SOFTWARE & TECH

Stormie Omartian Power Of A Praying Wife Chapter 2

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Introduction

When Stormie Omartian wrote **The Power of a Praying Wife**, she poured decades of spiritual wisdom and personal experience into a book that would go on to transform countless marriages around the world. While the book as a whole is revered for its practical, faith-centered approach to marriage, **Stormie Omartian Power Of A Praying Wife Chapter 2** holds a uniquely challenging and often overlooked focus: praying for yourself. In a world where we are quick to point out what our spouse needs to change, Chapter 2 invites women to turn the mirror inward. This chapter is not about fixing your husband; it is about asking God to shape you into the wife your husband needs. It is a call to humility, self-examination, and courageous prayer.

For many wives, this chapter feels like the hardest one to read. It asks the question: *What if the biggest obstacle to a thriving marriage is not my husband, but me?* Stormie Omartian writes with raw honesty about her own struggles, making it clear that a praying wife must first be willing to be changed by God before she asks God to change her husband. In this article, we will explore the core message of Chapter 2, break down its key themes, and discuss how you can apply its principles to your own marriage.

The Core Message of Stormie Omartian Power Of A Praying Wife Chapter 2

The central theme of Chapter 2 is captured in its title: **His Wife**. Stormie Omartian focuses on the wife's personal relationship with God and her own character. She argues that before we can pray effectively for our husbands, we must first ask God to work in us. This includes asking God to reveal areas of sin, selfishness, impatience, disrespect, or unkindness that may be damaging the marriage.

The chapter is built on the foundational truth that prayer changes the one who prays. Stormie shares that when she began praying for her husband, Michael, God began showing her things about herself that needed to change. This was not an easy process, but it was essential for the health of her marriage. The chapter encourages wives to come before God with an open heart and say, *Lord, show me what I need to change.*

Why Praying for Yourself Is the Boldest Prayer You Can Pray

Many women pick up this book with the hope of finding prayers that will transform their husbands. But Stormie Omartian Power Of A Praying Wife Chapter 2 reorients that expectation. The boldest prayer a wife can pray is one that asks God to change *her*. This requires humility, vulnerability, and a genuine desire to grow. It means letting go of the victim mentality and taking ownership of your own part in the marriage dynamic.

When you pray for yourself, you are inviting God to search your heart and reveal any attitudes or behaviors that are not pleasing to Him. This might include:

- A critical spirit: Do you constantly find fault with your husband?
- Disrespect: Do you speak to him in ways that diminish his dignity?
- Selfishness: Are you more concerned with your own needs than his?
- Impatience: Do you lose your temper over small things?
- Unforgiveness: Are you holding onto past hurts?

Praying for yourself is the starting point for every other prayer you will pray for your husband. It clears the channel of communication between you and God, and it prepares your heart to be a vessel of blessing in your husband's life.

Key Principles from Chapter 2 You Can Apply Today

Stormie Omartian Power Of A Praying Wife Chapter 2 is rich with practical principles that any wife can begin applying immediately. Let us explore some of the most transformative ones.

1. Begin with Honest Self-Examination

The first step in praying for yourself is to ask God to show you the truth about who you are in your marriage. Stormie suggests taking time in prayer to ask, *Lord, is there anything in me that is hindering our marriage?*This is not about self-condemnation; it is about self-awareness. When God reveals something to you, He does so to heal it, not to shame you.

Consider keeping a journal as you work through this chapter. Write down the things God brings to your mind: a sharp word you spoke, a time you were dismissive, or a pattern of resentment you have been nurturing. Then, bring those things to God in prayer and ask for His forgiveness and grace to change.

2. Pray for a Gentle and Quiet Spirit

One of the most powerful prayers in this chapter is for a gentle and quiet spirit. Stormie references 1 Peter 3:4, which speaks of the unfading beauty of a gentle and quiet spirit, which is precious in God's sight. This does not mean a wife should be silent or passive. Rather, it refers to an inner calm, a trust in God, and a demeanor that brings peace to a relationship.

Many wives struggle with anxiety, fear, or the need to control. Praying for a gentle spirit is an invitation for God to replace your restlessness with His peace. When you are at peace, your husband can find rest in your presence. This is one of the most attractive qualities a wife can cultivate.

3. Ask God to Help You Respect Your Husband

Respect is a central theme in marriage, and Stormie emphasizes it heavily in Chapter 2. She encourages wives to pray for the ability to show genuine respect to their husbands, both in private and in public. This includes the words you say, the tone you use, and the way you speak about him to others.

Respect does not come naturally when you are frustrated or disappointed. But when you pray for God to give you a heart of respect, He begins to change your perspective. You start to see your husband through God's eyes, not just through your own disappointments.

4. Release the Need to Change Your Husband

A liberating truth in Stormie Omartian Power Of A Praying Wife Chapter 2 is that your primary job is not to change your husband. That is God's work. Your job is to pray and to become the best version of yourself. When you focus on your own growth, you create space for God to work in your husband's life without your nagging, manipulating, or controlling.

This does not mean you ignore problems or accept abuse. It means you shift from being your husband's critic to being his prayer partner. Instead of telling him what he needs to change, you bring those needs to God and

trust Him to do the changing.

Practical Prayer Points from Chapter 2

Stormie Omartian provides sample prayers at the end of each chapter, and Chapter 2 is no exception. Here are some distilled prayer points based on the themes of this chapter that you can incorporate into your daily prayer time:

1. Search my heart, Lord. "Father, reveal any area of my life that is not pleasing to You. Show me where I have been selfish, disrespectful, or unloving toward my husband."
2. Make me a source of peace. "Lord, give me a gentle and quiet spirit. Help me to be a calming presence in our home, especially when tensions are high."
3. Teach me to respect. "Help me to honor my husband with my words, my tone, and my actions. Let me be his biggest supporter and encourager."
4. Remove my critical spirit. "Father, take away any tendency I have to criticize or complain. Replace it with gratitude and kindness."
5. Help me to love unconditionally. "Give me the kind of love that is patient, kind, and not self-seeking. Let me love my husband the way You love him."
6. Heal my wounds. "Lord, heal any past hurts that make me defensive or guarded in my marriage. Help me to forgive fully and freely."

These prayer points are not meant to be recited mechanically. Instead, use them as a starting point to have an honest conversation with God about your own heart. As you pray these prayers consistently, you will begin to notice changes in your attitudes and responses.

The Transformative Power of Praying for Yourself

The impact of praying through **Stormie Omartian Power Of A Praying Wife Chapter 2** can be profound. Wives who commit to this discipline often report several key transformations in their lives and marriages.

Greater Emotional Stability

When you regularly bring your anxieties, frustrations, and fears to God in prayer, you become less reactive. You find that you are able to respond to your husband with grace rather than lashing out in anger. This emotional stability creates a safer environment for both of you to be vulnerable and honest.

Deeper Intimacy with God

As you spend time examining your own heart and asking God to change you, your relationship with Him deepens. You begin to rely on Him for your sense of worth and security, rather than looking to your husband to meet all your needs. This shift takes immense pressure off your marriage and allows it to breathe.

A More Peaceful Home

When a wife is at peace with God and with herself, that peace radiates into the entire household. Arguments become less frequent, and when they do happen, they are resolved more quickly. Your home becomes a refuge for your husband, not a battleground.

Renewed Hope for Your Marriage

Praying for yourself can feel like giving up control. But in reality, it is the most empowering thing you can do. When you stop trying to manage your husband and start trusting God to work in both of you, hope returns. You realize that your marriage is not doomed; it is simply in the hands of a loving God who is faithful to complete the work He started.

Common Challenges When Praying Through This Chapter

Many wives find Chapter 2 to be the most difficult chapter in the book. Here are some common challenges you may face, along with encouragement to press through them.

Feeling Discouraged by Your Own Flaws

When God begins to reveal areas where you need to grow, it can be tempting to feel like a failure. Do not let this discourage you. God reveals things not to condemn you, but to set you free. Remember that growth takes time, and God is patient with you. Celebrate the small victories and keep moving forward.

Resentment That You Have to Change First

You may feel it is unfair that you are the one doing the hard work of self-examination, especially if your husband is not doing the same. This is a natural feeling, but it is a trap. Your growth is not dependent on his. You are changing because you want to be the person God created you to be, not because he deserves it. Let go of the scorekeeping and trust God to work in your husband in His own time.

Fear of Losing Yourself

Some wives worry that becoming more gentle, respectful, or submissive will mean losing their identity or becoming a doormat. This is a misunderstanding of what Stormie Omartian teaches. True strength comes from being secure in Christ. A wife who prays for herself becomes more confident, not less. She knows who she is in God, and she is not threatened by her husband's leadership or opinions.

How to Make Chapter

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