

Module 4 Lesson 4

From Surviving to Surrender

KEY IDEA

Many couples are “surviving” rather than growing in intimacy. True rescue and restoration come when a marriage shifts from survival mode to surrendering together to Christ — especially through praying as a couple.

KEY SCRIPTURES

- Colossians 4:2 - “Devote yourselves to prayer, being watchful and thankful.”
- Philippians 4:6 - “...by prayer and petition, with thanksgiving, present your requests to God.”
- Matthew 5:23-24 - “...First go and be reconciled to them...”

LESSON & NOTES

PRAYING TOGETHER - BENEFITS

HOW **NOT** TO PRAY TOGETHER

OBSTACLES TO PRAYING TOGETHER

HOW TO PRAY TOGETHER

KEY POINTS

- Surviving marriage = routines + low effort + emotional drift
- A surviving marriage needs a rescuer — Christ
- Praying together powerfully builds unity, intimacy, and change
- Wrong approaches to prayer can damage connection
- Couples must overcome obstacles (fear, time, lack of desire)
- Praying together requires wisdom, grace, patience, and practice

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HeartWork

A Couple Who Prays Together Really Does Stay Together!

Fred said, “*A prayer-less life is a prideful life.*” All of us struggle with pride in some areas, yet when prayer isn’t a part of our individual lives or our lives as a couple, we’re saying that we can do it alone – without Him. On a scale of 1-10 (with 10 being “Great”), how would you rate your individual prayer life? What can you improve?

On a scale of 1-10 (again, with 10 being “great”), how would you rate your prayer life as a couple?

What would you like to see change in your prayer life as a couple?

Fred mentioned several obstacles to praying together. These obstacles include fear, time, not prioritizing, and the excuse “It’s just not me.” There can certainly be other obstacles, as well. What would you say your obstacles are individually, and as a couple to praying together?

To overcome any obstacles to praying together, Fred mentioned 4 Steps:

1) Identify it; 2) Talk about it; 3) Pray about it; and 4) Do it (pray).

If you haven’t already done so, talk about these obstacles with your spouse (apply what was learned in Module 3).

Pray individually, (and with your spouse if they are willing) that God will give you courage to pray together and overcome any obstacle you may have.