**Husband and wife prayer**

Sometimes the hardest part of undertaking a task is getting started. Here are a few tips to help you get started in praying with your spouse and then to keep you going:

* Husbands, it is your God-given responsibility to initiate and lead the prayer time with your wife. Take the initiative and do it. Trust God to help you through your weaknesses.
* Wives, make the suggestion to your husband, . . . and let God move him to action. Pray he will be sensitive to the leading of the Holy Spirit.
* Schedule specific prayer times on your calendar. This will keep other activities from crowding it out.
* Pray for shorter amounts of time (five or ten minutes) if you're not used to praying for longer periods. Work your way up in time as you are led by God.
* Try to pray consistently for those things that are most important to you: each of your children, your own marriage and walks with the Lord, unsaved parents and siblings, friends at church, coworkers and neighbors you are ministering to, and financial needs and transactions.
* Keep the variety in your prayer time by periodically praying over a portion of Scripture (psalms are good for this) or by singing hymns and praise songs. Spend time praying together at a park.
* Take turns praying over an issue or person before moving on to the next topic. Don't feel like you have to pray long, eloquent prayers. God is more interested in your heart than your words.
* Stick to your prayer time from week to week. The temptation will always be there to relax by watching television or reading a book. Consider this a time of collaborating together for God's kingdom. Your efforts will be yielding eternal results.