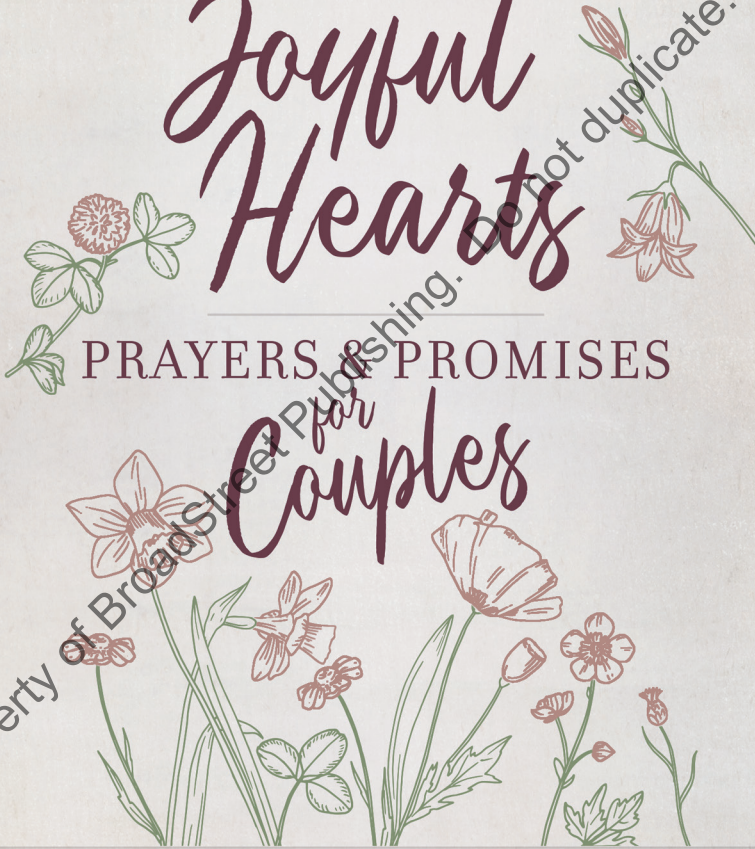


Joyful Hearts

PRAYERS & PROMISES

for
Couples



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Introduction

Spending quality time together as a couple can be difficult, but it's incredibly important for maintaining a healthy relationship! One of the best ways to strengthen your relationship is to spend time together with God.

Joyful Hearts: Prayers & Promises for Couples incorporates more than 70 themes to help you receive inspiration found in the promises of God's Word. Uplifting prayers offer the opportunity for deeper reflection.

By staying connected to God, and believing the promises of his Word, you can live a fulfilling, blessed life in close relationship with each other and with your heavenly Father.

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Acceptance

“The Father gives me the people who are mine.
Every one of them will come to me,
and I will always accept them.”

JOHN 6:37 NCV

The LORD does not see as man sees; for man looks at the
outward appearance, but the LORD looks at the heart.

1 SAMUEL 16:7 NKJV

If God is for us, who can be against us?

ROMANS 8:31 ESV

Before he made the world, God chose us to be his very
own through what Christ would do for us; he decided
then to make us holy in his eyes, without a single fault—
we who stand before him covered with his love.

EPHESIANS 1:4 TLB



God, what a wonder that you see us in ways that no one else does. Not only did you choose us before the beginning of time as your own, but nothing can change your mind about us! Thank you for accepting us as we are, not as how we should be. Help us to accept ourselves and each other as you do. We know we don't have to do anything to earn your love. As we learn to receive your love without condition, help us to love each other the way you do.

How does God's acceptance of you help you to be more accepting of each other?



Affection

I am my beloved's,
And his desire is toward me.

SONG OF SOLOMON 7:10 NKJV

You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

PSALM 16:11 NIV

My beloved speaks and says to me:

"Arise, my love, my beautiful one,

and come away,


for behold, the winter is past;

the rain is over and gone.

The flowers appear on the earth,

the time of singing has come."

SONG OF SOLOMON 2:10-12 ESV



Father, please help us cancel out the lies of the enemy which tell us we are unlovable or need to be somebody we're not. Your affection is hard to fathom because we struggle to see past our own depravity. Your love, however, is not conditional of our deservedness but is an overflow of your goodness. Thank you for creating us to be the recipients of your affection. Help us to be catalysts of your affection to each other.

**How do you feel the affection
of God in your life?**



Anxiety

You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.

ISAIAH 26:3 NIV

“Don’t let your hearts be troubled.
Trust in God, and trust also in me.”

JOHN 14:1 NLT

Come all your worries to him,
because he cares about you.

1 PETER 5:7 NCV

I call out to the LORD when I’m in trouble,
and he answers me.

PSALM 120:1 NIRV



Lord, you know our hearts and our every thought. You know when we sit and when we stand. You know our history and our future. There are no mysteries to you. When doubts and fears threaten to overwhelm us, be the peace that calms the storm. We will remember together who you are: our defender, Savior, and Good Shepherd. You are our hope. We will trust in you even when it takes everything inside of us to choose it. When we cannot see the way out, we know that you see it all so clearly and you are never overwhelmed. We trust you, God.

**What steps can you take to be less anxious
and more trusting?**



Assurance

To him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory...for ever and ever! Amen.

EPHESIANS 3:20-21 NIV

All of God's promises have been fulfilled in Christ with a resounding "Yes!"


2 CORINTHIANS 1:20 NLT

Jesus Christ is the same yesterday and today and forever.

HEBREWS 13:8 NASB

These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God.

1 JOHN 5:13 NKJV



God, we believe that you are who you say you are. Jesus, in you is the fulfillment of God's promise for salvation. Thank you for being faithful to your Word. In you we place our hope. Do more than we can even think to imagine or ask for with our lives. Help us to believe that you will come through even when it's hard for us to see a silver lining in the cloud of circumstance. You are better than our best day together and more faithful than the rising sun.

How does believing God's promises cause you to feel reassured?



Beauty

You are altogether beautiful, my darling,
beautiful in every way.

SONG OF SONGS 4:7 NLT

Your beauty should come from within you—
the beauty of a gentle and quiet spirit that will never
be destroyed and is very precious to God.

PETER 3:4 NCV

She puts on strength and honor
as if they were her clothes.

She can laugh at the days that are coming.

PROVERBS 31:25 NIRV

I praise you because you made me
in an amazing and wonderful way.

What you have done is wonderful. I know this very well.

PSALM 139:14 NCV



Lord, when we look at the abundance of diversity in the world around us, we remember that beauty comes in many forms. When you created each of us, you did it intentionally. Thank you that you made us unique on purpose and that beauty is so much more than skin-deep. Let beauty first grow in our hearts, spilling out into the rest of our being. Thank you that we can see the beauty you have placed in each of us when we look for it. We praise you for we are fearfully and wonderfully made.

How do you see God's beauty reflected in each other?



Belief

He must have a strong belief in the trustworthy message he was taught; then he will be able to encourage others with wholesome teaching and show those who oppose it where they are wrong.

TITUS 1:9 NIV

Believe on the Lord Jesus Christ, and you will be saved, you and your household.

ACTS 16:31 NKJV

“All things are possible to him who believes...”

MARK 9:23 NASB

“Have you believed because you have seen me? Blessed are those who have not seen and yet have believed.”

JOHN 20:29 ESV



Jesus, we believe that you are the Son of God. You came to earth as a human so we could know what the Father is really like. Above all, you taught us what it means to love without condition. We believe who you were and still are, and we can trust you with our lives and our futures. Thank you for the gift of knowing you. We pray that our belief would lead us into greater confidence in our relationship with you. Thank you that you are near and not distant. Whatever happens in the world around us, we believe that you remain constant.

**How can you help each other
strengthen your belief in God?**



Blessings

Surely, LORD, you bless those who do what is right.
Like a shield, your loving care keeps them safe.

PSALM 5:12 NIRV

Surely you have granted him unending blessings
and made him glad with the joy of your presence.

PSALM 21:6 NIV

Give praise to the God and Father of our Lord Jesus Christ. He has blessed us with every spiritual blessing. Those blessings come from the heavenly world. They belong to us because we belong to Christ. God chose us to belong to Christ before the world was created. He chose us to be holy and without blame in his eyes. He loved us.

EPHESIANS 1:3-4 NIRV



Lord, when we take time to recognize what we have to be thankful for, we realize that your goodness is all around us. When we are feeling overwhelmed, we can practice counting our blessings. The biggest blessing we have is your presence. May the joy of your presence awaken us to life and to your goodness in and around us. We know that you are the giver of all good gifts; today we will be on the lookout for them, knowing that nothing is too big or too small for you.

Which of God's blessings can
you thank him for together today?



Boldness

He proclaimed the kingdom of God
and taught about the Lord Jesus Christ—
with all boldness and without hindrance!

ACTS 28:31 NIV

Sinners run away even when no one is chasing them.
But those who do what is right are as bold as lions.

PROVERBS 28:1 NIRV

On the day I called you, you answered me.
You made me strong and brave.

PSALM 138:3 NCV

Let us come boldly to the throne of our gracious God.
There we will receive his mercy, and we will find grace
to help us when we need it most.

HEBREWS 4:16 NLT



Lord, if we have any strength, we know it comes from you. Let us walk boldly into the situations we face, confident that you are with us. With you, there is no need to be timid. We can be courageous in life because we know we can be bold with you. It is in your presence that we are met with the mercy and tenderness of a good father. It is where we receive everything we need. When we are feeling frozen, stuck, or timid, would you remind us of who you are and who we are in you? You have always been faithful to call us into our best selves. We want to be like you, both bold and tenderhearted. Help us to remember that courage does not require perfection, only willingness.

How do you find courage to be both bold and tenderhearted?



Change

Look! I tell you this secret:
We will not all sleep in death,
but we will all be changed.

1 CORINTHIANS 15:51 NCV

He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control.

PHILIPPIANS 3:21 NLT

Jesus Christ is the same yesterday and today and forever.

HEBREWS 13:8 NIRV