

MARRIAGE DATE NIGHT

Praying Together



BEST USE

As a guide to help establish a regular rhythm of prayer in your marriage

VALUE

Praying together strengthens your marriage by keeping God at the center.

ADVANCE PREPARATION

Set a Time

- Identify a time in your day to consistently pray together as a couple. Is it as you both leave for the day? When you both are home after work? At meal? Before bed? Having a set time helps you remember when to pause each day.

Embrace the Process

- If prayer together is new for you as a couple, it may be uncomfortable at first, and that's okay! Continue to commit to pray together daily.
- At first, you may pray silently together or have one person pray the first few times. But continue to press in and get to the place where both of you can pray out loud together.

Once your chosen time arrives, use the following guide as you pray together.

PRAY TOGETHER

A simple way to structure your prayers is through the ACTS acronym: Adore, Confess, Thank, and Seek.

A tip to get started: have one person pray over one letter, then the other pray over the next, and alternate from there.

ADORE

- What: Express affection to God for who He is and what He has done.
- Example: "We praise you that you are the Creator of marriage and that you are perfectly loving!"

CONFESS

- What: Tell your sins (not your spouse's!) to God and ask for forgiveness. Or, confess things that together as a couple you have fallen short in.
- Example: "I confess that I have been impatient with my spouse. Forgive me God." Or "We confess that we have not been putting you first in our marriage. Forgive us."

THANK

- What: Express gratitude for something God has done for your or your marriage.
- Example: "Thank you God for the babysitter last week that allowed us to have a date night."

SEEK

- What: Submit your requests and needs to God.
- Example: "We ask for perseverance and commitment as we begin this habit of praying together as a couple."