

# Praying with your Spouse

A prayer guide - fear

## INTRODUCTION

In November we hosted the Sacred Marriage Conference and many of us made this commitment at the end of the conference:

*"From this day forward, we're committed to fighting for our marriage. We promise to seek God for the wisdom, strength, and tenacity needed to create and sustain a sacred marriage with one and another. Whatever it takes, we're all in. We will remember that marriage wasn't created to make us happy, it was created to make us holy."*

With this commitment, hundreds of us pinpointed one barrier that is keeping us from having a Christ centered marriage; these barriers have been prayed over ever since.

During the Revival Series we want to provide ways you, as couples, can be praying over these barriers, too.

We are providing couples with prayer prompts for each of the top nine barriers that were identified. We have offered ideas for how the issue may be impacting your home or a friend's home; a Scripture that speaks about this topic, a suggested action item and a prayer. Please use this time to pray, as husband and wife, over your marriage and the marriages of all those around us. Let us start a revival in our homes...a revival in our marriages...a revival in our families.

Each topic includes:

- Topic introduction.
- A passage that speaks about this topic.
- A practice or idea that may benefit your marriage.
- A prayer regarding the topic.

# Fear

Gamophobia - the fear of commitment or fear of marriage. I have never met someone with this... but, what happens when you face fear and you've already committed to a marriage? Maybe it's fear of abandonment, fear of falling out of love or not having enough money. Maybe it's fear of bad things happening, waiting for the next shoe to drop. No matter the fear or legitimacy of it, fear festers and it infests our marriages. If you've ever noticed, fear can slowly move you apart from each other and try to separate a covenant made before God. Fear can be a force working against us in our marriages. Making us insecure, withdrawn, oftentimes hopeless and missing the goodness that God has for us now. In the midst of our fear, we often miss the intimacy and comfort offered from God and the gift to experience it with our spouse too. In 1 Peter 5:7, we are told to give Him our worries and our fears, however big or small. He will carry them, our spouse cannot. When we give our fear to a spouse who can't do what we need them to do, we are left disappointed and lacking faith. But when we, together, give those fears to God we are able to experience the incredible love that God is lavishing on us and feel total freedom.

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

Spend some time speaking your fears out loud with your spouse. Maybe there are fears you hold that you've never shared with anyone. Experience the intimacy of vulnerability with your spouse and the power and authority over fear that we hold in the name of Jesus. Now that it's all out in the open, pray together, surrendering these things to God, asking him to carry the weight for you. When we come to God together, we not only claim the blood of Jesus over our marriages, but we step closer together as one. "Cast your cares on HIM, because he cares for you!"

"Father, my heart so often is so heavy. Feeling the weight of fear keeps me from experiencing you and experiencing the fullness of what you offer me in marriage. Today, I'm laying these fears at your feet. I know you love your kids and you, in love, are eager to carry the load for us. When I'm afraid, would you help me to find my comfort in you. There is no fear in love, would love abound here! In Jesus name. Amen.