



The Hope Couples Project
www.hopecouples.com

Regent University
1000 Regent University Dr
Classroom Building Suite 161
Virginia Beach VA 23464
Phone: 757-352-4896
Email: info@hopecouples.com

Hope Project

Home Improvement Prayer Journal



- > **But as for me, it is good to be near God.
I have made the Sovereign LORD my
refuge;**
- > **I will tell of all your deeds.**
- > **Psalm 73:28**



Suggested Prayer for Couple

DEAR LORD,

We come to you because you love us. We know you care deeply about the two of us and our relationship to each other. We look to you for a perspective that can let us see with new eyes and hear with new ears. We understand that if we see each other from your perspective we will make better choices and cement our relationship to a foundation that will not be shaken. We know that you are the rightful ruler of life and we pledge to treat each other with love in accordance with your will and your example.

When opportunities arise for us to express our love for each other we will be ready to make that opportunity a reality, not a missed chance. We will set our intentions so that we identify ahead of time the different ways we can be the vehicle of your love. We will practice your deep acceptance and perfect it in our actions toward each other. We will engage in prayer for each other on a regular basis and each will ask for good things for the other. We will also ask for the strength, patience, forgiveness, and love we need to be good to each other—now and in the long run.

We know we are not perfect. Our flaws are often all too painfully clear. Help us forgive and be forgiven. We know there is no power greater than the power of repentance followed by forgiveness. We will seek your strength as a shield against temptations large and small.

We ask you to protect and watch over the trust in our relationship so that it can grow as we work to support and sustain each other. When difficult times come, please help us listen and support each other. With your help we can be delivered from impulses that might lead us to harm. Help us reach out and touch each other in love—never in anger.

We know it is in your power to make each of us a source of your love. We know that you can help us show love more fully than we have before. Let our marriage be a testament to your love and power to transform the world. Forever.

AMEN

From Beach, S.R.H., Fincham, F.D., Hurt, T.R., McNair, L.M., & Stanley, S.M. (2008). Prayer and marital intervention: Toward an open and empirically-grounded dialogue. *Journal of Social and Clinical Psychology, 27*, 693-710.

What if God hasn't answered your prayers?

The Hope focused approach is built on 3 principles

Willpower: The motivation to see improvements in your relationship. You probably started this intervention with some willpower and if things have improved that helps you feel even more willpower.

Waypower: The pathways to seeing improvements in your relationship. We hope that counseling has given you many new skills, perspectives and insights to use in improving your relationship for years to come.

Waitpower: The patience to wait for small consistent changes to effectively improve your relationship. Change, even with God's help, is not easy.

Change requires faith that you and your partner will work together in the journey of change. It requires work to change patterns. Change requires strong love for each other. Sometimes fears cause people not to fully have faith, work and love in their relationship. Perhaps fears have prevented you and your partner from fully having faith, working hard and showing valuing love in the course of counseling. This can put at risk the gains you make in counseling or cause "step backs" into old patterns. That doesn't mean change can't happen for your relationship. It just may be a slower process for you. Talk with your counselor, and perhaps a spiritual leader, about your feelings.

There are many examples in the Bible of people who prayed for a long time before their prayers were answered. Hannah waited and prayed for a child, and God answered her prayers after a time of waiting (1 Samuel 1). Abraham and Sarah waited for 25 years from when God promised Isaac to when he was born. We don't always know why we have to wait. Sometimes it teaches us to slow down and not live so fast. Sometimes in relationships we need to wait for us or our partner to grow, learn and mature to see change. God can use anything to help us grow— even waiting in a difficult relationship situation. The waiting can make you more mature or more frustrated. This is a hard thing to do. If you have already been waiting, you should reflect on how it has matured you. Ask people who love you both to pray with and for your relationship, without dishonoring your partner. Stay vigilant and ready for the day when you notice change.



Now that you've spent some time in prayer

Review your prayer requests from the past weeks and underline the things that God has answered for you, even if in a small way.

Write down answers to prayers or meaningful insights from your prayer journal here:



A note from the Hope project directors

You have taken the challenge to dedicate some prayers for your family. Perhaps you are already sharing with God your hopes, dreams, joys and pain from your relationship. If you are, then you are already praying as you talk with God. This journal is a place for you to keep a record of the things you prayed for and the ways in which God answered your prayers.

On each page is an idea for prayer focus. You can follow that focus or follow your heart in what to focus on. You can also talk with your counselor about ideas for what to focus on in prayers. We hope the format of this journal is helpful during this time when you are focused on improving your relationship. At the end you can reflect on what you have learned.

Please know that your counselor, and we as leaders, are praying for you as a couple, and your family if you have children. May God's will be done in your relationship.



Jennifer S. Ripley, Ph.D. &

Vickey L. Maclin, Psy.D.



Prayer can be praising God, confession, requests or just sharing



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Meditate on the power of God in your relationship



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Seek God's wisdom in how you are to be in your relationship



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Pray for God's vision or viewpoint of your relationship



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Meditate on God's love for your partner



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Make or renew any relationship vows or promises



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Pray for others in your life that struggle in their relationships



Focus on what God would have *you* do, not what your partner should do



Date:

Prayer for relationship today:

Date:

Prayer for relationship today:

Prayer Requests:

Prayer Requests:

Date:

Prayer for relationship today:

Date:

Prayer for relationship today:

Prayer Requests:

Prayer Requests:

Date:

Prayer for relationship today:

Date:

Prayer for relationship today:

Prayer Requests:

Prayer Requests:

Think of some quality of God's character and ask for that quality to become how you relate in your relationship



Thank God 

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Remember the good times God has given your relationship



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Be still and listen for God's voice



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Share with God how hurts from other relationships have affected your relationship now



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Ask God to help you be more forgiving in your relationship



Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests:

Date:

Prayer for relationship today:

Prayer Requests: