

THE PRAYER RELAY MOVEMENT

IDEAS FOR PRAYER FOR COUPLES

- **Take turns to pray, one prayer point at a time.**
- **Start by telling each other how you feel. “When you did they I felt this.” Don’t carry unresolved anger and hurt into prayer.**
- **Tell your spouse one thing you appreciated about them today. “Thank you for doing such and such for/with me today!” Gratitude is prayer.**
- **Start with gratitude.**
- **Confess your shortcomings before God and your spouse. Agree not to hold these things against each other, right from the start.**
- **Pray into a vision that you share.**
- **Pray over challenges that you collectively have.**
- **Take turns to pray over each other.**