

SHORT
AND TO THE
POINT

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

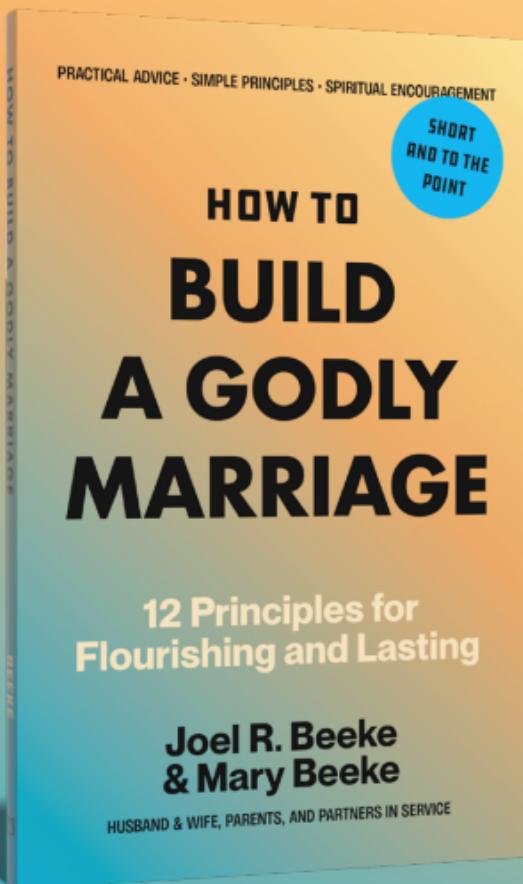
A Difficult Decision

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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**WE WELCOME YOU TO SHARE
THIS GUIDE FREELY!**

