

## DAY FIVE: KEEP ON TRUSTING

*The disciples encountered a severe storm at sea. Jesus was asleep in the boat with them. When they woke him in their panic he said to them, "Why are you so frightened? Do you still have no faith?"*  
(The Bible, Mark 4:35-41)

The disciples had now been with Jesus for a long time and seen a lot of amazing things. That day they had seen him feed 5,000 people with one picnic lunch! Even though Jesus is there, this storm makes them panic. Sometimes a storm in our lives knocks away our perspective. Jesus wants us to defeat FEAR with FAITH—based on what we know of HIM. The storm was really there but so was Jesus. What storm are you encountering? Where is your trust based?

### PRAYER FOR OURSELVES:

Lord, we sometimes let fear overwhelm us even though we know you are with us. Please forgive us and help us to let our faith in you take control in our hearts and also of our actions. Amen.

### PRAYER FOR OTHERS:

Father, we pray for ..... and ..... We see that they scarcely know which way to turn at the moment. Please speak peace to them and calm the "storm" in their lives. May they really experience your presence with them today. Amen.

LET THE PEACE OF CHRIST RULE IN YOUR HEARTS.  
(THE BIBLE, COLOSSIANS 3:15)

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WHEN2PRAY

# PRAY TOGETHER, GROW TOGETHER!



A simple tool to help couples start praying together.

Take two minutes for five days,  
maybe over a coffee, to talk to God together.

WHEN2PRAY

## → DAY ONE: FIRST THINGS FIRST ←

*Jesus said: "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'... your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."*  
(The Bible, Matthew 6:31-33)

There's enough to be anxious about in these days of economic cuts—Jesus' words are so relevant to us today. This may be a good moment to pray about our financial security and reaffirm our trust in God that He will bring us through. A time too for checking where our priorities lie. First things first!

As we discuss these things, may the Holy Spirit help us to be honest with each other and as we pray, to God too. Let's ask Him to fill us with the kind of faith the scripture talks about.

### **PRAYER FOR OURSELVES:**

Father, thank you for all that you have provided throughout our marriage. Help us to honour You as we face the future, however uncertain it may seem. Give us peace as we rely on you. Amen.

### **PRAYER FOR OTHERS:**

Lord, we pray for ..... and ..... in the struggle that their finances seem bring to them. Help them to be realistic as they face the situation and to remain united rather than driven apart by it. Amen.

**"IF YOU WANT TO FEEL RICH, JUST COUNT ALL THE THINGS YOU HAVE THAT MONEY CAN'T BUY."**  
(AUTHOR UNKNOWN)

## → DAY THREE: FORGIVENESS—WITHOUT LIMITS? ←

*Peter asked Jesus, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you not seven times but seventy times seven"*  
(The Bible, Matthew 18:21-22)

70 x 7 comes to 490!! That many instances of forgiveness could be used up quite quickly in the average marriage relationship. Jesus was really saying that in God's kingdom there is no a limit on our commitment to forgive. We can't expect the forgiveness we need from God unless we are open to forgiving others.

The first person who should benefit is our spouse. Can we let go of some grudge or frustration we're holding on to? Without having an intense conversation or even being specific let's take this opportunity to forgive and express it in prayer.

### **PRAYER FOR OURSELVES:**

Father, please show us when we are quick to judge and help us be more like you: slow to anger, generous in mercy and kind. Help us to focus on our own failings before those of our spouse. Help us to let go of any grievances towards one another. Amen.

### **PRAYER FOR OTHERS:**

Father we pray for ..... struggling with forgiveness in their marriage at the moment. May they find the strength and courage to say sorry properly and to let go of their "rights" and forgive one another. Amen.

**HE THAT CANNOT FORGIVE OTHERS BREAKS THE BRIDGE OVER WHICH HE MUST PASS HIMSELF.**

## → DAY TWO: LOVING YOU, JUST THE WAY YOU ARE! ←

*Therefore, accept each other just as Christ has accepted you so that God will be given glory.*  
(The Bible, Romans 15:7)

We may have fallen in love both because of what we have in common and out of fascination and delight at how different we are. If we had identical personality traits and tastes life could be boring!

Success in marriage depends on growing mutual understanding, trust and love. Even when differences that were once endearing become plain irritating, God asks us to be patient and accepting. None of us is perfect.

Can we choose to focus on the upside of each other's habits and traits rather than get annoyed?

### **PRAYER FOR OURSELVES:**

Heavenly Father, we are so alike in some ways and so different in others! Help us to accept one another the way we are and be forgiving and wise about how we express our frustrations. Show us how we ourselves need to change and give us grace to grow more like Jesus. Amen.

### **PRAYER FOR OTHERS:**

Lord please encourage ..... and ..... in their relationship. Where there is criticism and misunderstanding, bring Your peace. Help them to increasingly respect and consider each other's needs and preferences. May they laugh and enjoy one another again. Amen.

**CLOTHE YOURSELVES WITH COMPASSION, KINDNESS, HUMILITY, GENTLENESS AND PATIENCE... AND OVER ALL THESE, PUT ON LOVE.** (THE BIBLE, COLOSSIANS 3:12-14)

## → DAY FOUR: ROMANCE ←

*Lover: "How beautiful you are my darling! How beautiful! Your eyes are doves."  
Beloved: "How handsome you are my lover! Oh, how charming! And our bed is verdant."*  
(The Bible, Song of Songs 1:15,16)

The word 'intimacy' means different things to different people. For me it means being really close to my husband. I'm in his world and he's in mine. We're talking deep. For me intimacy is spelled RELATIONSHIP. For my husband it's spelled SEX!

It's wonderful that in the Bible the two are linked. The lovers in this passage aren't holding back in the way they speak to one another at all. I see communication that's open, shows appreciation and desire without embarrassment. The invitation to go to bed comes after.

### **PRAYER FOR OURSELVES:**

As you pray together each of you could thank God for the things you really appreciate about the other person. Ask God to help you find new levels of intimacy in your relationship.

### **PRAYER FOR OTHERS:**

Father God, we pray for ..... and ask you to help them to show their love and appreciation for one another. Help them to find new levels of intimacy in their relationship. Amen.

**A SATISFYING SEX LIFE IS LIKEONG THE ICING ON THE CAKE... BUT WE HAVE TO BAKE THE CAKE FIRST!**