



You've probably heard the adage "couples that pray together stay together." Let go of your fears or your pride and jump in with both feet and begin praying together as a couple!

Matthew 18:20 For where two or three gather in my name, there I am with them. This very familiar verse emphasizes the importance of unity in prayer, helping couples remember that their prayers are more powerful when they come together in faith.

Couples Praying Together

Your spouse is the one you've chosen to share your life with. Ask the Father to give you the desire and ability to open your hearts to each other in the presence of God.

- Praying together builds and strengthens the bond between husband and wife
- Seeking the Father's face together, leads to seeking His heart for your relationship, which leads to greater understanding, forgiveness, and empathy for each other
- Spiritual intimacy and marital intimacy lead to overall well being

If you are struggling to find the time, to pray together, or to have the boldness to pray together, begin by praying the following scriptures for yourself and your spouse in your personal quiet time. Pray aloud in your quiet place. Listen to the sound of your voice. Become comfortable with how you sound when praying aloud. Praying as a couple is powerful and lays the foundation for a deeper relationship with each other and with Jesus. Invite God to join you—strengthen you and to increase your love and devotion for each other, as a couple.

1 Peter 3:7 Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered. Husbands, ask the Holy Spirit to guide you in living out this verse, as you live life with your wife.

1 Thessalonians 5:16 Rejoice always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus. This verse reminds couples to find reasons to rejoice and give thanks. It's the perfect place to start praying together, maintaining a spirit of thankfulness and continuous prayer. Doing so fosters an upbeat and supportive environment within your marriage.

Colossians 4:2 Continue steadfastly in prayer, being watchful in it with thanksgiving. Everyday be mindful of at least one thing you can pray a prayer of thanksgiving over concerning your wife/your husband. Then share what you've prayed. Doing this regularly will lead you to being able to pray aloud with your spouse if you aren't already.

Ephesians 6:18 Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints. Pray the above verse over your spouse. Keep it simple. Father God,

make me aware of how I can best pray for my husband/wife. At all times you can pray for growing wisdom, boldness in being Jesus to others, for health, for wise use of their time, and how to be your spouse's greatest cheerleader/encourager,

1 Thessalonians 5:11 Therefore encourage one another and build one another up, just as you are doing. Ask the Holy Spirit to guide you in praying the above scripture for your spouse. Determine to thank the Father for one attribute/character trait that you admire in your spouse daily. Then begin to share what you've prayed with your spouse. Be bold and suggest you pray together, if you aren't already. You may discover that the Holy Spirit is leading you to pray a prayer of confession if you haven't been sharing words of affirmation regularly. Ask the Holy Spirit to grow your desire and ability to pray such prayers over your spouse.

Use the lines provided to jot your thoughts concerning what the Holy Spirit would lead you to pray for your spouse.

Hebrews 10:25 Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Proverbs 15:1 A soft answer turns away wrath, but a harsh word stirs up anger.

Psalms 91:1-16 He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day,

Philippians 4:13 I can do all things through him who strengthens me.

Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Ecclesiastes 4:9 Two are better than one, because they have a good return for their labor; if either of them falls down, one can help the other up.

One last thought: Never judge or criticize your spouse for how they pray.