

Action Plan

Write down the obstacles keeping you from praying with your spouse on a regular basis.

1. _____
2. _____
3. _____

When you have a quiet moment, say a prayer and ask for guidance on how you can overcome these obstacles.

Write down two things your spouse needs and add those to your personal prayers.

1. _____
2. _____

Over time most couples find prayer brings them closer together than almost any other practice.



For more information on gaining the skills and knowledge to form and sustain a healthy marriage please visit:

The Atlanta Healthy Marriage Resource Center

atl.healthymarriage.org

To print copies of the other topics in this pamphlet series visit www.healthymarriage.org

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Marriage

Increase the Joy
Decrease the Misery



Prayer

A Key to Unlocking the Door to
a Healthy and Happy Marriage