

## MARRIAGE FOCUS - PRAYER

### Marriage Exercise - Praying Together

Ask your husband if you can begin praying together. Talk about the best time to do this. It is best to find a quiet place where you can kneel or sit close together, hold hands and pray. Try to make this your special place to meet up with God together. Use this time to commit your concerns, disagreements and needs to the Lord. Do not forget to thank Him for His provision and blessing. Resolve that you are going to authentically connect with your Heavenly Father and have no other agenda besides praise, confession, gratitude and submission of your requests to His will. In the beginning, you or your husband may be hesitant about praying out loud. You can start by both of you silently praying. Don't force anything.

If your husband is not receptive to praying out loud, ask if he will sit with you as you pray.

Come to your monthly group meeting ready to report back on what happened.

### Date Night Questions

Take time out to talk about the following questions. To help you listen carefully, write down what he says.

What is the purpose of prayer?

How has praying together effected our marriage? Or if you and your husband did not pray together this month, how can praying together impact our marriage?

How can we make prayer a priority in our marriage?