



MARRIED COUPLES BE INTENTIONAL: PRAYER

———— PART 3 ————



OPENING PRAYER

(Either spouse can pray)

MARRIAGE CHECK-IN: Is there anything that I've done or said recently that hurt you? (Be specific, feel free to elaborate, and seek resolve)

QUESTION: (aim for about 15 - 20 minutes of conversation) What does the phrase "Intentional Love" mean to you?

BIBLE VERSE:

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

-1 Corinthians 13:4-7 NIV

CONVERSATION: Prayer is one of the most important practices that you could ever make a regular part of your marriage. It provides a closeness and comfort to your spouse that often can't be explained. It's one of those things that you truly have to experience to understand its power. For some couples, prayer may feel unfamiliar and even uncomfortable, and if that's the case for you, try thinking of it as just an honest conversation with a person that loves and cares about you, your marriage, and every other area of your life. Maybe start with just a few sentences and with every day that comes set aside some time to talk to God together a little more. Let's dive into a few more ways to incorporate intentional prayer into your marriage.



INTENTIONAL PRAYER

Invite God Into Your Marriage

- Engaging in daily prayer allows you and your spouse a designated time to take your cares, burdens, and desires straight to God and allow you both to be on the same page as it pertains to your marriage. You will be surprised what you learn about your spouse by just listening to their prayers. Spiritual Warfare is real and one of the 1st things that the devil tries to attack is the people closest to you. Prayer serves as an additional safeguard around your marriage.

Express Gratitude

- Gratitude has the power to heal hurts and soften blows. When things aren't quite going your way in your marriage, it can sometimes be difficult "not to" focus on what's lacking, but when you come together to pray don't only ask God for what you need in your marriage and/or family but be sure to thank him for what he's already done!

Trust, Intimacy & Empathy

- Praying for your spouse not only promotes trust but a certain level of intimacy and empathy as well. There's something so uplifting about knowing your spouse is speaking to God on your behalf. Whether you realize it or not, It leaves a lasting impression on your thoughts and your actions moving forward. Keep in mind that prayer won't always "fix" a problem or situation but uniting and giving it to God is certainly a step in the right direction. It's the engine behind the real trust, intimacy, and empathy that you hope to cultivate in your marriage.

CHALLENGE:

Create a Marriage Mission Statement

Every marriage has a purpose and simply put a “Marriage Mission Statement” is a vision for what you and your spouse strive for your marriage to be. It can include anything from how you will agree to communicate to how you will fulfill your commitment to God’s purpose for your marriage. Before writing your “Marriage Mission Statement”, take some time to pray and seek God’s wisdom and ultimately his purpose for your marriage. Once you’ve done that, grab a pen and paper or a laptop and discuss and write down the answers to the following questions (and any other questions that you believe would be helpful) to help you get started.

1. **What do we hope to accomplish in our marriage?**
2. **What sets our marriage apart from others?**
3. **What do we want our marriage legacy to be?**

Once you have answered and discussed the questions above, write/type your answers and create your Marriage Mission Statement based on your answers. Next print it out. Be sure to frame and hang it in a visible place in your home so you can be reminded of your commitment often. An example of a “Marriage Mission Statement” may look something like this: “We believe God has blessed our marriage and has called us to love him by serving the underserved, striving to out-love one another, valuing experiences over things, and raising children that don’t need to recover from their childhood.”

Remember, it’s no accident that God has placed you and your spouse in each other’s lives. Your union has a purpose, you just have to be intentional about seeking it!

PRAYER:

“Father God, thank you for the blessing of marriage. We know that it’s no accident that you have placed us together. Please give us wisdom, clarity, and purpose so that our marriage honors you at all times. We ask that you allow us to be intentional in every area of our marriage, especially when it comes to our connection, communication, and prayer life. Lord be our light when darkness tries to creep into our relationship. Father, help us to love and accept one another so that we can experience the power of your love. We ask all these things in Jesus’ name, Amen.”

