



A Couples Prayer Guide

Prayer is an incredible thing. We actually get to talk with God. And He is really listening! When we pray together, we come before God in a very powerful way. When we pray for our spouse, we are literally asking the God of the universe to exercise His power, grace, and wisdom in their lives. Friends, that is a very intimate thing to do! And that is why there is so much power in praying together.

Now, if you are like many people, praying out loud with another person can feel awkward and even intimidating. That is okay. We are going to help you take small steps, and we think you will see your comfort and openness grow.

When should we pray?

- Together pick a specific time on a specific day—make it an appointment, and commit to it.
- We encourage you both to be committed to remembering this special time together.

Where should we pray?

- Pick a quiet place that reduces distractions from kids, pets, TV, and phones. In fact, no phones. This is a private time between the two of you and God. Don't let others interrupt. You can even tell your kids what you are doing and not to interrupt unless someone is bleeding or unconscious. Or if they are little, wait until after they go to bed.
- Usually a little comfort is good, like a sofa or soft chair, but the bed is probably too comfortable and encourages you to fall asleep. So, we suggest not being in bed.

How should we sit?

- Some couples like to sit facing each other, knee to knee.
- Others sit side by side.
- Others find kneeling next to each other by their bed to be the preferred posture for prayer.
- Some people prefer to stand behind their seated spouse and place their hands on their spouse's shoulders.

Should we hold hands?

- Touching while praying does create an even stronger sense of connection, but your hands may get hot and sweaty, and that can be a distraction.
- Feel free to mix it up. You can place your hands on each other's leg or just sit close enough that your shoulders or legs are in contact. There is no right or wrong.

How long should we pray?

- If this is a new experience for you, we suggest you start with five minutes. As you get more comfortable, that time can grow as you desire.
- Regardless of how long, agree on a limit.
- And by all means no monster long prayers. No 3-point sermons. Leave that to the pastors.

How do we get started?

- Consider it a phone call to God. One of you is dialing and goes first. The other goes second and then gets to say Amen and hang up.
- When you get more comfortable, you can go back and forth a few times before hanging up.

What words do we use?

- Think of it like a conversation. In this case, you are talking with God and letting your spouse listen in.
- No flowery or churchy words are necessary—just talk to God.
- More suggestions on specific prayer items are below.

What do we pray about?

- To get started, make a brief list on paper or in your mind of what you want to talk with God about and share that with each other. This helps you know where you are going in the conversation with God.
- Here are some general topics
 - Say thank you for
 - Your spouse
 - Your kids
 - Your job
 - God's gifts in skills, opportunities, and blessings
 - Church
 - Friends
 - What you are learning from the Lord
 - Ask Him to bless your spouse
 - With wisdom, strength, grace
 - For individual responsibilities
 - As a parent in relationship to each child
 - With friends, co-workers, or extended family
 - In their relationship with God, to know Him better, to increase awareness of walking with Him, to understand His word and will
 - With physical health
 - For specific things in the week ahead
 - Regarding anything else on their heart and mind (ask them)
 - Your kids
 - Their relationship with God, trusting Jesus Christ
 - Following the principles in God's word
 - Choosing friends wisely and avoiding negative influences
 - Their relationship with you as parents
 - Pressures at school
 - Connection at church
 - Their future – spouse, education, career

Are there other ground rules?

- Remember, we mentioned no preaching at each other.
- No cheap shots! "Lord, please help my spouse with his/her sin of self-centeredness and a crappy attitude!"
- Do not judge each other's prayers regarding words or how articulate it sounds. It is about talking with God from the heart, not about how smoothly the words come out.
- Stick to the agreed upon time limit.