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Praying for your marriage



**A 4-STEP
GUIDE TO
PRAYING WITH
YOUR SPOUSE**

Deepening your relationship through prayer

Prayer

**SECRET TO A
LASTING
RELATIONSHIP**

INTRODUCTION**

Marriage is one of the most meaningful and refining relationships we experience. It requires intentional love, patience, and growth.

Prayer invites peace, clarity, and strength into your relationship—helping you love better, forgive quicker, and stay connected.

“Unless the Lord builds the house, the builders labor in vain.” — Psalm 127:1

Step 1

GRATITUDE FOR YOUR SPOUSE**

Gratitude transforms how you see your spouse. It shifts your focus from frustration to appreciation.

Pray with thankfulness for:

- * Their love and presence
- * Personality and humor
- * Patience and kindness
- * Support and encouragement
 - * Loyalty and honesty
 - * Strengths and growth

Scripture:

“Give thanks in all circumstances.” — 1 Thessalonians
5:18

STEP 2

INTERCESSORY PRAYER FOR YOUR SPOUSE**

Praying for your spouse is one of the most powerful ways to love them.

****Pray for:****

- * Peace and emotional calm
- * Strength and endurance
 - * Health and protection
 - * Guidance and clarity
- * Confidence and purpose
 - * Joy and hope

****Scripture:****

“Carry each other’s burdens.” — Galatians 6:2

STEP 3

— PRAYERS FOR YOUR RELATIONSHIP**

A strong relationship is built intentionally through love, grace, and communication.

****Pray for:****

- * Trust and emotional safety
- * Communication and honesty
 - * Patience and forgiveness
 - * Unity and teamwork
 - * Conflict resolution
 - * Peace and harmony

****Scripture:****

“Be completely humble and gentle; be patient, bearing with one another in love.” — Ephesians 4:2

STEP 4

PRAYERS FOR YOURSELF**

Your growth strengthens your marriage.

Pray for:

- * Patience and self-control
- * Kindness and humility
- * Emotional maturity
- * Wise and gentle words
 - * Self-awareness
 - * Calm responses

Scripture:

“Create in me a clean heart, O God.” — Psalm
51:10

DAILY PRAYER TEMPLATE**

Gratitude

Thank you for my spouse and who they are.

Intercession

Give them peace, strength, and clarity.

Our Relationship

Help us communicate with love and unity.

Myself

Help me grow, love well, and respond with grace.

Closing

In Jesus' name, Amen.

Scripture:

“Pray without ceasing.” – 1 Thessalonians
5:17

REFLECTION / JOURNAL

****Today I'm grateful for:****

****My spouse needs prayer for:****

****Our relationship needs:****

****I need help with:****

****Scripture (footer):****

“Let all that you do be done in love.” — 1
Corinthians 16:14

THINGS TO REMEMBER

Prayer doesn't make your relationship perfect—
but it makes it stronger, deeper, and more
intentional.

5 Minutes a day is enough

Make it a habit

Keep it Simple

Grow together

Cherish each other

****Final Scripture:****

“Above all, put on love, which binds everything
together in perfect unity.” — Colossians 3:14
