

Welcome to *Journaling with Jesus in our Marriage*

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

BENEFITS OF PRAYING TOGETHER

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



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8 Benefits of Praying Together with your Spouse

It's so important for us as married couples to pray together. Praying with your spouse, if you haven't made it a habit, can feel awkward, but will then become something you will find comforting and encouraging.

1. Praying together humbles you:

Praying about your concerns and struggles keeps you humble as you share with God and your spouse what things worry you and tempt you, or what you need to figure out. When you pray to God, you are not only talking and listening to Him but also recognizing that He knows all things and controls all things.

2. Praying teaches you to be other-focused:

Spending time talking and praying together about issues and concerns helps you see life and the troubles of your spouse in a better light. Praying helps you focus on your spouse and others, too.

3. Praying together encourages vulnerability and grace:

Prayers of confession or for asking God for help against a temptation allows you to be vulnerable with each other, and to show forgiveness and grace towards each other. It may feel counter-intuitive, but that vulnerability can also strengthen the love and affection you feel for one another.

4. Praying together increases trust and intimacy with spouse:

Intimacy is built on trust, and trust is built on how we respond to being vulnerable with each other. Praying together helps you show and receive trust that strengthens the bonds of intimacy in your relationship.

5. Praying together strengthens the bond of the marriage:

Prayer is also a way to seek God's wisdom together. As you pray and come to agreements on matters, that discipline then builds unity and strength in the marriage. And prayer is also where you can fight for your marriage together when the difficult days come.

6. Praying together helps your spouse know your struggles and needs better:

Praying together about your struggles and worries also helps you both know how to better pray for each other throughout the week because you get to know each other better. And prayer provides insight on how to help and love each other better, too.



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7. Prayer changes people:

I really like the quote about prayer from an actor playing C.S. Lewis in the movie *Shadowlands*:
“I pray because I can’t help myself. I pray because I’m helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn’t change God, it changes me.”

8. Praying together reminds you that God is the sole source of life, truth, love, and hope:

When you pray together, you are focusing your minds, hearts, and marriage on God. You are making your marriage God-centered. You are sharing with Him your deepest needs and desires, hopes and dreams...together.

Meditating on Scripture

Each person Reads Scriptures Out Loud

1. Matthew 18:19-20 “Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.”

2. 1 John 5:14-15 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

3. James 5:14-15 Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.

4. 1 Timothy 2:1-2 I urge, then, first, that petitions, prayers, intercession, and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

5. 1 Thessalonians 5:16-18 Always be joyful. Never stop praying. Whatever happens, give thanks, because it is God’s will in Christ Jesus that you do this.

6. Psalm 133:1-3 How good and pleasant it is when God’s people live together in unity! It is like precious oil poured on the head, running down on the beard, running down on Aaron’s beard, down on the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore.



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7. 1 John 1:3 We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.

8. Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

9. 1 Thessalonians 5:11 So encourage each other and build each other up, just as you are already doing.

10. Psalm 55:14 with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers.

11. Romans 12:4-5 Now as we have many parts in one body, and all the parts do not have the same function, in the same way we who are many are one body in Christ and individually members of one another.

12. 1 Corinthians 10:17 Because there is one bread, we who are many are one body, for we all partake of the one bread.

13. 1 Corinthians 12:26-27 If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.

14. Ephesians 5:30 For we are members of his body, of his flesh, and of his bones.

15. 1 Peter 3:8 Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.

16. Psalm 145:18 The LORD is near to all who call on him, to all who call on him in truth.

17. Colossians 3:17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.



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18. Matthew 6:5-8 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

19. 1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

20. Romans 15:30-33 I urge you, brothers, and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me. Pray that I may be kept safe from the unbelievers in Judea and that the contribution I take to Jerusalem may be favorably received by the Lord’s people there, so that I may come to you with joy, by God’s will, and in your company be refreshed. The God of peace be with you all. Amen.

21. Acts 1:14 All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.

22. Acts 2:42 And they continued steadfastly in the apostles’ doctrine and fellowship, and in breaking of bread, and in prayers.

23. Acts 12:12 When he realized this, he went to the home of Mary, the mother of John Mark, where many were gathered for prayer.

24. 2 Chronicles 20:3-4 Then Jehoshaphat was afraid and set his face to seek the LORD and proclaimed a fast throughout all Judah. And Judah assembled to seek help from the LORD; from all the cities of Judah they came to seek the LORD.

24. 2 Corinthians 1:11 Ye also helping together by prayer for us, that for the gift bestowed upon us by the means of many persons thanks may be given by many on our behalf.



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BLESSING YOUR SPOUSE

Ask the Lord what Identity Words He desires spoken over your spouse.

1. Review the Identify Chart and select the words the Lord highlights to you.
2. Speak the blessing over your spouse. Feel free to include any other identity words the Lord may impart to you.
3. For example, the Lord revealed the following words to Tom about Mary Ann.

Mary Ann . . .

You are celebrated
You are significant
You are uniquely made
You have a purpose
You are never alone

Mary Ann . . .

You have a friend
You are rescued
You are redeemed
You are set apart
You are lovely
You are healed
You are free

Mary Ann . . .

You are guided
You are protected
You are encouraged
You are strengthened
You are empowered
You have gentleness

Mary Ann . . .

You are bold.
You are loved
You are cherished



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YOU ARE A CHILD OF GOD

YOUR IDENTITY AND VALUE DOES NOT COME FROM THE WORLD.
THEY COME FROM GOD, YOUR FATHER.
YOU ARE HIS CHILD.
THIS IS WHAT HE SAYS ABOUT YOU.

Through our Heavenly Father

You are celebrated
You are loved
You are chosen
You are valued
You are cherished
You are accepted
You are esteemed
You are highly regarded
You are distinctly crafted
You are uniquely made
You are significant
You are given gifts
You have purpose
You have a destiny
You have a calling
You are established
You are a priority
You are never without help
You are never alone
You are home

Through our Savior Jesus

You have your life
You have a friend
You have a confidant
You are rescued
You are redeemed
You are restored
You are made whole
You are safe
You are set apart
You are pure
You are innocent
You are holy
You are prized
You are lovely
You are appreciated
You are betrothed
You are longed-for
You are forgiven
You are healed
You are free

Through the Holy Spirit

God speaks to me
You are guided
You are protected
You are comforted
You are encouraged
You are equipped
You are strengthened
You are empowered
You are renewed
You are transformed
You are victorious
You have love
You have joy
You have peace
You have patience
You have kindness
You have faithfulness
You have goodness
You have gentleness
You have self-control

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Journaling Questions

1. Lord, what do You want us to celebrate in marriage?
2. Lord, in what ways are You moving in our marriage?
3. Lord, in what areas of our marriage do you desire us to allow more of you?
Example: Intimacy, trust, family, fun, communication (other)
4. What is the prayer rhythm (times & places) you desire for our marriage?



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