

# SEVEN PRAYERS

## FOR BETTER COMMUNICATION IN MY MARRIAGE

1

### PRAYER FOR LISTENING

God of all wisdom, grant me a humble, receptive heart to genuinely listen to my spouse. Help me be quick to listen and slow to speak. Let me pay attention to understanding them rather than formulating a rebuttal in my mind to defend myself. Let me be open to hearing their heart and perspective. (From James 1:9)

2

### PRAYER FOR GENTLE SPEECH

Lord, let no unhelpful or unkind words escape my lips, but only uplifting words full of grace. When I am tempted to make harsh comments or speak in a harsh tone, please grant me grace-filled words instead. When I speak truth that may be difficult to hear, let me do so in love. (From Colossians 4:6 and Ephesians 4:15)

3

### PRAYER FOR PATIENCE

Heavenly Father, in the inevitable frustrations of married life, produce in me a spirit of quiet patience. Let Your Spirit overrule my fleshly tendencies to speak out of anger and frustration. Allow my words to be kind, loving, good, and forgiving, and allow me to reflect Your character. (From Galatians 5:22-23)

4

### PRAYER FOR HONESTY

God of truth, I desire to speak truthfully with my spouse. Help me to be honest and authentic in my communication, and to speak without deceit or ulterior motives. Give me the courage to be honest even when it may lead to a difficult conversation. (From Ephesians 5:25)

5

### PRAYER FOR UNITY IN SPEECH

Lord Jesus, you prayed that Your disciples be one, just as You and the Father are one. I ask this supernatural oneness for my marriage. Unite our hearts, minds, and speech, so that our communication with each other honors You. With one voice, let us build up and bless our children and bonus children. (From John 17:21)

6

### PRAYER FOR AFFIRMING WORDS

Father, too often my words carelessly dismiss or discourage my spouse. I plead for a tongue that builds them up. Give me insight into areas where my spouse needs affirmation, and empower me to encourage them even when they do not affirm me. (From Ephesians 4:29)

7

### PRAYER FOR SPEAKING LIFE

God, I want to use my tongue to speak life over my marriage. May my words be filtered by Your Spirit to uplift, affirm, and encourage my spouse. Guard my tongue from snide remarks, critical words, biting sarcasm, or anything else that would not speak life to my spouse. (From Proverbs 18:21)