

# Why pray out loud together as a couple?

**Because Jesus promises his presence, and his answer when we pray together.**

*I promise that when any two of you on earth agree about something you are praying for, my Father in heaven will do it for you. Whenever two or three of you come together in my name, I am there with you.* –Jesus, Matthew 18:19-20 (New Living Translation)

Here's a paraphrase of Matthew 18:19-20: *"Take this most seriously: A yes on earth is yes in heaven; a no on earth is no in heaven. What you say to one another is eternal. I mean this. When two of you get together on anything at all on earth and make a prayer of it, my Father in heaven goes into action. And when two or three of you are together because of me, you can be sure that I'll be there."* (The Message Version)

**Because God wants to help you:**

Here's God's promise through one of his Prophets, to His people: *People of Jerusalem, you don't need to cry anymore. \*\*The Lord is kind, and as soon as he hears your cries for help, he will answer you.* Isaiah 30:19b (Contemporary English Version).

\*\*Here's another version of that second statement: *How gracious he will be when you cry for help! As soon as he hears, he will answer you.* (New International Version)

**God wants to heal you:**

Listen to what the Apostle James says: *Confess your sins to each other and pray for each other so God can heal you. When a believing person prays, great things happen.* James 5:16, (Contemporary English Version)

**God wants to strengthen you:**

Here's an inspiring promise found in 2 Chronicles 16:9a: *"The eyes of the Lord search the whole earth in order to strengthen those whose hearts are fully committed to him."* (New Living Translation).

**God wants to free you from worry and anxiety:**

*Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel... My God will use his wonderful riches in Christ Jesus to give you everything you need.*

The Apostle Paul, in his letter to the Philippians, ch. 4: 6-7 & 19.

Challenge: Develop the habit of holding hands and **praying out loud together**. Start out with short prayers. Take turns a lot, don't "hog" the prayer time, and base the length of your time praying upon the consent of the partner who is least-comfortable praying. You can do this by giving each other permission to end your prayer together by saying "Amen" at any time during the prayer. The key is to get in the habit of praying together out loud daily. Give God the opportunity to powerfully act in your lives, marriage, and family!