

# PRAYER FOR A TROUBLED MARRIAGE WORKSHEET

Marriage can be a wonderful and fulfilling journey, but it can also be challenging at times. When a marriage is troubled, it is important to turn to God for guidance and support. This prayer worksheet is designed to help couples pray for healing and restoration in their relationship.

## INSTRUCTIONS:

1. Read through the prayer prompts and questions together as a couple.
2. Take turns filling in the blanks and answering the questions.
3. Spend time in silence or shared prayer, using the answers and responses as the basis for your prayer.
4. Repeat this process as often as needed, focusing on different areas of your relationship each time.

## PRAYER PROMPTS:

1. Pray for wisdom and discernment in understanding your partner's needs and perspectives (James 1:5)
2. Pray for the strength and courage to express your own thoughts and feelings in a loving and respectful way (Ephesians 4:15)
3. Pray for a heart of compassion and empathy, and for the ability to see your partner's perspective (Philippians 2:4)
4. Pray for the wisdom to make wise choices in your relationship (James 1:5)
5. Pray for a deeper level of love and connection between you and your partner (1 Corinthians 13:4-8)

## QUESTIONS:

1. What do you appreciate about your partner?
2. What challenges are you facing in your relationship?
3. How can you show love and compassion to your partner today?
4. What do you need from your partner in order to feel loved and valued?
5. How can you work together to overcome the challenges in your relationship?

## PRACTICAL ACTS:

1. Spend time in silence or shared prayer, focusing on the prompts and questions.

2. Write a letter of apology to your partner, expressing your remorse for any hurt you may have caused.
3. Spend quality time together, focusing on building love, joy, and peace in your relationship.
4. Seek counseling or pastoral support to help you navigate the challenges in your relationship.
5. Read and study the Bible together, focusing on verses that relate to love, joy, and peace in a relationship.

**BLANK SPACES:**

1. What I appreciate about my partner is

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2. The challenges we are facing in our relationship are

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3. Today, I will show love and compassion to my partner by

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4. What I need from my partner in order to feel loved and valued is

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5. To overcome the challenges in our relationship, we will

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