Psalm 109, spiritual warfare, the protection of the marriage, and the question of whether "God does not force someone to stay" is biblical—but I would make one important theological distinction.

The statement **"God does not force someone to stay in a marriage" is too simplistic to be presented as a biblical doctrine**. Scripture strongly presents marriage as a covenant that God joins together and commands spouses to preserve. Jesus says, **"What therefore God has joined together, let not man separate"** (Matthew 19:6). Malachi 2:16 speaks very seriously about divorce. Paul likewise instructs spouses not to separate and, where separation occurs, to pursue reconciliation (1 Corinthians 7:10–11).

At the same time, Scripture recognizes that human beings can sin, abandon, separate, and break covenant. God does not turn human beings into robots. Therefore, a stronger biblical formulation is:

God does not endorse the destruction of a marriage, and human beings should not casually separate what God has joined. God calls spouses to covenant faithfulness, reconciliation, forgiveness, and perseverance; nevertheless, Scripture recognizes that people can exercise sinful choices and that circumstances such as abandonment can occur.

Also, Psalm 109 should be taught as an **imprecatory prayer for God to judge and restrain evil**, not as a formula for placing curses on particular people. The Christian response is to ask God to remove evil influences, expose deception, defeat destructive purposes, protect the family, and execute righteous judgment—leaving vengeance to God (Romans 12:19).

Here is the expanded sermon and training:

THE PRAYER THAT BUILDS THE HOUSE

A Biblical Sermon and Prayer Training for the Home, Marriage, Family, Protection, Healing, and Spiritual Warfare

Central Scripture

Psalm 127:1 — "Unless the LORD builds the house, they labor in vain who build it."

The central message of this teaching is simple:

A house must not merely be occupied. It must be built.

A marriage must not merely exist. It must be protected.

A family must not merely live together. It must learn how to pray together, forgive one another, communicate, protect one another, and seek God together.

And prayer must not merely ask God to change everyone else.

Prayer must first say:

“Father, build this house—including me.”

I. THE FIRST FOUNDATION: GOD MUST BUILD THE HOUSE

Psalm 127:1 gives us the foundation:

“Unless the LORD builds the house, they labor in vain who build it.”

The original prayer-training material correctly establishes that prayer invites God into the areas we cannot control: relationships, marriage, conversations, health, finances, decisions, fears, future, protection, and spiritual life.

We can work.

We can communicate.

We can apologize.

We can seek counseling.

We can make financial plans.

We can take care of our health.

But ultimately:

God must be the Builder.

Therefore our first prayer is:

“Father, build this house according to Your will.”

II. THE SEVEN DIMENSIONS OF HOUSE PRAYER

A mature prayer for the home should address at least seven dimensions:

1. **God's presence**
2. **Peace**
3. **Protection**
4. **Healing**
5. **Marriage and relationships**
6. **Provision and wisdom**

7. **Spiritual warfare and deliverance from evil**

The original training already establishes peace, protection, healing, marriage, provision, family covering, surrender, confession, thanksgiving, and daily prayer as central components.

We now add a deeper dimension:

SPIRITUAL WARFARE

III. WHAT DOES SPIRITUAL WARFARE MEAN?

The Bible teaches that Christians face spiritual opposition.

Paul writes:

“We do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

— Ephesians 6:12

But notice something extremely important:

Paul does not tell Christians to hate people.

The battle is not ultimately against your spouse.

It is not ultimately against your children.

It is not ultimately against your relatives.

It is not ultimately against your neighbor.

Therefore, when praying about a troubled marriage, we should not automatically declare:

“My wife is my enemy.”

or:

“My husband is my enemy.”

The biblical approach is:

“The person is not the enemy. I ask God to deal with whatever evil, deception, temptation, bitterness, confusion, or destructive influence is operating against the relationship.”

That distinction is critical.

IV. PRAYING AGAINST EVIL WITHOUT HATING PEOPLE

Jesus taught:

“Love your enemies and pray for those who persecute you.”

— Matthew 5:44

Paul taught:

“Do not be overcome by evil, but overcome evil with good.”

— Romans 12:21

Therefore Christian spiritual warfare should not become an excuse for hatred, revenge, threats, manipulation, or violence.

Instead, pray:

“Father, defeat evil without allowing evil to defeat me.”

Pray:

“Expose deception.”

Pray:

“Break destructive patterns.”

Pray:

“Remove temptation.”

Pray:

“Give us discernment.”

Pray:

“Protect our marriage.”

Pray:

“Bring conviction where there is sin.”

Pray:

“Bring repentance where there is wrongdoing.”

Pray:

“Restore what can be restored.”

V. PSALM 109 AND THE PRAYER AGAINST DESTRUCTIVE EVIL

Psalm 109 is one of the Bible's imprecatory psalms.

It contains extraordinarily strong language because David is bringing accusations, injustice, hostility, and judgment before God.

This teaches us something important:

There are moments when a believer does not know how to solve the evil confronting him and must place the matter into God's hands.

But Psalm 109 should not be treated as a magical formula or as permission to pronounce curses upon people.

The Christian prayer is:

“Father, You know what I cannot see. If there is evil operating against this family, expose it. If there is deception, expose it. If there is manipulation, expose it. If there are destructive intentions, stop them. If there are spiritual forces of evil, defeat them. If there is sin within me, expose it also. Judge righteously and protect this family.”

This is fundamentally different from saying:

“I personally curse another person.”

The believer asks **God** to judge.

VI. PRAYER MODEL #8 — PSALM 109-BASED PRAYER FOR DELIVERANCE FROM EVIL

Father, I come before You in the name of Jesus Christ.

You know everything that is happening in this family, including everything that I cannot see.

You know every spoken word.

You know every hidden intention.

You know every influence.

You know every temptation.

You know every deception.

You know every attack against peace, unity, love, truth, and righteousness.

Father, if there is any evil influence directed against this household, expose it and remove it.

If there is any spiritual opposition against this marriage, defeat it.

If there is any spirit of hatred, bitterness, confusion, division, temptation, destruction, or deception influencing this family, I ask You to break its influence.

If there is any occult practice, witchcraft, curse, spoken malice, manipulation, or destructive spiritual intention directed against this family, Father, protect us and bring it to nothing.

I do not place my trust in fear.

I place my trust in You.

Father, do not allow evil to determine the destiny of this marriage.

Do not allow hatred to overcome love.

Do not allow bitterness to overcome forgiveness.

Do not allow confusion to overcome wisdom.

Do not allow temptation to overcome faithfulness.

Do not allow division to overcome unity.

Do not allow destruction to overcome what You are building.

If there is anything in me contributing to this destruction, expose it and change me.

If there is anything in my wife contributing to destruction, bring conviction, wisdom, healing, and repentance.

If there is anything outside this marriage seeking to destroy what is good, give us discernment and protection.

Father, execute righteous judgment according to Your will.

Let every destructive plan against this family fail.

Let truth prevail.

Let righteousness prevail.

Let peace prevail.

Let love prevail.

Let Your will prevail.

In Jesus' name, Amen.

VII. PRAYER SPECIFICALLY FOR THE MARRIAGE

Where there is a marriage covenant, pray specifically for that covenant.

If praying for your marriage to Zora, the prayer can be:

“Father, protect my marriage with Zora.”

Not:

“Father, control Zora.”

There is an important difference.

Prayer should ask God to transform hearts—not manipulate people.

VIII. PRAYER MODEL #9 — PRAYER FOR ZORA AND THE MARRIAGE

Father, I place my marriage with Zora before You.

You know our history.

You know our strengths.

You know our weaknesses.

You know every wound.

You know every disagreement.

You know every misunderstanding.

You know every joy.

You know every burden.

Father, protect our marriage.

Protect our covenant.

Protect our communication.

Protect our friendship.

Protect our affection.

Protect our trust.

Remove bitterness.

Remove resentment.

Remove unnecessary anger.

Remove pride.

Remove confusion.

Remove suspicion.

Remove every destructive pattern that continually creates separation between us.

Give me humility.

Give Zora wisdom.

Teach me to listen.

Teach her to listen.

Teach me to forgive.

Teach her to forgive.

Teach me to speak with love.

Teach us both to speak with grace.

Father, do not permit temporary conflict to become permanent destruction.

Where we have wounded one another, bring healing.

Where we have misunderstood one another, bring clarity.

Where we have sinned, bring repentance.

Where we have become distant, restore love.

Where we have become discouraged, restore hope.

Build what You desire to build.

And where I need to change, begin with me.

In Jesus' name, Amen.

IX. “WHAT GOD HAS JOINED TOGETHER, LET NO ONE SEPARATE”

Jesus said:

“What therefore God has joined together, let not man separate.”

— Matthew 19:6

This is one of the strongest biblical foundations for praying for the preservation of marriage.

Jesus was responding to a question concerning divorce.

His teaching points back to God's original design:

“Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.”

— Matthew 19:5

Jesus then concludes:

“So they are no longer two but one flesh.”

— Matthew 19:6

Therefore:

Biblical principle:

Marriage is not merely a temporary arrangement between two individuals. Scripture presents marriage as a covenant relationship under God.

X. IS IT TRUE THAT “GOD DOES NOT FORCE SOMEONE TO STAY”?

This statement needs careful biblical examination.

If someone says:

“God does not force someone to stay in a marriage.”

there is one element that is obviously true:

God does not turn human beings into robots.

People can make sinful choices.

People can disobey God.

People can abandon their spouses.

People can commit adultery.

People can seek divorce.

People can break promises.

Human free will and human sin are real.

However, if the statement is being used to mean:

“Therefore God has no concern about whether someone leaves the marriage.”

or:

“God accepts divorce whenever one person no longer feels like remaining married.”

that conclusion is **not supported by Scripture.**

XI. WHAT DOES THE BIBLE ACTUALLY TEACH?

1. GOD JOINS HUSBAND AND WIFE

Matthew 19:6:

“What therefore God has joined together, let not man separate.”

This establishes the seriousness of the covenant.

2. GOD TAKES MARRIAGE COVENANT SERIOUSLY

Malachi 2 describes marriage as a covenant.

The prophet rebukes husbands who deal treacherously with their wives.

Therefore, the biblical emphasis is not:

“Leave whenever the relationship becomes difficult.”

It is:

“Honor the covenant.”

3. PAUL TEACHES THAT SPOUSES SHOULD NOT SEPARATE

Paul writes in 1 Corinthians 7:10–11 that a wife should not separate from her husband and that, if separation occurs, reconciliation should be pursued where possible.

That is extraordinarily important.

Paul does not say:

“If you are unhappy, simply leave.”

He presents reconciliation as a serious Christian objective.

XII. BUT SCRIPTURE ALSO RECOGNIZES HUMAN FAILURE

The Bible is realistic.

It does not pretend that every marriage is automatically peaceful.

Scripture addresses:

- adultery;
- abandonment;
- separation;
- conflict;
- sin;
- forgiveness;
- reconciliation.

For example, 1 Corinthians 7:15 addresses abandonment by an unbelieving spouse.

Therefore we should not teach:

“If a marriage is struggling, simply pray harder and never acknowledge reality.”

Instead:

Pray + repent + communicate + seek wisdom + pursue reconciliation + establish appropriate boundaries + obtain appropriate help.

Prayer and wisdom belong together.

XIII. CASE STUDY #1 — THE MARRIAGE WITH CONSTANT ARGUMENTS

Situation

A husband and wife argue almost every day.

Every disagreement becomes a major conflict.

Eventually one spouse says:

“I don't love you anymore.”

Wrong response

The other spouse immediately concludes:

“There is a demon controlling my spouse.”

That conclusion may be premature.

Better biblical response

Pray:

“Father, expose the root of this conflict.”

Then examine:

- communication;
- unresolved wounds;
- financial pressure;
- exhaustion;
- resentment;
- pride;
- unforgiveness;
- outside influences;
- inappropriate relationships;
- substance abuse;
- mental or emotional distress;
- spiritual life.

Then seek appropriate counsel.

Spiritual lesson

Not every argument is evidence of demonic activity.

Sometimes the enemy does not need a supernatural attack.

Human pride, anger, selfishness, poor communication, and unresolved wounds can produce enormous destruction by themselves.

Therefore pray both:

“Father, defeat evil.”

and:

“Father, change me.”

XIV. CASE STUDY #2 — AN OUTSIDE PERSON INTERFERES

Situation

A third person repeatedly attempts to create division in a marriage.

They criticize the spouse.

They encourage separation.

They create suspicion.

They repeatedly tell one spouse:

“You would be better off without your husband/wife.”

Prayer

Father, give us discernment.

Protect our marriage from destructive counsel.

Give us wisdom concerning every relationship surrounding this family.

Do not allow manipulation to govern our decisions.

Expose falsehood.

Expose deception.

Give us courage to establish healthy boundaries.

Help us not to respond with hatred.

Help us respond with truth, wisdom, and self-control.

Lesson

The Christian response is not revenge.

The response is:

discernment + boundaries + truth + prayer + wisdom.

XV. CASE STUDY #3 — FINANCIAL PRESSURE DESTROYS PEACE

Situation

The family is struggling financially.

The husband becomes anxious.

The wife becomes frightened.

Arguments increase.

Both begin blaming each other.

Eventually someone says:

“Maybe we should end the marriage.”

Prayer

Father, provide what we genuinely need.

Give us wisdom.

Give us discipline.

Give us legitimate opportunities.

Teach us to communicate without blaming one another.

Give us patience.

Help us distinguish between the financial problem and the marriage itself.

Do not allow financial pressure to destroy our covenant.

Lesson

Sometimes the real enemy is not the spouse.

The problem is the problem.

The marriage should become a team confronting the problem together.

XVI. CASE STUDY #4 — A SPOUSE IS HURT AND WANTS TO LEAVE

Situation

One spouse has suffered repeated emotional injuries.

The person says:

“I cannot continue like this.”

Prayer alone should not be used to silence the wounded person.

Instead:

1. listen;
2. acknowledge the harm;
3. repent where necessary;
4. establish appropriate boundaries;
5. seek qualified pastoral or professional counseling;
6. address safety concerns;
7. pursue reconciliation when appropriate.

If there is violence or immediate danger, **physical safety must be addressed immediately**.

A biblical prayer for marriage should never be used to pressure someone to remain in an abusive or dangerous situation.

XVII. CASE STUDY #5 — “I FEEL LIKE SOMETHING IS FIGHTING MY MARRIAGE”

Situation

Someone repeatedly experiences:

- unusual conflict;
- temptation;
- discouragement;
- confusion;
- anger;
- emotional distance;

- repeated thoughts of separation.

The person interprets this as spiritual warfare.

Biblical response

It is appropriate to pray:

“Father, if there is spiritual opposition, defeat it.”

But also pray:

“Father, show me what I am doing that contributes to this problem.”

This is essential.

Spiritual warfare must never become a mechanism for avoiding personal responsibility.

XVIII. THE “PSALM 109 + PSALM 91 + PSALM 127” MODEL

These three Psalms can be combined into a powerful prayer framework.

PSALM 127 — BUILD

“Lord, build this house.”

PSALM 91 — PROTECT

“Lord, protect this house.”

PSALM 109 — JUDGE AND DEFEND

“Lord, confront and defeat whatever evil is attacking this household, and execute righteous judgment.”

Then add:

EPHESIANS 6 — EQUIP

“Lord, clothe us with the armor of God.”

And:

PHILIPPIANS 4 — PEACE

“Lord, let Your peace guard our hearts and minds.”

This produces a comprehensive prayer strategy:

BUILD → PROTECT → DEFEND → EQUIP → GIVE PEACE

XIX. PRAYER AGAINST WITCHCRAFT, CURSES, AND UNCLEAN INFLUENCES

A Christian may pray:

Father, if anyone has spoken evil against this family, protect us from the effects of evil and keep us under Your care.

If there has been occult activity or witchcraft directed against this household, expose it and break its influence.

If there are destructive spiritual influences, remove them.

If there are unclean influences attempting to produce hatred, confusion, temptation, division, or destruction, defeat them.

If there are hidden traps, reveal them before they cause harm.

If there are people intentionally seeking to destroy this marriage, frustrate their destructive purposes and give us wisdom concerning appropriate boundaries.

We refuse to answer evil with evil.

We refuse hatred.

We refuse revenge.

We place judgment in Your hands.

Our confidence is in Jesus Christ.

XX. A CRITICAL WARNING ABOUT “SPIRITS”

The language of spiritual warfare must be used carefully.

Do not automatically label:

- your spouse;
- your children;
- relatives;
- political opponents;
- neighbors;
- coworkers

as “demons,” “witches,” or “unclean spirits.”

A person can be struggling because of:

- stress;
- grief;
- financial pressure;
- trauma;
- illness;
- exhaustion;
- unresolved conflict;
- temptation;
- poor communication;
- sinful behavior.

Therefore:

Discern spiritually without becoming suspicious of everyone.

The biblical instruction is:

“Test the spirits.”

— 1 John 4:1

It is not:

“Assume everyone is controlled by a spirit.”

XXI. THE ARMOR OF GOD FOR THE MARRIAGE

Ephesians 6:10–18 gives another prayer model.

BELT OF TRUTH

Pray:

“Father, remove lies and establish truth.”

BREASTPLATE OF RIGHTEOUSNESS

“Help us live rightly.”

SHOES OF THE GOSPEL OF PEACE

“Make us people who pursue peace.”

SHIELD OF FAITH

“Protect us from fear and destructive thoughts.”

HELMET OF SALVATION

“Protect our minds.”

SWORD OF THE SPIRIT

“Teach us to stand upon Your Word.”

PRAYER

“Teach us to pray continually.”

XXII. THE DAILY MARRIAGE WARFARE PRAYER

Father, today I place my marriage before You.

Build our house.

Protect our house.

Heal our house.

Give us wisdom.

Give us peace.

Protect us from evil.

Protect us from deception.

Protect us from temptation.

Protect us from destructive relationships.

Protect us from violence.

Protect us from hidden dangers.

If anything is attempting to create division between me and my wife, expose it.

If there is bitterness, remove it.

If there is anger, calm it.

If there is confusion, clarify it.

If there is temptation, strengthen us.

If there is pride, humble us.

If there is unforgiveness, teach us to forgive.

If there is spiritual opposition, defeat it.

If there is anything wrong within me, correct me.

If there is anything wrong within my wife, bring Your wisdom and grace.

Do not let me use spiritual warfare as an excuse to avoid responsibility.

Make me a better husband.

Make us a stronger couple.

Make our home a place of peace.

Let love govern this house.

Let wisdom govern this house.

Let truth govern this house.

Let forgiveness govern this house.

Let Your presence govern this house.

And when You answer our prayers:

We will give You all the glory.

In Jesus' name,

Amen.

XXIII. THE FAMILY DECLARATION

The family may pray together:

The Lord is the Builder of our house.

The Lord is our refuge and our fortress.

We will not allow hatred to govern our home.

We will pursue peace.

We will practice forgiveness.

We will speak truth.

We will protect our marriage.

We will protect our family.

We will reject revenge.

We will resist evil.

We will seek wisdom.

We will pursue reconciliation where reconciliation is possible and appropriate.

We will establish healthy boundaries where necessary.

We will seek help when help is needed.

We will trust God with what we cannot control.

And when God answers, we will give Him all the glory.

XXIV. FINAL SERMON: “DO NOT LET THE ENEMY MAKE YOU FIGHT THE WRONG PERSON”

One of the greatest dangers in spiritual warfare is misunderstanding the battlefield.

The husband begins fighting the wife.

The wife begins fighting the husband.

Parents fight children.

Children resent parents.

Relatives become enemies.

And everyone says:

“I am fighting evil.”

But Paul says:

“We wrestle not against flesh and blood.”

The spiritual battle should therefore make us **more loving, more disciplined, more prayerful, more discerning, and more humble—not more hateful.**

The enemy would love nothing more than to convince a husband that his wife is the enemy.

Or convince a wife that her husband is the enemy.

Or convince the family that the solution is hatred.

But the Christian response is:

Stand in truth.

Stand in love.

Stand in prayer.

Stand in wisdom.

Stand in forgiveness.

Stand in righteousness.

And where God has joined people together in covenant, do not treat that covenant casually.

XXV. FINAL PRAYER — “FATHER, BUILD THIS HOUSE”

Father, unless You build this house, we labor in vain.

Therefore build our house.

Build our marriage.

Build our relationship.

Build our family.

Build our communication.

Build our trust.

Build our love.

Build our faith.

Build our wisdom.

Build our future.

Protect this house.

Protect our marriage.

Protect our family.

Protect our health.

Protect our finances.

Protect our minds.

Protect our relationships.

Protect us from violence.

Protect us from evil.

Protect us from deception.

Protect us from hidden traps.

Protect us from destructive influences.

If there is any curse, occult activity, witchcraft, spoken malice, destructive spiritual influence, or evil intention directed against this family, **Father, You are greater.**

Expose what needs to be exposed.

Remove what needs to be removed.

Defeat what needs to be defeated.

Judge what needs to be judged.

Heal what needs to be healed.

Restore what can be restored.

And transform what needs to be transformed.

Do not allow us to fight one another when we should be fighting for one another.

Do not allow pride to destroy what humility could save.

Do not allow anger to destroy what patience could preserve.

Do not allow bitterness to destroy what forgiveness could heal.

Do not allow confusion to destroy what truth could clarify.

Do not allow fear to destroy what faith could strengthen.

Father, protect my marriage with Zora.

Protect her.

Protect me.

Protect our relationship.

And where I am wrong, change me.

Where she is hurting, bring healing.

Where we are divided, bring wisdom.

Where we are distant, restore love.

Where we have failed, teach us repentance.

Where we are weak, give us strength.

Where there is spiritual opposition, give us victory.

Where there is danger, give us wisdom.

Where there is need, provide.

Where there is fear, give peace.

Where there is darkness, let Your light prevail.

What You have joined together, teach us to honor.

Teach us not merely to pray for our marriage—

teach us how to love it, protect it, nurture it, and honor the covenant.

And when You answer our prayers,

we will not take the glory for ourselves.

We will give You all the glory.

In the name of Jesus Christ,

Amen.