

## Praying with Your Spouse

Over the duration of this online course, we will ask you to pray every day with your spouse. For some of you, this is something you already do. But for others, prayer may be something you only hear in a church.

There's no set way to pray. In its most basic form, prayer is a humble heart speaking to God. Sometimes, what comes from a humble heart is thanksgiving for someone, something, or some event. At other times, prayer takes the form of confession – acknowledging to God that we are sinners needing his grace, mercy, and forgiveness. At other times, prayer may be asking God for something, whether it's his guidance or a specific request.

If you are someone who prays on a regular basis, feel free to pray for anything during this course, but especially for specific things about your marriage. If you are a novice to prayer, we suggest that you concentrate on thanking God for at least one thing per day about your spouse. For maximum impact on your marriage, thank God aloud in the presence of your spouse. This will do wonders for your marriage.

On the next page we have also provided an approach to prayer that may be helpful for you to use. Either way we encourage you to take this opportunity to pray for and with your spouse.

# A Simple but Effective Way to Pray Together

If you haven't prayed together as a couple we'd like to offer the **ACTS** pattern as an approach that you can use to help as you seek to join in prayer as a couple. We suggest using the **ACTS** pattern for praying together daily as husband and wife.

1. **A - Adoration.** In the space below write as many phrases as you can think of that praise God, exalting Him above all. Aim your emotions of awe and adoration at Him, and let them flow through you. Now write some phrases you can use in your prayers this week with one another that praise God.

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2. **C – Confession.** Write down the things you should confess to God – any failings, foibles, or wrong acts you've done. Be specific, and don't leave out anything, no matter how trivial it may seem to you. Now write some things you should confess in your prayers.

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3. **T – Thanksgiving.** List everything you can think of that you're thankful for. Start with those things most important to you and move in ever-increasing circles until you include a wide list of appreciation. Thank God for everything that's good and wonderful in your lives. Now list those things that are most important to you and your relationship together.

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4. **S – Solicitation.** List all the things you want to ask of God – things you desire for your enrichment and joy. Don't be hesitant or shy. Just make sure your requests aren't selfish. Nothing is impossible for God. Now list the things you most want God to do *for*, *to*, and *with* you and your spouse.

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