

Welcome to *Journaling with Jesus in our Marriage*

Drawing close to God through Worship, Meditating on Scripture,
Blessing each other, Privately Journaling, and Sharing.

PRAYING TOGETHER AS A PRIORITY

Though one may be overpowered, two can defend themselves.
A cord of three strands cannot be easily broken.
Ecclesiastes 4:12





Love Triumphs!

MAKING PRAYER A PRIORITY

Principles to add or to strengthen the discipline of praying together in our marriage.

Abiding in the Strong Strand
Three-way journaling on a regular basis
Inquiring of the Lord when it's not urgent
Seek Jesus when we need our faith strengthened
Seeking unity when there is disagreement or conflict
Becoming more unified and resilient

During times when one or both of us are struggling and have an acute need for prayer, someone needs to take the lead by suspending their own individual needs for this time of prayer and lead the other to Jesus. Here are some biblical principles to guide you:

- Refrain from taking what the person is struggling with personally.
 - If we do take it personally, bring that to the Lord first and get His insight and perspective or we can create a reactionary cycle.
 - And even then, suspend the cycle by taking it to The Lord, He is ready and available.
- Be patient and allow your spouse to express their concerns.
- Listen to understand and ask them how they are feeling and allow them time to reflect and articulate their emotions.
- Take their exact words to Jesus and refrain from adding to what they shared.
- Ask Jesus, "What do you want my wife/husband to know?"
- Value what God says by recording it and repeating it (7 times) so that what He shared grows from information to a revelation.
- Ask your spouse if they have any questions regarding what God has shared before seeking answers to your own questions.
- Continue to inquire until your spouse feels that God has resolved his/her concerns.
- While the person who is leading hears from the Lord, journal what God says before sharing. Ask God for clarity and direction how He may want you to share.
- Ask God what He wants you both to know. Share with each other by saying, "This is what I believe I heard from Jesus."



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In times of acute conflict, hold hands, pray, and ask the Lord to strengthen your faith and help you through the conflict. Most often the conflict or crisis of belief during conflict is a device the enemy is using to create doubt, judgment, fear. As the author of our faith, God can combat the enemy in that moment.

When you cannot hear God:

- ♥ Breathe in His Name (7 times)
- ♥ Thank Him (7 times)
- ♥ Ask what He wants you to be thankful for amid this challenge.
- ♥ Thank Him by saying it or recording it.
- ♥ Acknowledge how He has spoken to you in the past couple of days.
 - Reflect on what He was conveying.
 - Reflect on His heart, demeanor, personality.
- ♥ Read His word out loud
- ♥ Bless your spouse's identity
- ♥ Share your emotions with the Lord and ask Him to what He wants you to know about them
- ♥ Ask Jesus if there is an obstacle that you are not aware of.
- ♥ Pray with someone you trust.

THREE WAY JOURNALING

Three-way journaling is personally reflecting on Jesus through, Worship, Scripture, Blessing, Praying, and writing the thoughts and impressions you receive from being in God's presence and then sharing with each other.

- ♥ Meditate on Scripture by reading the passage out loud twice.
- ♥ Share what you found valuable in the Scriptural passage.
- ♥ Bless your spouse by reading the blessing out loud twice.
- ♥ Share what you found valuable in the blessing.
- ♥ Journal individually.
- ♥ Share what you found valuable in the private journaling.





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MEDITATING ON SCRIPTURE

Reading Scripture out loud forces us to think and decide on emphasis with much more attention and focus. Hearing the Word of God increases our faith.

Read Scriptures twice.

John 17:23 I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.

Philippians 2:1-3 Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

Colossians 3:14 And above all these put on love, which binds everything together in perfect harmony.

1 John 4:12 No one has ever seen God; if we love one another, God abides in us, and his love is perfected in us.

Psalms 133:1 Behold, how good and pleasant it is when brothers dwell in unity!

Romans 12:10 Love one another with brotherly affection. Outdo one another in showing honor.

Romans 15:33 May the God of peace be with you all.

Ephesians 4:3-4 Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. For there is one body and one spirit, just as you have been called to one glorious hope for the future.

1 Corinthians 1:10 I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment.



Love Triumphs!

1 Peter 3:8 Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.

1 Corinthians 13:4-7 Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing; but rejoices with the truth. Love bears all things, believes all things, hope all things, endures all things.

Ecclesiastes 4:9 Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.

John 14:27 I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

1 Peter 4:8 Most important of all, continue to show deep love for each other, for love covers a multitude of sins.

**Take a moment to privately thank God for His word
before we begin the Blessing Section.**



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BESTOWING THE BLESSING - Bless your spouse twice

My dear child, My kingdom is a kingdom of love joy, peace, righteousness, and unity.

I gave you the gift of covenant marriage. The covenant you share is the most sacred of covenants. I AM the glue that holds that covenant together.

I AM the third strand in your marriage, the strongest strand, the principal strand, the kindest strand, the most faithful strand. I contain all the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, and righteousness you need. I AM able to help you with every blessing you enjoy and every challenge and every struggle you face. Nothing is too difficult for Me for I AM Yahweh, your God.

Listen to each other. Seek first to understand and then to be understood. Bring every care to Me so I can care for you.

When you or your spouse are weary, come to Me, and share how you feel with Me. When you experience conflict, bring the conflict to Me, and listen as I instruct in ways of peace and unity. When you fear the future, bring the fear to Me so I can give you faith, hope and courage. When you feel inadequate, bring your feeling of inadequacy to Me so I can help you depend upon Me. When you feel lost, confused, hopeless, frustrated, disappointed, bring it to Me. When you feel angry, resentful, bitter, jealous, or discouraged, bring it to Me. When you feel you are slipping away from Me, bring that to Me so I can reveal my faithfulness to you.

Every time you come to Me, you are inviting Me into your life, your marriage, your family, and circumstances. Every time you neglect to bring something to Me, you are allowing a window for the enemy to infiltrate your life, your marriage, your family, and your circumstances. Bring it all to Me, no matter how large or how small.

I AM that I AM, your God, your Father, your Brother, your Friend. I AM your Rescue, your Savior, your Redemption, your Help. I AM your Hope.

I delight in filling You with My Spirit. I delight in dwelling within you. I never expected or expect you to be perfect. You are perfected in Me. I designed you to depend upon Me and receive the benefit of My glory, My power, My love, My light, My life, and My victory. I love you, and My love will never fade. Rest in this truth. When there is disunity between you, simply bring everything to Me and seek Me for your answers. It is as simple as that. I will always lead you to victory.

I bless you in My Name, Yahweh, the God of love, joy, peace, and unity.



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PRIVATELY JOURNAL

One of the most important ways we acknowledge that Jesus is the strong strand in our marriage is to go to Him in prayer and seek His wisdom, guidance, direction, insight, knowledge understanding, and perspective.

Praying together regularly and when in times of crisis, trouble, challenges, and conflict allows us to abide in His love and allows Him to create greater peace and unity in our marriage.

Suggested Journaling Questions

Write each question in your journal and wait and record what God shares.
To gain clarity, ask God, "Is there anything else you want me to know about _____?"

- ♥ "Jesus, what do You want us to know about praying to you, together?"
- ♥ "In what ways are you shaping our marriage so that we rely on You as our strong strand?"
- ♥ "What would you like us to bring to You today so that our marriage is strengthened?"
- ♥ Please reveal to us a picture of how You see us when we come together to You in prayer.

Share With Your Spouse What The Lord Revealed to You

JOIN THE MAIN GROUP AND SHARE