

PRAYER
GUIDE
FOR YOUR
MARRIAGE



Marriage
AUSTRALIA

Matthew 19:4 -8 KJV: "And he answered and said unto them, Have ye not read, that he which made them at the beginning made them male and female, and said, For this cause shall a man leave father and mother, and shall cleave to his wife"

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Forword

Our marriages are important and no matter how long we have been married or the condition of our marriage, prayers for our marriage and spouse are always greatly beneficial.

Communication is a vital part of deepening a relationship and prayers to our God is all part of our journey with Him, better still if husband and wife pray together. Marriage has always been under attack – “For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.” Eph. 6:12 [NLT].

We hope that you find that this booklet, although it is by no means exhaustive in its coverage, is a guide to you both to be able to sharpen your prayers and boldly pray for each other and your marriage.

As you work through the booklet, we suggest a different topic for each day, search out other scriptures on the topic e.g. “Forgiveness” and use these as appropriate in your prayers.

All the way knowing that we can trust in the Lord and that He will answer our prayers.

Obedience

In Matthew 22:36-40 KJV two commands were given to man: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets." Thank God for so clearly showing what is expected of us. Together pray that you would be obedient to these commands, not just in your words, but also in your actions. Pray that you both respond more quickly to those gentle prompting. Ask forgiveness for putting yourselves as well as your desires and plans for the future before God's good plan for your marriage.

Daily work together to put Almighty God at the centre of your marriage. Daily choose to have that Christ centred life, involving Him in every area of your lives.

Together pray that your marriage will bring glory and honour to God and for the Lord's help in this. For your marriage to reflect marriage as laid out in Scripture.

The Lord desires that we love Him more than we love anything else. Involve God in every area of your lives. Talk to Him about everything that is going on in your lives, include Him in your every day lives, focus on Him, praise Him. That way God is truly at the centre of your marriage. Keeping our eyes on the Lord is the firm foundation for our marriage.

Establish a lifestyle of prayer

Whilst we are on the subject of prayer, don't just pray FOR your husband/wife, pray WITH your husband/wife. Prayer is an intimate act and praying together allows you to be vulnerable and opens the heart to a deeper connection with your spouse.

Living a life with Christ at the center of your life and of your marriage is pure joy and brings glory to God.

Together ask for the Lord's protection over your spouse in all areas of his/her life - physically, mentally, and spiritually.

Praying together as a couple, invites God's presence, for the Lord Jesus says in Matthew 18: 20 KJV "For where two or three are gathered together in My name, there am I in the midst of them." Prayer is the single most important thing that can be done for your marriage, as together with your spouse, you submit your desires, your cares, your lives to Him, and invite God in to direct your lives, your marriage.

Together pray for strength to resist any temptation, such as, but not only: adultery, pornography, drugs, alcohol, gambling, and perversion. For God's help to have self-control and resist anything and anyone who becomes a temptation.

Husbands should pray that they honour their wife so that their prayers are not hindered (1 Peter 3:7).

Commitment

Married couples should be entering into marriage with the understanding that the word 'divorce' would not be used between them.

Together pray and declare that your commitment to each other is non negotiable, and ask for God's help and protection of your marriage. Work swiftly to deal with any differences that seek to disrupt the peace in your marriage. Pray that you both are committed to growth in your relationship, that you work to ensure that your love for each other grows, and your relationship with each other grows stronger as you submit to each other and to God.



Love - unconditional

Love is a daily choice made.

John 13:34 KJV "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another."

Thank God for His unconditional love for you. Thank Him that He has given you a picture of what real love looks like. Read aloud and together pray through 1 Corinthians 13:4-8 often. Pray that your love for each other would be unconditional and that your marriage is a safe environment where you can both be free from judgement or resentment.

Try to remember that you both fell in love with your partner as they are. Appreciate your spouse, appreciate your differences.

Take regular stock of your relationship to ensure that you and your partner grow closer together and to God and don't grow apart with time. Try to love and accept the different changes that life brings for both of you individually and as a couple. Ask for God's help to do this.

For love will cover a multitude of sins (1 Peter 4: 7) NKJV.



Conflict

Focus on the issue and not the way you feel about the other person. Their viewpoint may be different but it is not necessarily wrong.

Together ask God for His help and wisdom to make life work when you live with someone who thinks and acts differently than you, and to appreciate those differences.

If you and your spouse disagree, instead of stewing about it, ask yourself: how does God want to use this argument and how do I respond to it to help me grow to be more like Christ? What do I need to learn about my spouse and about myself?

Use those moments as an opportunity for you to grow and change, not an opportunity for you to blame your spouse or build up resentment.



Forgiveness

“For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses.” Matthew 6:14-15 KJV. Pray that you would always be quick to forgive - even when you don't feel like it, and ask God to help you really mean it. Remember that taking offense at something done or said is a choice we make. Thus ask God to help you to choose not to take offense.

Together pray that the Lord will forgive you and that you would forgive one another for things that have hurt or offended you. Pray that you both walk in forgiveness and never lose sight of the fact that God forgave us. Thank God.

Pray that you show mercy and grace to your spouse each time they need it and not to bring up past hurts or failures. Together work to be examples of forgiveness to not only your spouse but to those around you so you can continue to show your love to all you meet. Pray that you would also forgive yourselves if you struggle with condemnation.



Respect

1 Peter 2:17 "Honour all men. Love the brotherhood. Fear God. Honour the king. KJV"

Romans 12:10: "Be kindly affectioned one to another with brotherly love; in honour preferring one another;" KJV

A strong marriage is built on respect. That means that you value each other as you focus on each other's strengths, you are polite and not contemptuous in your relationship with one another. Neither would you be sarcastic nor cynical when communicating with each other. Both husband and wife need both love and respect. Thank the Lord that He is with us. Ask your spouse swiftly for their forgiveness whenever you might have been less than courteous to them. Together pray for God's forgiveness as you daily come before Him.



Faithfulness

Proverbs 3:3-4: "Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart So shalt thou find favour and good understanding in the sight of God and man." KJV

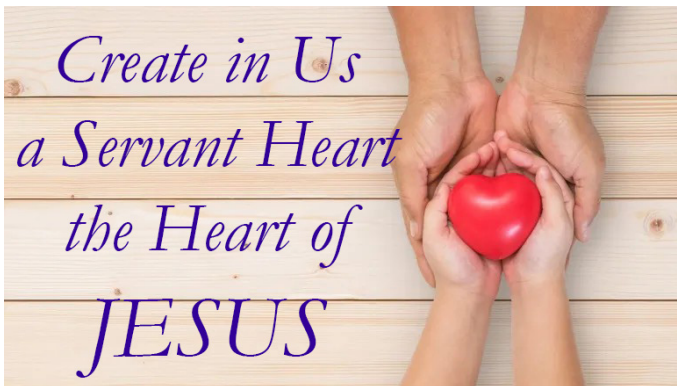
Romans 12:10: "Be kindly affectioned one to another with brotherly love; in honour preferring one another;" KJV

Together thank God for bringing you together in this holy union. Pray that by God's grace and mercy, both of you remain committed and faithful. Pray for a discerning spirit to guide you to flee from any unholy sexual temptations and that you both are able to resist any temptations. Pray that you remain pure in spirit and your covenant to one another. Pray that you would continue to live lovingly and harmoniously in your marriage, that you are content in all things.



Servant heart

Marriage is not 50:50, but serving your spouse is 100% each of you. In developing a servant heart, you are required to make a solemn choice to serve your spouse and find those ways to be a blessing to your spouse. This pleases the Lord. In a world that often seems focused on rights, Together pray and ask God to help you both as you serve one another. Jesus Himself came to earth and served. Colossians 3:23,24 "whatsoever ye do, do it heartily, as to the Lord, and not unto men." KJV



Submit

James 4: 6-8" God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God." KJV. Together ask God for help as you make submission in your marriage rest on your mutual submission to Christ, as you selflessly serve one another. Pray for wisdom for you both as the husband is faithful to lay down his life for his wife, willingly. and the wife willingly accepts the husband's role as servant leader. Pray that you both use the gifts that God has given you to love and serve one another. "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves." Philippians 2:3 KJV

*And further, submit to one another
out of reverence for Christ.*

Ephesians 5:21[NLT]

Friends

“A Good Friend Is A Blessing From God” (Proverbs 17:17) KJV. Thank the Lord for the friendship you have with each other. Together pray for God to help you continue building trust and respect into every area of your marriage, so that your bond of friendship will continue to strengthen. Pray that you only speak the truth in love. “A wise person’s heart guides his mouth, and his lips promote persuasiveness. Pleasant words are a honeycomb, sweet to the soul and healing to the bones” (Prov. 16:23-24) KJV. “Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves” (Ecclesiastes 4:9-12a) KJV. Pray that God will lead you to be wise in your choice of friends, so that you ensure that your friends do not ignore your spouse nor make inappropriate comments about them, nor touch either yourselves or your spouse inappropriately. Friends enjoy being with each other, they speak words that build up not destroy, they rely on each other for support - if this is not how either of you are with each other, pray for the Lord’s help to change; if you are already good friends, pray that you would become even better friends.



Kind

Eph 4:32 “and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you”. KJV Together pray that you always speak well of each other to others, defending each other from other people seeking to defame your spouse. Thank God that He is kind ,even to the unthankful (Luke 6:35). Pray for help to make kindness an intentional part of your everyday interactions with your spouse. Pray that you both do not focus on each other’s faults, and find ways to encourage and help your spouse daily.



Self control

Proverbs 16:32. 32 “He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.” KJV Thank God that one of the fruits of the Spirit, is self control. Together pray that God would help you both to be self controlled in your ability to control your feelings, emotions, and reactions, not only to your family, but to all areas of your lives. Also pray to God for help to identify and break any habits that are unhelpful in your relationships.

In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone.

2 Peter 1:5-7 [NLT]

Intimacy

1 Corinthians 7:5 - Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer. And come together again so that Satan does not tempt you because of your lack of self-control.(NKJV)

Together pray for purity. That you would put each other's needs before your own.

Ask God that He help you both to strengthen the bonds of both physical and spiritual intimacy in your marriage. Thank God that He has called husband and wife to intimacy first with Him, and then intimacy with one another.

Ask God that He reveal any behaviour you have been committing or have committed that has been preventing you from entering into a deeper intimate relationship with God and one another. It may be that one or both of you need to ask for God to heal your hearts of any past hurts - nothing is impossible for God, and to help you always to trust one another, and forgive one another.

Thank God for increased intimacy in your marriage as you seek to honour God and one another through your marriage covenant.



Trust

Together pray that your trust is in the Lord. Pray that there would be an open trust between you. Pray that God helps you to do everything with absolute honesty in your marriage. "Sanctify them by Your truth. Your word is truth." (John 17:17 NKJV).

Lying helps to separate couples from each other and from God. Couples need to be able to express their feelings in love to their spouse. When needed, ask God to go ahead and give the right time for open communication with each other about any areas of difficulty.

Thank God for the discernment to know His truth and the conviction to call on the name of the Lord Jesus. Psalms 145:18 NKJV. "The Lord is near to all who call upon Him, To all who call upon Him in truth." Thank God for His help to be honest as you choose to submit to God's will.

"Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him," (Colossians 3:9-10 NKJV)

*Trust in the LORD with all your heart;
do not depend on your own understanding.
Seek his will in all you do,
and he will show you which path to take.*

Proverbs 3:5-6 [NLT]

Unity

Genesis 2:18, 22-24 - Then the LORD God said, "And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him." And the rib that the LORD God had taken from the man, he made into a woman. And He brought her to the man. Then the man said, "This is now bone of my bones And flesh of my flesh; She shall be called Woman, Because she was taken out of Man." Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.NKJV

Together ask God that there is a strong bond of unity in your marriage. For help to give you the desire and strength to be a united front letting nothing come between you. Ask for God's help to work through anything that is not pleasing to Him so you can be united, spiritually, physically, and mentally.

Thank God as you do your best to seek God's face daily.



Peace

Together pray that you strive to maintain peace in the home, that it is a safe place for yourselves and others to come to.

Ephesians 4:1-3 “walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.” NKJV Ask for God’s help as you seek to maintain peace in your marriage - cultivating a habit of being first to apologize, keeping silent rather than speaking words that are unkind, quickly dealing with any issues that may arise.



Protect

James 4:7 "Therefore submit to God. Resist the devil and he will flee from you." NKJV Together pray for God to help you resist the enemy. Thank God that He is your help, your God in Whom you trust. your refuge;

Psalms 46:1 "God is our refuge and strength, A very present help in trouble." NKJV

Psalms 32:7 "For you are my hiding place; you protect me from trouble." NKJV

Pray for God to help you make wise choices in order to protect your marriage. These include ensuring that neither of you spend time alone with someone of the opposite sex but that any such necessary time be spent in a public place with space between you and with the knowledge of your spouse. Ensure that you spend quality time together with your spouse on a regular basis, talking, laughing and playing together; ensure that your choice of clothing does not attract unwanted attention sexually; flee from any contact with anyone to whom you find yourself attracted.

Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Ephesians 6:10-12 [NLT]

Wisdom

Together ask God for wisdom in your lives, “ If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. ” James 1:5. NKJV Involve God in every decision made whether it is big or small. Pray for wisdom as you seek to please God in all that you do, and strive to submit to God’s will, not putting your own desires before God’s good plan. Pray that you work together to take your marriage from where it is, more fully to align with the Lord’s plan for marriage, a reflection of Christ and His bride.

Proverbs 2:3-6 “Yes, if you cry out for discernment, And lift up your voice for understanding, If you seek her as silver, And search for her as for hidden treasures; Then you will understand the fear of the Lord, And find the knowledge of God. For the Lord gives wisdom; From His mouth come knowledge and understanding;” NKJV

Involve God in your decision making, in order to receive wisdom to help in time of need.

For the LORD grants wisdom!

From his mouth come knowledge and understanding.

Proverbs 2:6 [NLT]

Communicate

Together pray that there would be open communication between you, that you would both learn and apply the necessary tools for this, and would set aside regular times to talk . Pray that your words would reflect the love of God to others, that you would not be judgemental, that you would just be nice to each other.

Ask God to teach you how to communicate better - simply to talk to each other again with courtesy and kindness. Ask God to reveal again what love and respect look like, and what it means to honour and mutually submit to the other as a man and woman in love with the Lord.

Thank God for blessing you with the ability to speak and communicate. Pray that you would become better communicators, that you can talk things through effectively. Pray that you use words that edify one another in love and gentleness. Pray your communication brings you closer to one another and closer to God.



Listen

Together pray you would both continually endeavour to listen without condemnation. That you would not interrupt but allow time for each other to finish speaking at their own pace. Pray that you would not think that what you have to say is more important than that of the other person.

Pray to God for help to improve your listening skills - that you would not interrupt when one of you is speaking, that you would listen carefully in order to understand what your spouse is feeling and refrain from jumping in with un-asked for advice, that you value what they are saying.

Proverbs 10:19 NKJV "In the multitude of words sin is not lacking, But he who restrains his lips is wise."

*We should always listen to understand
rather than listening to reply*

Humble

Together pray that you would walk humbly before the Lord, giving honour to everyone. Humbly listen to criticism, reflect on it, and ask God to help both of you make any necessary changes. Accept that only the Lord Jesus is perfect, admit your flaws and mistakes, ask forgiveness where needed and work to correct them. Being humble means that you do not need the affirmation of others, but are content to know that each of you have done your best. Both of you seeking to put your spouse before your own wants and desires. Admit that spouses do not know what their partner is thinking or feeling, there is a need to ask and to listen and understand the answer. Humble people do not boast about their successes, but are grateful for the skills they have been given. Philippians 2:3-11 KJV "Let nothing be done through strife or vain glory; but in lowliness of mind let each esteem other better than themselves." Thank You Lord Jesus, that You humbled Yourself and became obedient unto death.

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

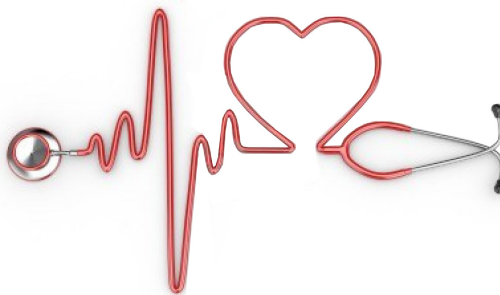
1 Peter 5:6-7 [NASB]

Health

Pray that you would be in health and prosper. 3 John 1:2 NKJV. "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." Help each other as you care for your bodies, not given to over indulge.

Thank God for divine health in your physical bodies, spiritual life, and marriage. Ask God for wisdom to deal with anything that you are doing that does not directly correlate with healthy living; body, spirit, soul.

Together pray that you honour God through your bodies as they are the temple of the Lord. Thank God for your salvation, He is worthy to be praised!



Thankfulness

Pray that you would give thanks in all circumstances, for that is the will of God. When difficulties arise, you might need to remind each other to be thankful.

Thank God for His unconditional love, for His forgiveness and protection.

Continue to involve God in your daily lives and praise Him in the big & little moments of each day.

I Thessalonians 5:16-18 NKJV." Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you."



Fun together

Thank the Lord for each other, that you are friends and can have fun together. Together ask God for help to ensure you do not become ensnared in a yoke of busyness but always make time to have fun together. That you take time to slow down, to play more, to laugh more, and to just be close. Thank God for holidays, a time of rest from your normal work. Thank God that He is always with you. Proverbs 17:22 NKJV. "A merry heart does good, like medicine, But a broken spirit dries the bones." You might need to buy and read together a Christian joke book, or bring out those board games, explore the great outdoors, plan to take a short break etc.



Finances

Pray that you would be wise stewards of all your resources and give God first place with your finances, for He does supply all your need.

God also desires for us to be good stewards of the resources He has given us. So when couples use their financial resources to accomplish things for the cause of Christ, they demonstrate the priority of the Lord in their life. The Lord Jesus said, "For where your treasure is, there will your heart be also." (Matthew 6:21 NKJV). Thank God that He does supply all your need. Together pray that you would continue to trust and rely on His provision, and for wisdom and agreement with how you spend your finances, how you save and your giving.



Other relationships

Together pray that you would be wise in your other relationships. Pray for open discussion and agreement concerning time spent with family members and friends. But you do need to be very intentional about seeking out and pursuing friendships with people who will encourage you towards godliness and love of your spouse and families and affirm your marriage. Pray that your spouse will always be more important than your friends or family. Pray that the views of family and friends would not be sought ahead of those of your spouse, but that, together with your spouse you would consider those opinions but feel free to disagree. Thank God for families and friends.

Pray that you involve God in your decision making and seek the counsel of God first rather than looking to the opinions of others.



Quality time

Thank God for the gift of your time and together ask for wisdom to be wise stewards of it. You might need to have an agreement to reserve an hour each day or one day a week when you and your partner go technology-free. Keeping your phones and other devices silent in order to focus on each other without any distractions. There was a time before the advent of tv - this would have enabled more couple time, more family time, maybe more babies, although one spouse may have spent time immersed in the newspaper.



Serve

Together ask God to reveal those areas in which you are able to use your gifts to serve. "Serve the LORD with gladness; Come before His presence with singing. Know that the LORD, He is God; It is He who has made us, and not we ourselves" Psalm 100:2-4 NKJV. The Lord desires that you serve Him. When couples actively engage in serving the Lord together, there is found to be an increase in spiritual intimacy in their marriage and their marriage benefits. There is a new depth and closeness in their marriage. The service may be one of the many opportunities in the local church, or reaching out into the local community.



Love in action

Most couples find that they feel loved in different ways. Time should be made to express love to one another in a way that is really meaningful to them - and to do it often. The most proven ways in which most couples feel loved are : kind, loving words; physical affection - not always leading to sexual activity; thoughtful - but generally not extravagant presents; taking opportunities to serve your spouse; and setting aside that special one on one time together. You may have neglected to do this, so together ask the Lord to help you both work to ensure that each of you daily feel loved by your spouse as you each express your love to each other in the way they most feel loved and ask forgiveness of God and each other where you may have neglected to show that love. Thank God, who knows each of your needs, and pray as the apostle Paul did in Ephesians 3:18-19 that you "may be able to comprehend with all the saints what is the width and length and depth and height- to know the love of Christ."



Jeremiah 29:11-13 NASB: "For I know the plans that I have for you," declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you. "

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