



COUPLE'S PRAYER GUIDE

Intimacy with Christ & Within Your Marriage

Use this two-week prayer guide to help lead your prayer time with your spouse. Each day there is scripture to pray through as well as some direction on how to pray for that day's topic.

WEEK 1: INTIMACY WITH CHRIST

Intimacy with your spouse will flow out of intimacy with Christ. During this first week of praying with your spouse, focus your prayers on your spouse's growth in his/her intimacy with Christ.

DAY 1: NEARNESS

James 4:8a – Draw near to God, and he will draw near to you.

Pray that God would draw your spouse's heart nearer to Himself, stirring within him/her a deep desire to be closer to Him. Pray that God would indeed reveal Himself to your spouse as he/she draws near to Him.

DAY 2: SURRENDER

Psalm 25:1-2a – To you, O Lord, I lift up my soul. O my God, in you I trust...

Pray that your spouse would lift up their soul to the Lord, completely surrendering every aspect of their lives to Him. Pray that they would be willing to let go of anything that might hinder intimacy with Christ.

DAY 3: DEPENDENCY

John 15:5 – I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Pray that your spouse would depend upon the Lord in all of life, leaning on His power and wisdom. Pray that he/she would be free from every form of self-reliance.

DAY 4: COMMUNION

John 15:7 – If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

Pray that your spouse would walk in daily communion with the Lord, hearing from Him and talking to Him throughout the day.

DAY 5: SUBMISSION

John 15:10 – If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love.

Pray that your spouse obey the Lord in every area of life. Pray that the Lord would reveal to him/her any area of disobedience and give him/her the grace of repentance.

DAY 6: PURITY

Psalms 24:3-4 – Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully.

Pray that your spouse would be free from sinful attitudes and behaviors. Pray that they would walk in purity and thus enjoy unhindered intimacy with God.

DAY 7: SPIRIT-FULLNESS

Ephesians 3:19b – That he might grant to you... to know the love of Christ that surpasses knowledge...

Pray that your spouse would be filled with the fullness of God. Pray that he/she would walk under the complete control of the Spirit, manifesting His gifts, demonstrating His power, and bearing His fruit.

WEEK 2: INTIMACY WITH YOUR SPOUSE

The very moment you say "I do," you are put in a position of oneness with your spouse. However, intimacy must be pursued in order to experience this oneness practically. God desires husbands and wives to have emotional, physical, and spiritual oneness in order to display the Gospel through their relationship. Focus your prayers this week on growing in intimacy with your spouse.

DAY 8: FORGIVENESS

Ephesians 4:31-32 – Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Pray that God would give you and your spouse the grace to forgive as He forgave you. Pray that God would deliver each of you from any bitterness or anger that may be hindering intimacy.

DAY 9: LOVE

1 Corinthians 13:4-7 – Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

Pray through this list of descriptors for biblical love. Pray that God would cultivate each of these virtues in you first and then in your spouse. Pray that God would help you and your spouse grow in love for one another.

DAY 10: EMOTIONAL INTIMACY

Romans 12:15-16a – Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another.

Pray for increased emotional intimacy with your spouse. Pray that each of you would be mutually involved in each other's joys and sorrows. Pray that you would grow as friends. Pray that you would live in harmony with each other.

DAY 11: PHYSICAL INTIMACY

Genesis 2:24-25 – Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

Pray that God would give you and your spouse a selfless mind-set in your sexual relationship. Pray that God would remove any thought, attitude, or behavior that is hindering sexual intimacy. Pray against shame and awkwardness in communicating with your spouse about sex. Pray for increased satisfaction in your sexual relationship. Pray for physical intimacy in your marriage that brings glory to God.

DAY 12: SPIRITUAL INTIMACY

Acts 4:32a – Now the full number of those who believed were of one heart and soul

Pray for increased spiritual intimacy with your spouse. Ask your spouse for specific ways you can pray for her/him regarding their walk with God. Pray that you and your spouse would be united in heart and soul in your kingdom purposes in life. Ask God for the wisdom and power to enter into your spouse's spiritual journey and spur him/her on to good works.

DAY 13: PROTECTION

Psalm 127:1 – Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain.

Pray that God would protect your marriage spiritually, emotionally, and sexually. Pray that God would guard your spouse's purity. Pray that God would keep you from drifting away from your spouse. Pray that God would protect each of your minds from being conformed to the ideas, values, and trends of this world in the area of marriage. Pray for perseverance in your marriage.

DAY 14: THAT THE WORLD MIGHT SEE

Ephesians 5:31-32 – “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” This mystery is profound, and I am saying that it refers to Christ and the church.

Pray that your marriage would fulfill its purpose: To display the Gospel by imaging the relationship between Christ and His Church. Pray that you would walk in oneness with your spouse, as you are one with Christ. Pray that God would use your marriage to draw people to Himself.
