

# Marriage Prayer Points Worksheet



## Section 1: Taking Your Concerns to God

In this section, we will focus on bringing our concerns and worries about our marriage to God and seeking His guidance and wisdom.

Questions	Physical Activity or Idea	Notes
What are your current concerns and worries about your marriage?	Write them down	
What are some specific things you want to pray for in your marriage?	Write them down	
How can you actively seek God's wisdom and guidance in your marriage?	Make a plan	
How can you incorporate prayer into your daily routine to strengthen your marriage?	Set a specific time each day	
What good/unhealthy/bad things have you learned or inherited from each of your parents? How does it manifest in your marriage?	Write them down	

Bible Verse: "Cast all your anxiety on him because he cares for you." - 1 Peter 5:7 (NIV)

Additional Lines for Notes:

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## Section 2: Childhood Hurt and Trauma

In this section, we will focus on acknowledging and healing from any childhood hurt and trauma that may be impacting our marriage.

<b>Questions</b>	<b>Physical Activity or Idea</b>	<b>Notes</b>
What childhood hurts or traumas have you experienced?	Write them down	
How have these hurts and traumas impacted your marriage?	Write them down	
What steps can you take to heal from these hurts and traumas?	Make a plan	
How can you and your spouse support each other in the healing process?	Write a plan together	
In what way have/do your childhood experiences influence your marriage	Write them down	

Bible Verse: "He heals the brokenhearted and binds up their wounds." - Psalm 147:3 (NIV)

Additional Lines for Notes:

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## Section 3: Formation of Marriages

In this section, we will focus on reflecting on the formation of our marriage and seeking to strengthen our relationship with God and each other.

<b>Questions</b>	<b>Physical Activity or Idea</b>	<b>Notes</b>
What were your expectations for your marriage when you first got married?	Write them down	
How has your relationship with God played a role in the formation of your marriage?	Write them down	
What can you do to strengthen your relationship with God and each other?	Make a plan	
How can you work together to ensure that your marriage continues to grow and thrive?	Write a plan together	

Bible Verse: "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh." - Genesis 2:24 (ESV)

Additional Lines for Notes:

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## Section 4: Love

In this section, we will focus on building and strengthening love in our marriage.

Questions	Physical Activity or Idea	Notes
What does love mean to you in your marriage?	Write it down	
How can you show love and affection to your spouse on a daily basis?	Write down ideas	
How can you prioritize spending quality time together to deepen your love for each other?	Write a plan together	
How can you work together to overcome any obstacles that may be blocking your love for each other?	Write a plan together	

Bible Verse: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." - 1 Corinthians 13:4-7 (NIV)

Additional Lines for Notes:

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## Section 5: Longevity

In this section, we will focus on seeking to make our marriage last a lifetime.

<b>Questions</b>	<b>Physical Activity or Idea</b>	<b>Notes</b>
What do you believe are the keys to a long-lasting marriage?	Write them down	
How can you work together to ensure that your marriage lasts a lifetime?	Write a plan together	
How can you continually grow and learn together as a couple?	Write a plan together	
How can you seek to keep the spark alive in your marriage?	Write down ideas	

Bible Verse: "Therefore what God has joined together, let no one separate." - Mark 10:9 (NIV)

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## Section 6: Healing and Renewal

In this section, we will focus on seeking healing and renewal in our marriage.

<b>Questions</b>	<b>Physical Activity or Idea</b>	<b>Notes</b>
What areas in your marriage need healing?	Write them down	
How can you work together to seek renewal in your marriage?	Write a plan together	
How can you continually seek to improve and grow in your marriage?	Write down ideas	
How can you prioritize spending quality time together to deepen your connection?	Write a plan together	

Bible Verse: "Create in me a pure heart, O God, and renew a steadfast spirit within me." - Psalm 51:10 (NIV)

Additional Lines for Notes:

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## Section 7: Infidelity

In this section, we will focus on rebuilding trust and healing from infidelity.

Questions	Physical Activity or Idea	Notes
Have you or your spouse experienced infidelity in the past?	Write down your experience	
How can you work together to rebuild trust after infidelity has taken place?	Write down ideas	
How can you prioritize spending quality time together to deepen your connection and rebuild trust?	Write a plan together	
How can you work together to ensure that infidelity never happens again in your marriage?	Write a plan together	

Bible Verse: "Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be like wool." - Isaiah 1:18 (NIV)

Additional Lines for Notes:

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## Section 8: Fruitfulness

In this section, we will focus on seeking fruitfulness in our marriage, both physically and spiritually.

<b>Questions</b>	<b>Physical Activity or Idea</b>	<b>Notes</b>
What does fruitfulness mean to you in your marriage?	Write it down	
How can you work together to become more fruitful as a couple?	Write a plan together	
How can you seek to bear spiritual fruit in your marriage?	Write down ideas	
How can you prioritize spending quality time together to deepen your connection and build fruitfulness?	Write a plan together	

Bible Verse: "You will bear fruit in old age, you will be fresh and flourishing." - Psalm 92:14 (NIV)

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## Section 9: Divorce

In this section, we will focus on seeking to prevent divorce and rebuild our marriage.

Questions	Physical Activity or Idea	Notes
Have you or your spouse considered divorce?	Write down your experience	
What steps can you take to prevent divorce and rebuild your marriage?	Write a plan together	
How can you prioritize spending quality time together to deepen your connection and prevent divorce?	Write a plan together	
How can you seek to resolve conflicts and disagreements in a healthy and productive way?	Write down ideas	

Bible Verse: "So God created man in his own image, in the image of God he created him; male and female he created them." - Genesis 1:27 (NIV)

Additional Lines for Notes:



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