# Marriage: Praying Through Trauma Together



Develop a habit of intercession and mutual support in prayer as you process pain together in your marriage.





## Table of contents

<u>Introduction</u>	3
Day 1: A Embracing Vulnerability in Prayer	4
Day 2:  Bearing One Another's Burdens	10
Day 3: Praying for Protection and Peace	16
Day 4: Thealing Wounds Together	22
Day 5: Cultivating Forgiveness in Prayer	28
Day 6: Strengthening Unity Through Prayer	34
Day 7: * Hope and Renewal for the Future	40







## Introduction

Marriage is a sacred covenant designed by God to reflect His unconditional love, grace, and faithfulness. But like any close relationship, marriage can experience seasons of profound joy and deep pain. *Trauma*—whether from past wounds, losses, or trials—can create challenges that test the strength and unity of a couple. Yet, God invites us not only to face these hardships but to grow through them, especially by praying through trauma together.

When couples develop a habit of intercession and mutual support in prayer, they cultivate a spiritual environment where healing, trust, and resilience flourish. This kind of prayer partnership strengthens the bond, reminds both spouses they are not alone, and opens pathways for God's peace and restoration to flow.

Over the next seven days, this study plan encourages couples to approach trauma not as an obstacle but as an invitation to deepen their intimacy with God and each other. By engaging Scripture and a heart of vulnerability, couples can learn how to process pain side by side through faithful, compassionate prayer.

Remember, it's ok to move slowly, to be honest about the struggle, and to lean on Jesus—the greatest healer and comforter. Together, discover how mutual intercession becomes a powerful tool to accommodate trauma and move toward restoration, hope, and renewed love in your marriage.















## Your Verse

Ecclesiastes 4:9-12 - "Two are better than one... A cord of three strands is not quickly broken."

## **Supporting Scriptures**

- James 5:16 "The prayer of a righteous person is powerful and effective."
- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."







## Devotional: The Power of Being Vulnerable in Prayer

Marriage thrives in vulnerability. When couples open their hearts honestly before God and one another, they create safe space for healing. Ecclesiastes reminds us that two together are stronger, and with God as the third strand, the bond becomes unbreakable. Trauma can isolate, but prayer invites shared strength and restoration.

Embracing vulnerability in prayer means admitting fears, doubts, and pain instead of hiding them. James encourages us to confess to each other and pray so that healing can begin. It can be uncomfortable at first, but vulnerability builds trust and opens doors for mutual support.

Remember, Psalm 34 assures us that God is near the brokenhearted—all who feel hurt or overwhelmed. As a couple, invite God into every layer of your pain and gently support each other in prayerful honesty. This is the foundation for praying through trauma together.







## Reflect and Apply

1.	How comfortable am I with sharing my pain honestly with my spouse and with God?
2.	In what ways can embracing vulnerability deepen our prayer life together?
3.	What fears or doubts do I need to bring before God and my partner today?







## **Journaling Prompts**

Write about a time when vulnerability in prayer strengthened your marriage.
List areas of pain or trauma that feel safe to share in prayer with your spouse.
Journal your hopes for how mutual vulnerability will change your relationship.







## Prayer for Today

Lord, grant us courage to be vulnerable with You and each other. Help us to lay down our defenses, openly sharing our pains and hopes. Teach us to listen deeply and support one another in love. May our prayers be a bridge to healing and renewed intimacy. In Jesus' name, amen.  $\bigwedge$ 

















Day 2: 🍑 Bearing One Another's Burdens

#### Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

## **Supporting Scriptures**

- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Day 2: 🌣 Bearing One Another's Burdens

## Devotional: Sharing and Praying Through Each Other's Burdens

Trauma can feel heavy and isolating, but marriage calls us to bear burdens together. Paul instructs believers to carry each other's weight, fulfilling Christ's love perfectly. Sharing pain is not a sign of weakness but an act of deep love and obedience.

When we mourn with our spouse and rejoice with them, we participate fully in their journey. Romans reminds us to enter into each other's emotional world, whether joy or sorrow.

Peter encourages us to cast all anxieties on God knowing He cares deeply. Couples can bring each other's fears and anxieties before God in prayer, relieving the pressure and inviting His peace.

As you pray together today, consider what burdens your spouse carries and ask the Holy Spirit how you might share those burdens — through prayer, listening, and support.







Day 2: 🍑 Bearing One Another's Burdens

## Reflect and Apply

1.	What burdens might my spouse be carrying silently?
2.	How can our prayers together lighten the weight of trauma?
3.	In what ways does bearing each other's burdens fulfill Christ's law?







Day 2: 🎔 Bearing One Another's Burdens

## **Journaling Prompts**

	Write about a burden your spouse has carried that you want to support in prayer.
2.	Describe how you currently bear burdens together and areas for growth.
3.	Journal a prayer asking God to reveal hidden burdens you can help carry.







Day 2: 🎔 Bearing One Another's Burdens

## Prayer for Today

Father, teach us to carry each other's burdens with grace. Help us to recognize pain we may not see and support one another fully. Fill us with compassion and a willing heart to pray and intercede as true partners in healing. May Your love bind us tightly in every trial. Amen.  $\heartsuit \bigcirc \bot$ 

















#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and minds."

## **Supporting Scriptures**

- Isaiah 54:17 "No weapon forged against you will prevail."
- 2 Thessalonians 3:16 "The Lord will give you peace at all times and in every way."







## Devotional: Claiming God's Peace and Protection Together

Trauma can bring anxiety and fear, but God offers real peace and protection.

Paul encourages believers not to be anxious but to present every request through prayer. This invitation applies strongly to couples facing trauma together.

When you pray for peace, you declare God's ability to guard your hearts and minds, surpassing human understanding. Couples strengthen their spiritual defense by standing together in prayer against fear and discouragement.

Isaiah assures us that no weapon, including emotional or spiritual attacks, will ultimately prevail against God's protection. In prayer, claim this promise for your marriage.

Today, focus your prayers on asking God to calm anxieties, protect your union, and fill your hearts with His steadfast peace.







## Reflect and Apply

1.	What anxieties or fears are present in our marriage because of trauma?
2.	How can praying together increase our sense of God's protection?
	What does it look like to guard our hearts and minds through prayer daily?







## **Journaling Prompts**

1.	Write about moments when God's peace felt real in your marriage.
	List fears or anxieties you want to entrust to God in prayer with your spouse.
3.	Journal your commitment to pray together for protection and peace.







## Prayer for Today

God, surround our marriage with Your peace and protection. Calm every anxious thought and shield us from harm, both seen and unseen. Help us to trust Your promises and pray confidently for deliverance and serenity. Let Your peace guard our hearts and minds continually. In Jesus' name, amen.

















Day 4: 7 Healing Wounds Together

## Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

## **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted..."
- Jeremiah 30:17 "I will restore you to health and heal your wounds."







Day 4: P Healing Wounds Together

## Devotional: Inviting God's Healing into Your Marriage Pain

Trauma often leaves deep wounds, but God's healing is available for your marriage. The psalmist reminds us that God is the ultimate healer who tenderly cares for broken hearts and wounded souls.

Isaiah beautifully describes the mission of the Messiah—to bind up the brokenhearted and bring restoration. As couples, inviting Jesus into your pain through prayer opens the door for those healing hands.

Jeremiah's promise assures restoration and wholeness, confirming God's desire to redeem even the hardest hurts.

Today, pray together for emotional healing and ask God to gently tend to your wounds as a united team. Reflect on the hope and power in God's healing promises.







Day 4: 🍞 Healing Wounds Together

## Reflect and Apply

1.	What emotional wounds need God's healing touch in our marriage?
2.	How can praying as a couple create a safe space for healing?
	What restoration do we hope to experience together through God's grace?







Day 4: 🍞 Healing Wounds Together

## **Journaling Prompts**

1.	Describe wounds you feel the need to release to God together.
2.	Write a prayer asking Jesus to bring healing to your marriage.
3.	Journal the ways you've seen God bring restoration after pain.







Day 4: 7 Healing Wounds Together

## Prayer for Today

**Lord Jesus, we invite Your healing into every hurt and wound.** Bind up our brokenness and restore hope where despair lingers. Teach us to walk together in renewed strength and love. May Your healing presence transform our trauma into testimony. Amen. **2** 















## Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

## **Supporting Scriptures**

- Colossians 3:13 "Forgive as the Lord forgave you."
- Matthew 6:14 "If you forgive others, your heavenly Father will also forgive you."







## Devotional: Praying Towards Forgiveness and Mercy

Trauma can create barriers where bitterness and resentment might grow. Forgiveness is essential for healing and unity in marriage.

Paul calls us to kindness and compassion, forgiving as God forgave us. This is not always easy, especially when wounds run deep. But prayer creates a sacred space where forgiveness can take root.

Jesus' teaching in Matthew reminds us of the reciprocal nature of forgiveness —it frees us as much as the other person.

Today, seek the Holy Spirit's help to forgive and ask your spouse for forgiveness if needed. Let your prayers reflect a heart open to mercy and restoration.







## Reflect and Apply

1.	Are there unresolved hurts between us that need forgiveness?
2.	How can praying together soften hearts and foster compassion?
3.	What does forgiveness mean in light of God's grace to us?







## **Journaling Prompts**

1.	Write about the challenges and blessings of forgiving your spouse.
2.	List attitudes or actions you want God to help you forgive.
3.	Journal a prayer asking God to fill you with forgiveness and love.







## Prayer for Today

Heavenly Father, teach us to forgive as You have forgiven us. Remove any bitterness or resentment and fill our hearts with compassion. Help us to extend mercy in prayer and daily life so that our marriage reflects Your grace. Amen. 🔾 🗸















## Your Verse

Matthew 18:20 - "For where two or three gather in my name, there am I with them."

## **Supporting Scriptures**

- Psalm 133:1 "How good and pleasant it is when God's people live together in unity!"
- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."







## Devotional: Praying for Divine Unity in Marriage

Unity is vital when praying through trauma in marriage. Jesus promises His presence when even two gather in His name. This divine presence empowers couples to face trials united instead of divided.

Psalm 133 celebrates the goodness and pleasantness of living in harmony. Trauma can strain unity, but intentionally praying together strengthens the bond.

Ecclesiastes reminds us that God is the third strand in the marriage cord, making it strong and unbreakable.

As you pray today, invite God not only to heal but to unify your hearts deeply so that you stand as one against every challenge.







## Reflect and Apply

1.	Are we seeking God's presence together regularly in prayer?
2.	In what ways can deeper unity protect us from trauma's effects?
3.	How can we cultivate habits that build unity through prayer?







## **Journaling Prompts**

1.	Write about times you felt most united with your spouse spiritually.
2.	List ways to prioritize shared prayer, even when life feels hard.
3.	Journal a prayer asking God to strengthen your unity daily.







## Prayer for Today

**Lord, thank You for Your presence when we gather in Your name.** Strengthen our unity and keep us bound together with You as our center. Help us to stand strong, pray faithfully, and grow deeper in love through every trial. Amen.







## Day 7: XX Hope and Renewal for the Future









Day 7: K Hope and Renewal for the Future

## Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."

## **Supporting Scriptures**

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."
- Jeremiah 29:11 "For I know the plans I have for you... plans to give you hope and a future."







Day 7: 🗱 Hope and Renewal for the Future

# Devotional: Embracing God's Hope and Renewal Together

After praying through trauma together, couples can look forward with hope and expectation. Paul's prayer in Romans invites us to trust God as the source of joy and peace even amid hardship.

Lamentations offers a beautiful reminder of God's unfailing compassion and new mercies every morning—there is always a fresh start.

God's plans are filled with hope and a future, meant to inspire confidence and purpose for married couples facing trials.

As this study concludes, commit to ongoing intercession, reminding one another that God renews your marriage daily and holds hopeful plans ahead.







Day 7: 🎇 Hope and Renewal for the Future

## Reflect and Apply

1.	How does trusting God bring joy and peace amid trauma?
2.	What new mercies can we celebrate in our marriage today?
3.	How can we encourage each other to hold on to God's hope for the future?







Day 7: 🎇 Hope and Renewal for the Future

## **Journaling Prompts**

1.	Write about the hope God is inspiring in you right now.
2.	List ways you want to continue praying and supporting one another.
3.	Journal a future prayer petition centering on renewal and joy.







Day 7: K Hope and Renewal for the Future

## Prayer for Today

God of hope, fill us with joy and peace as we trust You. Thank You for Your unfailing love and new mercies each day. Help us to look forward boldly, knowing You hold our future and restoration. Guide our marriage in Your hope and grace forever. Amen. 💸 🙏 💙







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