

SPONTANEOUS PRAYER

Coincides with Session Six in Living a Joy-Filled Marriage

Spontaneous prayer is simply having a conversation with Christ as you would with each other. This is a time to be completely at ease before God, using your own words and body language to express your authentic self. If you feel a little intimidated by the idea of praying together in this way, the following format can help you get started. Whether you have five minutes or an hour, you can use these steps to create a rewarding couple prayer time.

COUPLE PRAYER

If you take the opportunity to pray for the needs of each other as a couple, you will typically experience a whole new level of intimacy. Consider following these steps:

Step 1: One of you asks the other the following simple questions. The other person answers them.

1. What are you thankful for right now?
2. Is there anything I have done that has hurt you? Is there anything I need to apologize for?
3. What concerns/worries do you have right now? How can I help?
4. How can I pray for you? Who else can we pray for?

Step 2: The person who asked the questions begins by talking to God on behalf of the other person about what he/she just said. (This is known as spontaneous prayer, because it is not a set prayer, but rather a prayer from the heart.) Talk as if God were sitting right there with you.

It might sound something like this:

God, we trust that you are with us and hear our prayers. Thank you. You know Susan's heart better than anyone. Thank you for bringing her laughter at work this week. Lord, I am sorry that I have not been a good listener for her lately. Help me to improve that. Give her the answers she is looking for with regard to how to discuss difficult issues with her sister. Thank you for the gift that she is to me. Amen.

Step 3: Change places. The one who answered the questions will now ask the questions and then pray for the needs of the other.

Helpful Hint: To experience deeper intimacy with one another and God during prayer, consider sitting close to one another and holding hands.

