

## Tips For Praying As A Couple

*Throughout the coming ages we will be the visible display of the infinite, limitless riches of his grace and kindness, which was showered upon us in Jesus Christ. (Ephesians 2:7 TPT)*

Many people are familiar with the saying that couples that prayer together stay together. With only about 8% of Christian couples praying regularly together, we can understand why the divorce statistics in the church is not much different from those of non-church goers.

Most Christian couples would love to engage in this holy exercise, but just do not know how or where to start.

Here are some tips to get you going:

1. Make praying together with your spouse a priority.
2. Choose a time that is mutually convenient and have it ring-fenced. Emboss the time in your diary and avoid making other conflicting commitments that undermines each other's confidence in your chosen prayer time.
3. Choose a place where you can pray with the least distraction or interruptions.
4. If either or both of you are tired, avoid lying down to pray.
5. Make it a time for just you and your spouse. No third party. Not even your children. This is a separate time from your normal family prayer time.
6. Make a list of things you want to pray about. It's okay to keep your eyes open to read your prayer points. If you can, also find relevant Bible verses that can help you pray on those issues more effectively.
7. Each spouse should, where possible, be willing to share scriptures to help focus your prayer and thanksgiving.
8. Make it a time where both of you humbly submit yourselves and issues to God in prayer with thanksgiving.
9. Develop a habit of holding hands and blessing each other in prayer. You may choose to kneel or stand whilst doing this.
10. Take turns to pray. You could choose to pray simultaneously or do conversational prayer.
11. Always preferable to start with short prayers and allow each other space to grow together into longer prayers.
12. Adapt to each other's preferred praying styles to enables each other's maximum engagement in, and enjoyment of this precious time together.

Enjoy the riches of God's grace.

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