



Marriage minute

A marriage ministry of St. Andrew Lutheran Church

Prayer

James 5: 13-18

As a marriage and family therapist I can guarantee one thing, with almost 100% assurance, that will change your marriage if you do it regularly. What is it you ask? It is praying for and with your spouse. A research study conducted at Baylor University's Institute for Studies on Religion also concluded that "People who pray with their spouses a lot, compared to people who pray with their spouses sometimes find that their lives and marriages improve, often with astonishing results."

When you were joined together as husband and wife God gave you an immediate and lifelong prayer partner. Certainly, you can pray to God on your own behalf yet many of the decisions and conflicts that arise in marriage should be brought to the cross in prayer, together. When you need wisdom to decide on a job change that will affect everyone in your family, come together in prayer to seek God's will. When you are experiencing fears and insecurities in life what better person to intercede for you than your spouse who knows you and loves you. Prayer in your marriage should become an automatic reflex action when you are unsure of your next step.

We see Jesus praying throughout scripture for healing, deliverance, and for the faith of his followers. Since we are called to be followers of Christ we should follow suit. One of the

greatest opportunities we can demonstrate Christ's love for his church is by finding time to pray for and with our spouse. Not sure where to begin? Create time at least once a week to connect with your spouse and ask them what you can be praying about for them. In addition, find a time during the week to pray together.

Great marriages happen when both individuals come together regularly to pray for each other and with each other.

Thoughts to reflect upon:

- Are you praying for your spouse? If not, why not? Do you pray with your spouse? If not, why not?
- Create a list of ways your spouse can pray for you on a daily basis. Update this list when necessary.
- What lifestyle and schedule choices need to change in order for you to pray together with your spouse? Be specific! Pray together that God would give you the courage to trust in Him and make prayer an automatic reflex when you are unsure of your next step.

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