

# Praying with your Spouse

A prayer guide - communication

## INTRODUCTION

In November we hosted the Sacred Marriage Conference and many of us made this commitment at the end of the conference:

*"From this day forward, we're committed to fighting for our marriage. We promise to seek God for the wisdom, strength, and tenacity needed to create and sustain a sacred marriage with one and another. Whatever it takes, we're all in. We will remember that marriage wasn't created to make us happy, it was created to make us holy."*

With this commitment, hundreds of us pinpointed one barrier that is keeping us from having a Christ centered marriage; these barriers have been prayed over ever since.

During the Revival Series we want to provide ways you, as couples, can be praying over these barriers, too.

We are providing couples with prayer prompts for each of the top nine barriers that were identified. We have offered ideas for how the issue may be impacting your home or a friend's home; a Scripture that speaks about this topic, a suggested action item and a prayer. Please use this time to pray, as husband and wife, over your marriage and the marriages of all those around us. Let us start a revival in our homes...a revival in our marriages...a revival in our families.

Each topic includes:

- Topic introduction.
- A passage that speaks about this topic.
- A practice or idea that may benefit your marriage.
- A prayer regarding the topic.

# Communication

Effective communication is the cornerstone of a strong and thriving Christian marriage. To prepare my thought process and help me better understand what is already out there, I put on my curiosity-hat and googled the phrase “Marriage Communication Tips” and was greeted with 3.6 million results. When I added “Christian” to my search it narrowed it down to a nice and manageable 2.5 million results. Sufficed to say, good communication in marriage is a massive topic not only in the Christian home, but every home, and there are no shortage of advice-givers and internet-sages to help in this journey. Since the internet is bound to lead us down a rabbit hole the likes Alice has never seen since Wonderland, let’s stop and look at what the Bible has to say about communication.

James 1:19 says, “Everyone should be quick to listen, slow to speak and slow to become angry.”

When communicating with your spouse, keep these three things in mind. BE A LISTENER and don’t be thinking of a response while the other person is speaking...I am speaking from personal experience. Be engaged and focused when listening. THINK BEFORE YOU SPEAK. Stop. Take a breath. Think about what you are going to say and see if it fits in these categories: Is it kind? Will it help? Will it build up or tear down? And if you were the one speaking last, give the other person time to stop and think as to not rush their response...that’s back to being a good listener. Finally, CHECK YOUR ANGER. If something that was said was a trigger to you, don’t retaliate by going after a trigger on the other person. This will lead nowhere good. Calm yourself before you speak...this takes us back to thinking before we speak. As you can see, all three of these tips for communication from James are intertwined and go together.

Father God, we thank you for this relationship and we thank you for giving us sound advice throughout your Word. We also thank you for setting the example in communication in how You, as the divine Trinity, communicate to and through us. You show us how an open and clear relationship sets up beautiful communication. We pray that you help us to be quick to listen to our spouse and to You leading us in this relationship. Guide our thoughts as we communicate. Give us peace and patience in the process and know this is a work-in-progress and not something mastered quickly. Thank You for your love and grace You show us, for listening to us now, and for leading us in a closer relationship with each other and You. We love you. Amen.