father God, You are the Creator of Heaven and Earth. You are all-knowing and all-powerful. Because You know what's best for our family, I pray Lord, for Your will to be done in our lives. Direct my husband accordingly. Give him discernment for the decisions he faces. Align his heart to agree with your plans.

**Day 9: Anger**

Gracious Lord, frustration and thoughts of anger consume those who are out of work. It's a daily struggle for my husband. Teach him how to resist anger, so it won't spill over onto others. Equip him with a strong mind and give him hope. Reveal to him those things he can rejoice in.

**Day 10: A Deeper Faith**

Precious Lord, You have taught us that faith is the substance of things hoped for, the evidence of things not seen. (Hebrews 11) Draw my husband in to You, reminding him that with steadfast faith all things are possible. Increase his faith daily so that through his faith he can "move mountains."

**Day 11: Open Minded**

O'Lord, you are our Great Shepherd. It's my prayer and plea to You this day, that You would Shepherd my husband's efforts in his job search. Keep him open minded to new ideas and opportunities. Help him discover your plan for him and pursue it with bold courage.

**Day 12: Blame**

Gracious Lord, You are a vision of grace and mercy. I pray that You would pour a healthy dose of those qualities over my husband. Remove any negative attitude that may be stewing within him. Help him to avoid blaming others for the situation he's in. Stir his soul and show him the lesson he can gain from this difficult time.

**Day 13: Remove Idols**

Father, You are sufficient. You are all we need. Lord, help my husband to resist idolizing the things of this world which are ultimately meaningless. The love of money, cars, technology, and other toys are only idols. While nice to have, they don't last. Center his heart first on You, Lord. For You are eternal.

**Day 14: Self-Destructive Behavior**

Dear God, the battle of unemployment is nearly too much for my man to bear. Help him avoid behaviors such as drug abuse, extreme drinking, or other damaging actions. Fill his soul with the high that comes from being a faithful follower of Christ.

---

PRAYING HIM THROUGH UNEMPLOYMENT

...BECAUSE THERE'S POWER IN PRAYER

---

WEEK 3

**Day 15: Blessings**

O' Lord, You have blessed your children abundantly. It's difficult for my husband to see the good all around him, when his eyes are blinded by the negative. Dear God, enable him and open his eyes to see life and the countless blessings surrounding him for what they truly are - gifts from You.

**Day 16: Stubborn Pride**

Lord, pride does not glorify You. Instead, it gives us reason to pat ourselves on the back, taking credit for things You've done. We can't do this thing called life without You. Remove any trace of stubborn pride from my husband, humbling his heart so he'll be willing to ask for and accept help when we need it.

**Day 17: Lead the Family**

Father, Your word instructs men to be head of the home. Not to control, but to be a loving manager of the family. Help my husband maintain this role despite overwhelming emotions and lack of employment. Teach him to stand firm in faith and lead our family in a way that's glorifying to You.

**Day 18: Wisdom for Job Search**

Heavenly Father, You are a God who loves us and You know what our family needs most. Please give my husband wisdom in his job search. Help him determine which opportunities to pursue and which ones to avoid. Give him powerful words and a confident charisma so others will see him as a strong candidate for employment.

**Day 19: Dealing with Rejection**

Father, rejection is too common and discouraging right now. Bless my husband with a wall of strength to withstand the rejection he's facing in this job search. Encourage him to continue persevering. Equip him to remain strong in faith, even if he feels like things will never get better.

**Day 20: Lifestyle**

Dear God, it's a daily challenge for many to live a lifestyle glorifying to You. Enable my husband to place his life and lifestyle in right order so he may glorify You and experience the blessings that come when we live life for Christ. Open his eyes to the lifestyle that's best for him, according to Your will.

**Day 21: Daily Worship**

Dear Lord, daily worship is vital to our faith and a deepened relationship with You. Guide my husband to take steps necessary so he can spend daily time with You in prayer and worship. Give him a thirst that only You can quench. Teach him to worship You the way You deserve and desire.

---

PRAYING HIM THROUGH UNEMPLOYMENT

...BECAUSE THERE'S POWER IN PRAYER

---

WEEK 4

**Day 22: Humility**

Father God, nothing changes us like losing it all...hitting rock bottom. With a humble heart, I pray for You to remove any shred of arrogance that may be brewing within my husband. Inspire him to approach his pain with humility and use the bad for something good. All for Your glory, Lord.

**Day 23: Self-Esteem**

Heavenly Father, my husband is struggling with low self-esteem due to the lack of forward progress in his job search. Lord, I lift him up to You. Shred his feelings of worthlessness. Show him who he is in Christ so he can move onward with confidence.

**Day 24: Positive Thoughts**

Dear God, You know the power of our words, our thoughts, and our prayers. Since the way we think often results in what we live out, I pray for You to cover my husband with Your love and promises. Replace each lie with Your powerful word, so he may grow stronger in faith, believing You will not let him fall.

**Day 25: Abilities**

Father God, I'm in awe of Your amazing creations. You have gifted each of us uniquely. I praise You Lord for the gifts and abilities You've bestowed upon my husband. Through the Spirit, nudge him to use his God given gifts to work for and serve others in need. Inspire him to avoid sitting idle in wait, but rather to make good use of his time and talents.

**Day 26: Trust**

Lord, Your word is full of countless promises all giving reason for us to trust You. Father, shine the light of Your face upon my husband. Remind him that You have complete control over his job situation, and as the Creator of the Universe, You are capable of handling his every concern.

**Day 27: Surrender**

Lord, You command us to die to ourselves and take up the cross daily. It's total surrender to You and your ways. Stamp this word on my husband's heart. Remind him daily to seek You first and to surrender every concern, every fear, every emotion. For I know You are able and willing to carry the burden.

**Day 28: Complaining**

Father God, our circumstances are less than ideal, and complaining about it can come quite easily. Enable my husband to be of strong mind, looking for the bright side of things, particularly when he's in the presence of his family members, so as not to bring everyone down.

---

PRAYING HIM THROUGH UNEMPLOYMENT

...BECAUSE THERE'S POWER IN PRAYER

---

WEEK 5

**Day 29: Gentleness**

Precious Lord, You are a vision of gentleness and the Spirit encourages a gentle heart within each of us. My husband is no doubt bubbling over with emotion right now. Help him respond to me and to our children with a gentle voice, attitude, and touch - even when he really feels like exploding.

**Day 30: Comparison**

Dear God, we are a society always comparing and competing with one another. With my husband out of work, comparing himself to his male friends could become damaging to his self-worth. Whisper your truth to him, Lord. Remind him you are the only Judge he needs to be concerned with.

**Day 31: Expressing Emotion**

Gracious Lord, being out of work is humiliating and difficult for any man to deal with. Lord, surround my husband with a circle of support he can trust and feels comfortable talking to. Help him express his feelings in productive ways, so he can rid himself of the heavy weight of negative emotions.

**Day 32: Marriage**

Father, marriage is truly a beautiful blessing. One I am forever grateful for. Lord, guide my husband to remain steadfast in his marital role. Encourage him to keep open communication with me, and help him realize unemployment has not just impacted him, but me as well. Help him reach out to me emotionally so we can get through this ordeal together.

**Day 33: Coping with Stress**

Dear Lord, men want to provide for their family and when they can't, stress consumes them. I know You have a perfect plan for my husband's future employment. So Lord, I pray for You to take my weary husband under Your knowing wings. Remove his stress and give him peace as he waits upon Your plan.

**Day 34: Prayer**

Father, I can pray for my husband and I know You hear those prayers. But it's so important for him to pray as well. When he feels overwhelmed, frustrated, angry, depressed, and lonely stir him up to seek You in prayer, right then and there. Then answer Him so he hears You and feels Your comforting presence.

**Day 35: Forgiveness**

Lord, You call us to have forgiving hearts. Expose the rawness of my husband's soul to him. The parts filled with resentment, bitterness, anger, and blame. Help him to forgive himself and to forgive others. Enable him to love his enemies and nudge him to pray for those who've hurt him.

---

PRAYING HIM THROUGH UNEMPLOYMENT

...BECAUSE THERE'S POWER IN PRAYER

---

WEEK 6

**Day 36: Spiritual Battle**

Lord, thank You for dying on the cross for our sins, and rising again to defeat death and Satan. Equip my husband, Lord, with your shield of armor (Ephesians 6:10-18.) Help him stand firm in your truth with righteousness in his heart. With Your word, with faith, and thru the Holy Spirit, show him he's already won.

**Day 37: The Word of God**

Thank You, Lord for Your word, as it is a lamp to our feet and a light to our path. (Psalm 119:105) Father, enable my husband to realize its deepest meaning. Reveal new treasures that will minister to his heart throughout this trial. Help him to recognize Your voice when You speak to him through Your word.

**Day 38: Bear Fruit**

Father God, fill my husband's heart and soul with the fruit of Your Spirit. Love, Peace, Joy, Patience, Kindness, Goodness, Faithfulness, and Self-Control (Galatians 5:22) I pray Lord, that this fruit will grow in him and be recognized clearly by all who know him, so You may be glorified.

**Day 39: Obedience**

Heavenly Father, Psalm 119:165 teaches that when we obey your law, great peace will come over us and we will not stumble. Father, help my husband to obey You in all things. Show him where he's lacking in obedience and what steps You want him to take. Help him to hear your specific instructions, so he can experience, with joy, all You have to offer him.

**Day 40: Protection**

Father, You are our rock, our shield, our fortress, our deliverer, and our strength. I trust You, Lord, with everything. I lift my husband up to You, Lord. Place Your hand of protection over him. Keep him safe from harm and from Satan's attacks. Help him to always keep You at his center.

**Day 41: For the Future**

Heavenly Father, I lift my husband up to You, Lord, for You know the plans you have for him. Plans for a future and a hope. (Jeremiah 29:11) Help him to run the race You've set before him, so he can know victory and prosperity. Remind him that you've got his back, and his future is secure in You.

**Day 42: Work**

O' Lord, I pray You will show my husband what work he is supposed to be doing. Lead him to the right opportunity, and Lord bless him with a job. Whether it's through acts of service or paid employment, help him to be diligent and skillful. May he be a blessing to those he works with.