



# 7 Day Prayer Guide for Couples

## Beautiful Marriages

Prayer does not have to be complicated. Many times, we make it more difficult than it actually is. God wants to know us and we can talk to him about anything. We sometimes try to use flowery language, but God already knows our heart and desires. So, when you pray, just be honest with God and talk to him like you're talking to a friend sitting next to you.

Each time you pray... hold hands together to symbolize your connectedness to each other as you connect with him.

**Day 1 | Pray for each other silently for one minute.**

**Day 2 | One of you pray for your marriage...silently or out loud.**

**Day 3 | The other person prays for your marriage...silently or out loud.**

**Day 4 | Pray together and thank God for your past.**  
The good times and the difficult seasons are part of who you are today, so thank God for all those times.

**Day 5 | Pray together and pray over your future.**  
Ask God to guide and direct the decisions you make in the present that will impact your future.

**Day 6 | Both of you pray for the other person out loud.**  
Ask God to meet specific needs your spouse might need during this season.

**Day 7 | Pray together and thank God for your marriage out loud and together.** Thank him for all the blessings in your life and also the difficult times that have deepened your relationship together.