

How to Pray for a Godly Spouse

1.) Pray for your future spouse, and fast & pray for your/a future spouse.

- Heal their wounds traumas, and brokenness.
- Help them with any challenges their experiencing right now.
- God to protect them.
- God to provide for them.
- Make them ready for the challenges they will have to deal with in me.

2. Pray to be prepared for the dark side (challenges) of your future marriage.

3.) Pray to be prepared to be a missionary to help heal your future spouses brokenness.

4.) Pray according to the Gottman Data.

Prepare me to:

- Focus more on their strengths more than their weaknesses.
- Respond to their bids for attention.
- Approach differences with curiosity and not correction/contempt.
- Accept their influence.
- Bear patiently with their faults and quirks.
- Choose to love and quickly forgive.
- Be ready to change for their benefit.
- Find more joy in serving them than in being served.
- Always put God #1 and never idolize them.

4 Horsemen of the Marriage Apocalypse

- 1.) **Criticism:** Focusing on the negative more than their strengths.
- 2.) **Contempt:** Despising and being disgusted with your spouse.
- 3.) **Defensiveness:** Responding as if always feeling attacked.
- 4.) **Stonewalling:** Shutting down. You've lost faith in you and your partners ability to talk things out in a civil way.

Prayer

"Lord, I pray now for my future spouse. Please heal their wounds traumas, and brokenness. Help them with any challenges their experiencing right now. Please protect, and provide for them, and make them ready for the challenges they will have to deal with in me.

Lord please prepare me for the dark side and challenges of our future marriage. Lord please prepare me to be a missionary to my future spouse and help heal their brokenness. Help me to focus more on their strengths more than their weaknesses, to respond to their bids for attention, and approach differences with curiosity and not correction or contempt. Help me to accept their influence, and bear patiently with their faults and quirks.

Prepare me to choose to love and quickly forgive, be ready to change for their benefit, and find more joy in serving them than in being served. Lead me to always put You #1 and to never idolize them. God also please keep me from criticism, contempt, defensiveness, and stonewalling."

