

5 Prayers for Strengthening Your Marriage

A simple guide to growing intimacy through intentional prayer



Prayer 1: Unity

Verse:

"Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken." – Ecclesiastes 4:12

Prayer:

Lord, we believe Your hand is on our marriage, and we can't do this without You. You brought two imperfect people together to be perfected through this sanctifying union representing Christ and His bride, the Church. Help us to anchor our marriage in You, and be our Third Cord who keeps us united in love, even when we don't agree. Remove anything that causes strife and division, and fill our home with peace, grace, and understanding. In Jesus' name, Amen.



Prayer 2: Communication

Verse:

"Be quick to listen, slow to speak, and slow to become angry, because human anger does not produce the righteousness that God desires." – James 1:19

Prayer:

Father, help us communicate with patience and clarity, especially during disagreements. Let our words be life-giving, gentle, and honest. When misunderstandings arise, give us humility to listen, and wisdom to speak with love. In Jesus' name, Amen.



Prayer 3: Forgiveness

Verse:

"Be kind and compassionate... forgiving each other, just as in Christ God forgave you." – Ephesians 4:32

Prayer:

Lord, help us be quick to forgive when we experience hurt and disappointment with one another. Soften our hearts and remind us of the grace You extend to us daily. Teach us to let go of bitterness and choose humility over pride. Let forgiveness be a mark of our marriage. In Jesus' name, Amen.



Prayer 4: Purpose

Verses:

"Then God blessed them, and God said to them, 'Be fruitful and multiply; fill the earth and subdue it.'" – Genesis 1:28

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you." – Matthew 6:33

Prayer:

God, reveal Your purpose for our marriage to help us walk on one accord. Use us to serve, bless, and reflect Your love to others. Give us shared vision, meaningful work, and Kingdom-minded goals that bring joy and impact to this world, and glory to Your name. In Jesus' name, Amen.



Prayer 5: Intimacy

Verse:

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." – John 15:4-5

Prayer:

Lord, help us remember that our intimacy with one another is a reflection of our intimacy with You. When we take intentional time to know You on a deeper level, it empowers us to love our spouse and others just as You love us. Help us to abide in You more and more each day, so we can bear good fruit for your Kingdom. In Jesus' name, Amen.

Keep building a marriage that honors God



We pray these words bless you and draw you closer to one another, and to Jesus Christ. One Flesh Fellowship is here to support you with biblical accountability, encouragement, and practical tools to grow in a community of Christ-centered marriages.

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