

# Marriage Reset Prayer Journal

*"A cord of three strands is not quickly broken."*  
ECCLESIASTES 4:12



A GUIDED RESOURCE FOR COUPLES TO RECONNECT THROUGH SCRIPTURE, PRAYER PROMPTS, HONEST REFLECTION, FORGIVENESS, AND INTENTIONAL NEXT STEPS.



## GOD-CENTERED

Ground your marriage in God's Word and His presence.



## HONEST & SAFE

Space to be real, vulnerable, and truly heard.



## PRAYERFUL

Grow closer to God together through prayer.



## RENEWING

Let go of hurts. Extend grace. Begin again.



## INTENTIONAL

Take clean next steps toward a stronger, healthier marriage.

## JOURNAL SECTIONS

1



### DRAW NEAR TO GOD

Start together in His presence.

- Scripture
- Guided prayer
- Worship
- Center your hearts

*"Be still, and know that I am God."*

PSALM 46:10

2



### CONNECT WITH EACH OTHER

Build understanding and emotional connection.

- Conversation starters
- What we appreciate
- What's on our hearts
- Listening with empathy

*"Love is patient and kind."*

1 CORINTHIANS 13:4

3



### REFLECT HONESTLY

Look inward before moving forward.

- My heart
- My hurts
- My habits
- My need for God's transforming grace

*"Search me, O God, and know my heart."*

PSALM 139:23

4



### RELEASE & FORGIVE

Let go of what has hurt and held you back.

- Acknowledge the hurt
- Offer forgiveness
- Ask for forgiveness
- Choose to release

*"Forgive as the Lord forgave you."*

COLOSSIANS 3:13

5



### RECOMMIT TO EACH OTHER

Renew your promises and priorities.

- Our vows
- Our values
- Our commitment
- Our "why"

*"Therefore what God has joined together."*

MATTHEW 19:6

6



### TAKE NEXT STEPS TOGETHER

Build a plan for growth and a future that honors God.

- Our goals
- Weekly rhythms
- How we will pray
- Next right steps

*"Commit to the Lord whatever you do, and He will establish your plans."*

PROVERBS 16:3



### MAKE IT A RHYTHM

- Set aside regular time together (weekly or bi-weekly).
- No distractions. No rushing.
- Pray together first.
- Be kind, patient, and gentle.
- Keep what's shared, shared.



### TIPS FOR MEANINGFUL CONVERSATIONS

- Speak from your heart using "I" statements.
- Listen to understand, not to respond.
- Avoid blame and criticism.
- Ask good questions.
- Pray through everything.

DATE: \_\_\_\_\_

Today we choose...

- Love
- Grace
- Truth
- Forgiveness
- Unity
- Christ



### A PRAYER FOR OUR MARRIAGE

Lord, thank You for our marriage. Help us love You more and each other better. Heal what is broken, strengthen what is good, and help us walk together in faith, hope, and love. Make us one, for Your glory. Amen.

*"Let all that you do be done in love."*

1 CORINTHIANS 16:14



GOD. OUR MARRIAGE. OUR PURPOSE.