

MODULE 8 – PRAY TOGETHER ABOUT IT

What Humility Before God Does to a Room

James 1:5 / 2 Timothy 1:7

STEP 1 – SELF-ASSESSMENT (complete individually before discussing)

On a scale of 1–10, how consistently do I turn to prayer – together with my spouse – as a genuine first response to conflict rather than a last resort after everything else has failed?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“If you cannot pray together about it, you are not yet ready to resolve it.”

“Prayer is not the last resort – it is the first move.”

STEP 2 – YOUR PARTNER’S VOICE (both respond in their own words)

When we are in conflict, do you feel I bring God into the room – or do I try to resolve it entirely in my own strength? What would it mean to you if we prayed together before we argued?

HIM	HER
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STEP 3 – ACTION COMMITMENT (each spouse completes)

One commitment I will make this week to bring prayer into our conflict resolution – before an argument escalates, or in the middle of a hard conversation:

STEP 4 – REFLECTION (honest, private, written)

What stops me from praying with my spouse during conflict? Is it pride, awkwardness, unbelief, or habit? What would change in our marriage if prayer became our first move?

AFTER THE MODULE – Alignment Check

What is the one change we will both commit to making in how we handle conflict, starting today?

Signed: _____ Date: _____