

You have probably heard the saying, “The couple who prays together stays together”.

How can the simple act of praying together have a beneficial impact on your marriage?

Part of the answer to this question lies in what takes place when a couple prays together.

Usually a couple is touching each other either by holding hands or kneeling next to each other. This creates a sense of physical closeness.

While one spouse offers the prayer, the other spouse has the opportunity to listen to the concerns and gratitude of his or her spouse.

This process creates emotional intimacy as thoughts and feelings are expressed that otherwise may not have been heard.

Creating physical and emotional intimacy only explains partially

the benefits of couple prayer. The real power of couple prayer comes from the act of opening the door of your marital relationship to the influence of a higher power.

The influence of this higher power has the ability to heal wounds in marital relationships that individuals may not have been able to heal on their own.

The influence of this higher power has the ability to inspire us with solutions to marital conflicts we may have otherwise never come up with.

The influence of this higher power has the ability to draw you closer together as a couple than you could have on our own.

With all these benefits of prayer, why don't more couples pray together?

Some fear their spouse will say no and make fun of them. Fear often paralyzes us from taking action. If this describes your situation, then stop allowing fear to determine your

actions. Explain to your spouse how much it would mean to you to pray together on a daily basis. There is a good chance he or she will say yes.

Some couples do not pray together simply because they don't know how.

Offering a sincere prayer is a simple process. Prayer is the expression of your hopes, wants, fears, and needs, along with expressions of gratitude to a higher power.

When should you pray together?

Establish a regular time to pray together as a couple. The greatest impact of prayer comes from praying together on a daily basis.

The most important time to pray together is when you don't feel like it. Often when we are upset with our spouse, the last thing we want to do is pray together. Yet this is when the healing power of prayer can benefit us the most.

Action Plan

Write down the obstacles keeping you from praying with your spouse on a regular basis.

1. _____
2. _____
3. _____

When you have a quiet moment, say a prayer and ask for guidance on how you can overcome these obstacles.

Write down two things your spouse needs and add those to your personal prayers.

1. _____
2. _____

Over time most couples find prayer brings them closer together than almost any other practice.



For more information on gaining the skills and knowledge to form and sustain a healthy marriage please visit:

The New York City Healthy Marriage Resource Center

nyc.healthymarriage.org

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Marriage

Increase the Joy
Decrease the Misery



Prayer

A Key to Unlocking the Door to
a Healthy and Happy Marriage