

Covenant Marriages Ministry

How Should You Pray... When Standing For Your Marriage Healing?

Due to the fact that we get so many calls from people not sure how to pray while they stand in faith. Dr. Christensen has put together an outline prayer guide. In a recent email reply Dr. Christensen wrote; "Your story always reminds me of much of my own, not to be forgotten that easily."

Here are a few helpful Keys:

1. Get with 2 prayer partners and make a declaration. I would put it somewhere allowing you to read it over and over again. The statement could be along these lines, Sample text.
 - *"Spouse, you and I spoke our solemn, covenant of marriage vows on this.....day in this year and I am not taking back my vow to God and to you, that we would be joined together until death eventually would separate us. You and I made that statement, to God and to each other, and there are other witnesses to our covenant. Dear Lord, remind me each day of this commitment and covenant and allow me to not only keep it, but to see it fully established by your miracle working power."*

I believe it is in Habbakuk 2, the prophet tells us, "**to write the vision and place it on tablets** (tables, the wall or wherever it can be viewed), **so that it may be seen by whomever travels by, but though it tarries, wait for it, because it will surely come.**" paraphrased by Bob.

2. Next be sure to memorialize your godly thoughts by either writing them down, but **always speaking them out loud so your spirit would hear them.**
3. Next write any thoughts you have in a prayer journal and pray daily about what you hear from the Lord.

It really helps to find scripture in your bible that really ministers to you, then **do two things.**

4. Read those scriptures over and over again, **out loud** whenever possible and then write the "**date**" along the margin and claim it personally to you, in writing "**I claim these passages**".

I went through a few bibles in my walk and you can easily detect what I was thinking on that particular date as you look back through those bibles.

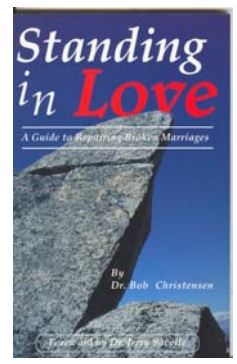
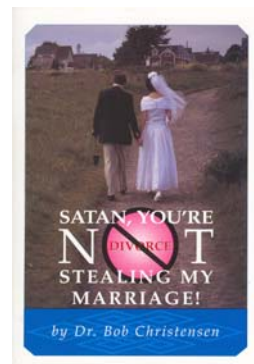
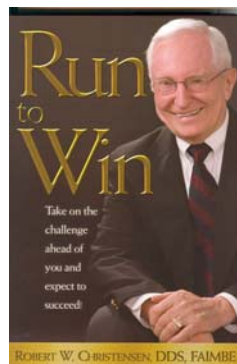
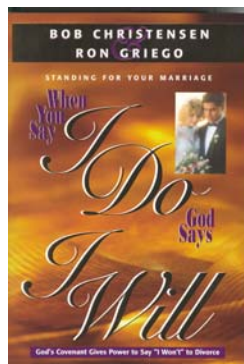
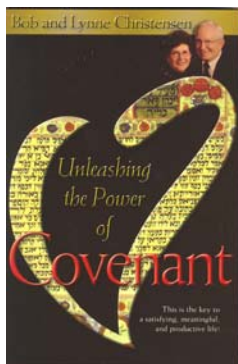
5. Speaking out your prayers or thoughts which may be nothing more than speaking out a certain bible passage, is by far the most effective. Get your prayer partners to join with you. Their faith will also grow.
6. The next thing that will really help is to start a journal of your wishes and goals. Just bullet points. Then as they are answered, place an amen after them and the date or a PTL. God is very faithful.
7. You can pray the will of God be done. But expect the enemy to attack, BUT, "greater is He who is within you than he who is in the world."
8. Also reject, out loud when you can, those attacks on you and your dear family. You may and often will look foolish to others, but in the long view those very people will grow by the faith they see you exercising.

In one early book, I told about praying for a car and God giving me a very cute little VW Rabbit that was owned by a Middle Eastern man, who many years later I led to the Lord. He and his Jewish-Christian wife became our dear friends. I know early, when I placed the 2" words "**Jesus Lives, He Gave Me This Car**" on the back of the car, he and others, especially Lynne and her family, thought I was nuts. I really became a fool for Christ, not usually where it would look too foolish, but always where a stand had to occur, that was for me. (I had just read, in all your ways, acknowledge Him and He will direct your paths)

God bless you, Dear Ones. He is more than able, if you can just be willing to be used, and I know you are. Don't ever belittle yourself by mistakes, we all make them, just get up and declare the mission you are on and yes, tell the devil to get out of your family and the path you are on.

In His love and mine,

Bob and Lynne Christensen



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