



# **PRAY TOGETHER TONIGHT**

**(And Keep Going Tomorrow)**

**A Simple Prayer Guide for Couples  
from Joel & Mary Beeke**

# The Aim

**Communion with God together.**

Even five or ten minutes a day can  
deepen spiritual unity and warm  
marital affection. **You need this.**

# Keep it Simple

## **PICK A TIME**

Morning  
After Dinner  
Before Bed

## **START SMALL**

5 Minutes is enough.

## **KEEP IT DAILY**

Guard this time like  
you guard your meals.

## **TAKE TURNS**

One of you prays first,  
then the other.

## **DON'T OVERCOMPLICATE**

Short, honest prayers are better  
than long, delayed ones.

# A 5-Minute Prayer Pattern

## **MINUTE 1: THANKSGIVING**

Name 1–3 specific blessings from today, including one thing about God.

## **MINUTE 2: CONFESSION**

Specify one sin or weakness. Ask for forgiveness and a softened heart.

## **MINUTE 3: YOUR SPOUSE**

Pray for your spouse by name: for faith, joy, purity, patience, courage, wisdom.

## **MINUTE 4: YOUR MARRIAGE**

Ask God to knit your hearts together and guide your words and actions.

## **MINUTE 5: TOMORROW**

Seek grace for what's next: work, parenting, decisions, temptations, conversations.

# **This is... awkward.**

Press on. That's normal. This practice may require new vulnerability but it won't always feel this way.

## **SOME THINGS TO HELP:**

- Start with shorter prayers.
- Use the example prayer on the next page until words come more easily.
- Do not critique each other's prayers.
- If you miss a day, resume the next.

Don't abandon the practice.

**Prayer becomes a holy habit: soon you will feel its absence when it is missing.**

# **A Short Prayer to Begin**

Lord, thank You for bringing us together. Forgive our sins and teach us to love one another well. Knit our hearts together in Christ. Give us grace for tomorrow, wisdom for our responsibilities, and purity in our thoughts and desires. Keep us from anything that would weaken our love. Help us delight in one another and walk with You faithfully. In Jesus's name, amen.

# Praying On the Spot

Do not wait for the perfect moment. If you're facing something hard, pray right then.

## EXAMPLE OPPORTUNITIES

A Tense Conversation

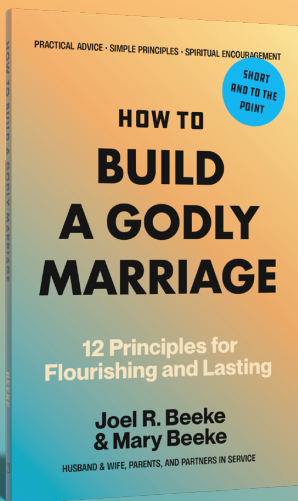
A Difficult Decision

A Conflict at Work, Church, or Home

A Child-related Burden

A Lingering Unresolved Issue

**Even if the problem remains,  
your spiritual union will deepen.**



**Rediscover the  
Beauty and Purpose  
of a Christ-Centered Union**

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THIS GUIDE FREELY!**