

Building Intimacy Through Prayer Together by Chris Garner

The goal of prayer is intimacy with God. Regularly communicating with God together as a couple will also build intimacy with each other. Praying as a couple brings God into your marriage relationship. During those times of prayer and seeking the Lord, God will be near to you. When a couple prays together, life seems safe and secure. The intimate sharing and the deep connecting of prayer together is a very special, intimate time with God and your spouse. Prayer brings intimate knowledge of the shape of one another's souls.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. ~ Ephesians 6:18

Praying together is not an easy exercise for most couples. Whether it is spiritual immaturity, a lack of the spiritual disciplines, or not understanding the need for prayer, couples often do not want to pray together. It takes time and perseverance for prayer to become a part of a couple's life together. Prayer is important to God and Jesus demonstrated this importance through a strong prayer life. The Lord will bless a couple's efforts with a sense of His closeness, and there will be a new level of intimacy and strength as a couple perseveres in prayer.

Some practical pointers: Start simple; do not have expectations and remember that Jesus commended the man who simply beat his chest and said; "have mercy on me, a sinner." There is no certain way to pray, and grand sounding words are not necessary. Commit to a convenient time for both of you to stop and spend a few minutes in prayer together. You may start with Scripture as part of your prayer; there are many wonderful prayers in the Psalms. Read a portion of scripture to begin your time of prayer. Praise God for what He has done for you and be thankful in all circumstances. Have patience and stick with it; in time prayer will become a vital part of your walk with God and your relationship with each other. Satan and your flesh do not want you to spend time in prayer, alone or with your spouse. Resist the temptation not to pray, especially when you are not happy with each other—persevere!

