

*Healthy Marriage Tips from A to Z*  
by Matt and Laura Coppinger  
[HeavenlyHomemakers.com](http://HeavenlyHomemakers.com)

## Pray With Each Other

### Innermost- Matt's Thoughts

Praying together is *ultimate intimacy*. The origin of the word intimate comes from the Latin *intimus* meaning "innermost." So this isn't, "Thank you God for this wonderful day, and our many wonderful blessings. Help [insert name here] get better. In Jesus name, Amen." I'm talking really pouring it all out to God allowing your dearest to hear your heart and hearing your dearest pour it all out to God. You are being intimate with both your creator and your lover. That's what I mean by ultimate intimacy. Healthy marriages contain spouses laying bare together physically and spiritually. Yes, you make yourself extremely vulnerable in these intimate moments. Isn't it great? Thank you God, that we don't have to keep all of life's struggles and joys packed inside. How great it is to share and bare your heart to the Lord with the one you've united yourself in marriage to.

While your innermost feelings flow out to the Lord, you are also hearing from the heart of your spouse and being heard. These connections to our Creator and our life-long marriage partner are vital. Sometimes, due to our busyness of life, different perspectives, or just plain oversight, we are unaware of a load that is weighing down our spouse. I have found that I am able to "check Laura's pulse" by praying with her. How is she doing? How can I encourage her? What specifically is burdening her?

Why don't I pray with her more? It is so beneficial for us. The excuses of time, exhaustion, fear of being heard, selfishly not really wanting to hear her, or whatever else I use in my head just disallow me from stronger unity with my Creator and my Companion. We all desire this ultimate intimacy.

### Start Today - Laura's Thoughts

If you're not used to praying out loud with your spouse, this may possibly sound a little bit stressful to you. Oh, but can I urge you to work toward it anyway? It is beautiful to experience, these moments with you, your spouse and God.

If you, as a couple, are not already in the practice of praying together, one of you must take the lead to make this happen. Men - I strongly encourage *you* to be the one. Offer this gift to your wife.

And Gals - encourage this leadership in your husband. Open your heart up to God in front of your man. You can do this.

When you pray as a couple, your marriage bond can strengthen in ways it simply cannot strengthen otherwise. Prayer is powerful and effective.

*Do you and your spouse pray together? If not, what do you feel is holding you back?*

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