

Session 11

April 15, 2012: Putting It All Together

Opening Exercise: In a spirit of prayer, review your notes from these sessions. The Lord has highlighted these thoughts and ideas for a reason. As you look at these, ask Him questions like:

What are repeating themes?

How might these thoughts be related or connected?

Preparation: Before you begin your prayer time, allow yourself time to settle down from the hustle of the morning. Take a few deep breaths. Close your eyes and give the Lord the cares of this morning, the work of this afternoon. If distractions and “to-do”s come up, feel free to use the space below to jot them down so you don’t forget, then re-focus on the Lord.

Prayer Exercise #1:

Use your class reflections for this exercise.

How do these reflect my personal desires for my marriage?

Is there something You want me to work on and focus on? How long? In what way?

Ask the Lord to help you to write one goal to work on.

State your goal, writing it as an “I” statement, what you intend to *do* (i.e., I will _____).

Is this goal reasonable? If not, how can it be adjusted so that it is?

Is this a goal you will need to work up to? What steps are involved? List them.

Ask the Lord for a target date to accomplish your goal.

Prayer Exercise #2:

Ask the Lord to help you to discern if your husband needs prayer spiritually, physically, emotionally, or socially. Then using the prompts below continue listening for the Lord's guidance.

SPIRITUALLY

Ask the Lord to open your eyes to your husband's spiritual condition. What do You want me to focus on?

Suggestions:

- ☞ Where is my husband spiritually? Where does he stand in his relationship with God?
How can I pray for his next step on that journey?
How are his choices and decisions now affecting his walk with You?
- ☞ Psalm 84:11—"For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly."
- ☞ Would my husband's walk with You be considered **upright** in Your sight? What areas may be keeping him from receiving your blessing?
- ☞ What **decisions** are coming up for your husband? How can I pray for his faith as he makes this decision?
- ☞ Are there **consequences** of ungodly choices in the past that my husband is dealing with? Ask the Lord for compassion, and if necessary, forgiveness in your own heart. How might this circumstance be turned into an opportunity for growth in righteousness? Ask the Lord for insight.
- ☞ If your husband is a strong believer: In what ways is he growing? In what ways can I encourage him?
- ☞ Ephesians 2:10—"For we are his workmanship, created in Christ Jesus for good works which God prepared beforehand, that we should walk in them."
- ☞ What **good works** have You prepared for my husband to do? Ask God to help you to look at your husband's spiritual gifts through his eyes. How can I encourage him to step into that work, if he has not already done so?

PHYSICALLY

Ask the Lord to open your eyes to your husband's physical condition. What do You want me to focus on?

Suggestions:

- ☞ Ask the Lord to help you to step back and take notice of your husband's face, his posture, his stance. Is it weary? Is it discouraged? Is it hopeful? ... *What can I pray for?*

- ☞ Consider your husband's **workload**, at work as well as at home. *What do You want me to see, Lord, that I might miss? Ask God to shed light and understanding on his schedule and work.*
- ☞ What **other things** may be burdening my husband in such a way that it shows in his physical countenance? Consider finances, fears, health, relationships, ... *Is there any way I can bear his burdens or lighten his load?*
- ☞ Pray over your **sexual** relationship. *How are we doing in this area? Is there any way You want us to grow and deepen this area of our marriage?*
- ☞ In what ways do I need to pray for his physical **protection**?

EMOTIONALLY:

Ask the Lord to open your eyes to your husband's emotional condition. What do You want me to focus on?

Suggestions:

- ☞ What are some of my husband's unspoken **fears**? Ask the Lord to help you to pinpoint those fears. *How are these fears impacting his faith? His health? What truth from Your Word can I begin to pray for him?*
- ☞ What are **temptations** my husband faces?
- ☞ What **trials** are my husband facing? Consider praying through the armor of God for your husband using Ephesians 6:10-18. Which piece of armor is crucial for him so that he can stand in the face of these attacks?
- ☞ In what ways is his **past** impacting him emotionally today? Ask the Lord for insight into possible connections.

RELATIONALLY:

Ask the Lord to open your eyes to your husband's relationships. What do You want me to focus on?

Suggestions:

- ☞ What areas of our marriage need **healing and growth**?
- ☞ How can I pray for my husband as the **spiritual leader and father** of our children?
- ☞ How are his **relationships at work**? Is there a need for me to pray for his integrity? Reputation? Alliances?