

PRAYER: COMMUNICATION WITH GOD



Prayer is an integral part of the Christian life. Silently or audibly, we praise God, confess our sin or deficiencies, thank Him, and submit our needs or desires to Him. Through prayer, we engage with our Creator and while we don't usually have verbal reply, if we will stop for a time, the Lord will speak to us. The stopping, the slowing down will give the Lord an opportunity to speak to us, rather than us just presenting our requests to Him. Prayer isn't meant to be something that only happens at meals or at the beginning and end of each day, it is meant to be an all-day activity, connecting with the Lord our God throughout the day and even during the night if we are awake.

A studies have found that between 4 and 11% of couples pray together daily. From what I read, that also applies for Christian couples. While those statistics seem appalling, it also makes sense. The intimacy, the closeness required to pray together as a couple isn't seen in most marriages. Friends, how can we be "one" if we don't have this intimate together as a couple with God? Most of us have heard the slogan "Couples that pray together, stay together." While the slogan may seem trite, academic studies show it to be true - couples who pray together regularly are more apt to remain together for life.

It was rough when Carmen and I first started praying together. Our suggestion is to take your desires for your spouse to change to God when you are alone - it will make your praying together easier. For most of us, praying together isn't natural at first; it will take some time to develop rhythms and connections together. The discomfort you feel at first is worth it, after some 35 years of praying together, it is natural for us to pray together every morning and at bedtime; as well as throughout the day. In fact if we wake up in a hurry and don't pray together in the morning, it seems like something is missing. Please begin praying together. Start simply; pray for your children, for your day - pray for the Lord's protection for each other. Find a way to connect with your spouse through prayer. It will be a great blessing! Check out the articles below for help getting started.

Helpful Resources:

Fortified Marriages Resource page: www.fortifiedmarriages.com

Articles to check out:

***The Power of Praying Together in Marriage** by Stormie Omartian - www.focusonthefamily.com*

***How To Pray Together As a Couple** by Mark & Jill Savage - www.jillsavage.org*

***What Research Says About Couples Who Pray Together** by Glen Stanton - www.focusonthefamily.com*