

Praying Together

- There is a strong link between prayer and sex!
- Prayer is a more powerful predictor of marital satisfaction than frequency of sexual intimacy.
- Married couples who pray together are 90% more likely to report higher satisfaction with their sex life than couples who do not.
- Christian couples who *actively* pray together have a divorce rate of LESS than 1%.
- Matthew 18:18-20

But we don't know how...

How to pray together in the morning:

1. What is one thing you are thankful for in your spouse over the last 24 hours?
2. What is one 'pressure point' your spouse going to encounter today?
3. What is one positive and concrete action for improving your marriage you are going to take today?

Example: Jack and Jill are married. Jill is going to pray WITH Jack this morning before they both leave for work. Jill answers the questions above as follows:

1. Thankful Jack took out the garbage last night without being reminded.
2. Jack has to meet with a difficult client after lunch today and he is stressed.
3. Jill is going to work on a softer tone in her voice when she speaks to Jack.

Here is her prayer: Lord, as Jack and I leave for work today, help us both be mindful of the the work you are doing in our marriage. I am thankful today that Jack remembered to take out the garbage and I didn't have to remind him. Please bless him today for remembering. Give him strength at his meeting today to handle the client the way You want him to, Father, and to be stress-free when he is talking to the client. And help me, Lord, to speak with a more kind and soft tone of voice to Jack. Thank you for my marriage and the work you are doing with us both. In Jesus name, Amen.

How to pray together in the evening:

1. What is one issue you two are facing together?
2. What is one thing you are thankful for in your spouse for today?
3. What is one positive and concrete action you are going to work on to improve your marriage?

Example: Jack is going to pray WITH Jill before she goes to bed and he settles in to play xBox live. Jack answers the questions above as follows:

1. Our teenage son is talking back and being disrespectful to Jill and I.
2. Jill gave me 20 minutes of down time when I got home from work without bombarding me with her day.

3. I am going to make small gestures of physical touch to Jill throughout the day and not just when we go to bed so I can have sex.

Here is his prayer: Lord, thank you for my wife today and the work you are doing on both of us. We are praying together for you to give us both wisdom in how to deal with our son's disrespectful attitude so that we make the situation better and not worse and that we don't push him away from us or you, Lord. I thank you for Jill's patience today in allowing me down time before talking to me about her day, bless her please for her doing that for me. And Lord, help me remember each day to show Jill the affection she needs from me so she will know I love her. I appreciate her and thank You Father for blessing me with her. In Jesus name, Amen.

Do:

- ◆ Touch each other during prayer. Hug, hold hands, cuddle.
- ◆ Use positive words even when praying about a negative situation
- ◆ Schedule a prayer time at least once each day - and keep the appointment!
- ◆ Write down your prayer needs and refer to it while praying.
- ◆ Pray vulnerable.
- ◆ Pray for your marriage

Do NOT:

- ◆ Scold your spouse indirectly while talking to God.
- ◆ Tell your spouse they don't 'pray correctly'.
- ◆ Preach to your spouse while praying.
- ◆ Give up!!