

FBC Canton Sunday am February 15, 2026

Pray the Bible: Pray for Marriages Genesis 2:18-24

Introduction:

As you read your bible, you will pray your bible:

End aimlessness, begin focus
End boredom, begin strategy
End repetition, begin making sense
Become confident you are praying God's will.
Become certain of what the bible really says.
Become effective availing much.
Become consistent over time.

God defined marriage, mankind has no authority to override that definition.

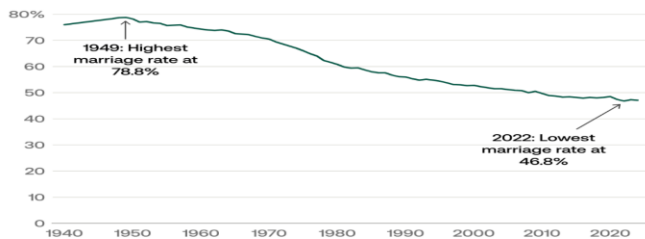
God did it before:

Pride, no inferiority or superiority, no sexual sin, jealousy, abuse,
imperfections of body, soul, and spirit, no role rejection or abuse of roles.

God's greatest gifts are the places of the enemy's greatest attack. Genesis 3

Households headed by married couples in the 2020s are the lowest ever recorded in the US.

Share of households headed by married couples, 1940–2024

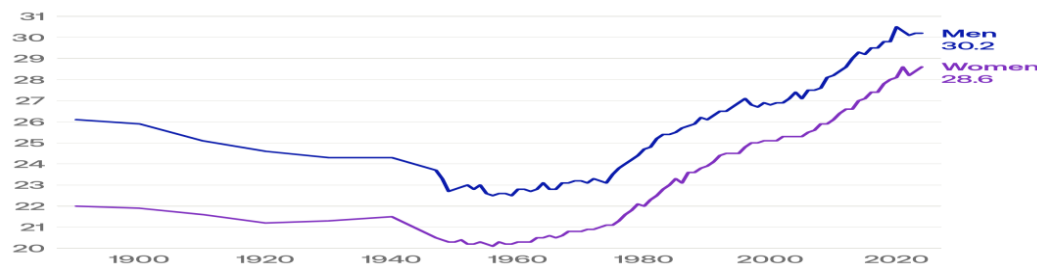


Note: Some years reported initial and revised numbers. Revised numbers are shown in this chart.
Source: US Census Bureau

USAFacts

The age of first marriages has steadily increased since the late 1950s.

Median age of first marriage by sex, 1890–2024



Note: Some years reported initial and revised numbers. Revised numbers are shown in this chart.
Source: US Census Bureau

USAFacts

God gave Adam His Word as a foundation. Genesis 1:28-31

Responsibility to transmit God's word to family.

Responsibility to work: Tend and keep the garden. Mankind were gardeners first, not hunter gatherers.

Purpose; be fruitful and multiply

So God told Adam to be fruitful and multiply...so Adam had to trust God to provide a mate to fulfill that purpose

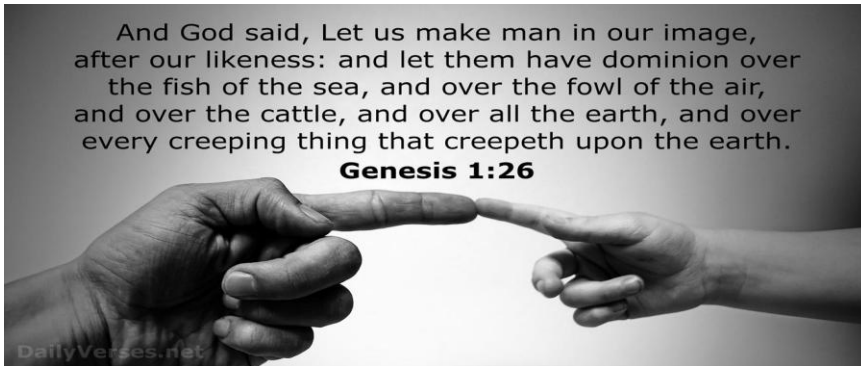
Boundaries of dominion to rule over; fill the earth and subdue it.

Over all creation, that was made for man, not man for creation.

Foundations don't have to be pretty but they have to be strong!

I. We have a problem, God has a solution. V. 18

a. Alone is not consistent with triune God. Genesis 1:26



b. God is intimately, personally involved.

not withdrawn from, he is aware and active in meeting the needs of each person.

i. God's good unwanted gift; Singleness. I Corinthians 7:35

1. ³⁵ And this I say for your own profit, not that I may put a leash on you, but for what is proper, and that you may serve the Lord without distraction.

In her book Let Me Be a Woman, Elisabeth Elliot discusses the gift of singleness. She writes, Having now spent more than forty-one years single, I have learned that it is indeed a gift. Not one I would choose. Not one many women would choose. But we do not choose our gifts, remember? We are given them by a divine Giver who knows the end from the beginning, and wants above all else to give us the gift of Himself.

c. God's solution is perfect gracious gifts.

i. God will do for us what we cannot do for ourselves: Salvation. Ephesians 2:8-9

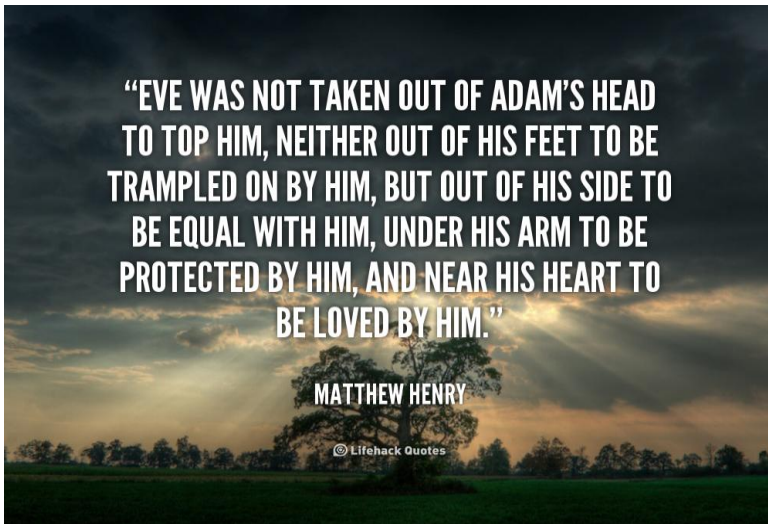
ii. Make a help to become God's greatest version of yourself.

1. Help=127x in OT=God helping us. Psalm 121

- a. Material, emotional, physical ways.
- b. Shield.
- c. Protect.
- d. Special confidant.
- e. Essential collaborator.

II. Naming ceremony is not a finding ceremony. V. 19-23

- a. **All the kinds, not all the species.** “Beasts of the field, birds of the air, cattle”
 - i. Shows intelligence and authority.
- b. **God is creating in Adam awareness of his need.**
 - i. **Adam names woman.** This is why a woman takes her husband’s name.
 - 1. **Taken out of man, not to take man out.**
 - a. Bone of bone, flesh of flesh.



- 2. **God made them different so that he might make them one.**
 - a. Meet legitimate desires for intimacy.
 - b. Fulfill companionship
 - c. Produce children
 - d. Carry on Christianity.

III. Arranged marriage ceremony: leave and cleave. V 24-25

3x repeated in NT because of law of first mention that means this is the authoritative version of what marriage is. Jesus quotes it...connected quotes reveal authority and definition of marriage is implied.

God brings the only the saved together...get saved if you want to discover the spouse God has for you!



- a. **Front row seat to God's sanctifying work in your spouse. Ephesians 5:26 One flesh!!!**

Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word.

Ephesians 5:25-26

DailyVerses.net

- b. **Be excited to be a part of God's work in your spouse! No shame...clothed in God's light!**
- i. Cynical is not a Christian virtue! But you might say cynical is protective, and would rather be cynical than naïve. But neither cynical or naïve can hold a candle to God' wisdom!

ent...
he marble and just took away the bits that weren't David
/hen looking for a marriage partner, each must be able
ok inside the other and see what God is doing and
ecited about being part of the process of liberating t
nerging "new you."

If we let Him . . . He will make the feeblest and
filthiest of us into a god or goddess, a dazzling,
radiant, immortal creature, pulsating all through
with such energy and joy and wisdom and love as
we cannot now imagine, a bright stainless mirror
which reflects back to God perfectly (though, of
course, on a smaller scale) His own boundless
power and delight and goodness. The process will
be long and in parts very painful; but that is what
we are in for. Nothing less.⁹

This is by no means a naïve, romanticized approach—
either it is brutally realistic. In this view of marriage, each
person says to the other, "I see all your flaws, imperfections,
weaknesses, dependencies. But underneath them all I see
you." This is radically

Conclusion: Divorce rate for couples who pray together less than 1%!

How Praying Together Can Transform Your Marriage



- **Carol Adams**
- Apr 1, 2025
- 3 min read

Wouldn't you love to be in the elite group of couples who have the lowest divorce rate?

If so, then we have some good news for you! It begins with a simple act...called Prayer!

Sounds too good to be true, right? We not only have researched this and found statistics to back this up, but we have experienced the benefits of prayer in our own marriages at Live the Life as well!

Here are a few of the stats for you:

- **Less than 1% - This is the Divorce Rate among couples who pray together regularly.**
- **Less than 8% - This is the percentage of couples who actually pray together on a regular basis (besides just a meal blessing).**

Why does this matter so much? Here's one of the reasons. We all know that Physical intimacy is important in marriage and that Emotional Intimacy can be the key that unlocks physical intimacy. Here's some new information for you though: Spiritual Intimacy can be just as impactful as the Emotional and Physical in your marriage.

Here are some of the benefits of Praying together:

- **Stronger commitment**
- **Improved communication**
- **Higher levels of forgiveness**
- **Less Negativity & More Appreciation**
- **Better conflict resolution**
- **Deeper intimacy and trust and unity**

When you see those benefits, who wouldn't want to sign up for that? The challenge though may be learning HOW to pray together and grow your spiritual intimacy. If you've never done this before, it can be a bit intimidating so we have a few tips for you to get started:

- **Be Flexible - Think "manage your expectations" here. Chances are that you and your spouse may not be on the same page spiritually. It may take some time for you or your spouse to be comfortable with this new practice and that's okay. Just be flexible about this and don't expect too much from one another.**
- **Create a Space & Time - For some couples, praying together in the evening before bed will make the most sense. For others, the morning time will be best. Some may prefer to sit on the couch together while others may prefer praying together in kitchen chairs or while outside in nature together (maybe on a front porch). Either way, find what works for you. There is no perfect way to do this.**

- **Start Small** - While one spouse may be ready to pray aloud together, another may prefer to start by praying silently together. You may want to start by simply praying for one prayer request for each other and then add your children, friends, and family as you feel more comfortable. Either way, remember to be patient with each other and give each other a lot of grace if this is something new for you and your spouse.
- **Don't forget connection** - Praying together as a couple can be such a special time for the two of you, and holding hands while you pray just adds that next level of connection. We definitely encourage this!

So if you'd love a better chance at not only staying married but also having a beautiful marriage with better connection better communication and more bonding, then we highly recommend praying together as a couple! What do you have to lose?

If you would like to learn more about this and how to have deeper bonding and connection with your spouse, we cover this and more in our Adventures in Marriage Classes! Find out where and when all of our classes are [here](#) and go register for one today! Your marriage will thank you!!

Statistics on the Impact of Marriage Devotionals on Relationships

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Introduction

Marriage devotionals are like a secret sauce for couples. They add flavor to relationships, helping partners bond over shared beliefs and values. These devotionals can take many forms, like reading materials, apps, or workshops. Their significance in fostering healthy relationships cannot be understated. A glance at the statistics reveals a concerning trend in marriage and divorce rates. According to a 2023 Gallup study, nearly **50%** of

marriages end in divorce. This alarming statistic highlights the need to strengthen marital bonds. Couples are searching for ways to improve their relationships. Marriage devotionals have emerged as a valuable tool in this quest. Research shows that couples who engage in regular marriage devotionals report higher relationship satisfaction and longevity. A study from 2010 published in the *Journal of Marriage and Family* found that couples who prayed or read scripture together had significantly higher marital satisfaction rates. In fact, the divorce rate among couples who pray together regularly plummets to an astonishing **1 in 1,152**. That's less than **1%**! This leads to the thesis: marriage devotionals positively impact relationship satisfaction and longevity. With statistical backing, it's clear that these practices can help couples navigate the complexities of marriage. By prioritizing spiritual growth and connection through devotionals, couples can build a stronger

foundation for their relationships.

If you're looking for guidance on this journey, consider picking up ["The Meaning of Marriage: Facing the Complexities of Commitment"](#) by Timothy Keller. This book dives deep into the purpose of marriage and how to navigate its challenges, making it an essential read for any couple. In conclusion, the evidence suggests that engaging in marriage devotionals not only enhances relationship satisfaction but also fosters longevity. In a world where marriage rates are declining, and divorce rates continue to rise, it's crucial for couples to consider integrating these practices into their daily lives. After all, who wouldn't want to boost their chances of marital success?

Statistics show that marriage devotionals can significantly impact relationship satisfaction. [Learn more about this topic.](#)

Importance of Spirituality in Marriage

Spiritual Connection

Marriage is about more than just love; it's a spiritual journey too. Couples who share spiritual practices often find a deeper emotional connection. Engaging in prayer, reading scripture, or participating in community worship can create a bond that transcends daily life. Imagine two partners, hand in hand, sharing their hopes and fears with a higher power. That's where the magic happens! Research supports this notion, suggesting that spiritual intimacy can significantly enhance emotional well-being in marriage. Couples who engage in shared spiritual activities report feeling more connected and fulfilled. It's like adding a secret ingredient to your

relationship recipe—one that makes everything taste better!

To deepen your connection, consider reading ["Devotions for Couples: A 30-Day Guide to a Stronger Marriage"](#) by John and Stasi Eldredge. This resource provides practical insights and daily reflections to help couples grow together spiritually.

Statistical Evidence

Let's talk numbers! A Gallup Poll conducted recently found that couples who pray together regularly have a divorce rate of just **1 in 1,152**. That's significantly lower than the national average. It seems that when couples invite spirituality into their marriage, they're not just enhancing their connection; they're also stacking the odds in their favor. Moreover, a study published in the *Journal of Marriage and Family* revealed that nearly **75%** of couples who engage in spiritual practices together report higher levels of marital satisfaction. That's right—three-quarters of couples are experiencing the benefits of spirituality in their relationships. This data highlights the crucial role that spirituality plays in fostering a lasting and loving union. In essence, nurturing a spiritual connection can lead to enhanced emotional intimacy and marital satisfaction. So, why not take a moment today

to reflect on your shared beliefs and practices? After all, a couple that prays together stays together!

Emotional and Psychological Well-being

Mental Health Benefits

Marriage devotionals are more than just a feel-good activity. Research shows they can be a balm for mental health woes. A study from the *Journal of Family Psychology* found that couples who regularly engage in devotional practices report significantly lower levels of anxiety and depression. In fact, those who pray together often experience a **30%** decrease in anxiety symptoms. Imagine that! A simple act of coming together spiritually can lighten the emotional load. Moreover, a 2019 study from Pakistan highlighted that religious commitment and practices are crucial for marital happiness. Couples who actively participate in religious activities enjoy better mental health outcomes. Regular devotionals can provide the emotional support needed to

face life's challenges together.

If you want to explore the dynamics of love languages, grab a copy of ["The 5 Love Languages: The Secret to Love that Lasts"](#) by Gary Chapman. Understanding how you and your partner express love can be a game-changer in your relationship.

Emotional Satisfaction

Now, let's talk about emotional satisfaction. A whopping **75%** of couples who engage in marriage devotionals report higher emotional satisfaction levels. Yes, you read that right—three-quarters of them! This statistic is backed by findings from the *Gallup Poll*, which revealed that couples who pray together regularly feel more connected and fulfilled. They often describe their relationships as more harmonious and supportive. Interestingly, couples who practice devotionals report stronger emotional attunement, which contributes to better conflict resolution. This emotional connection is vital as it allows partners to navigate tough times with empathy and understanding. When couples prioritize shared spiritual practices, they cultivate a bond that

transcends daily stressors, leading to a fulfilling relationship.

Case Studies and Research Findings

Analysis of Specific Studies

Let's get into the nitty-gritty of research findings. One noteworthy study from the Caribbean examined how prayer and family worship impact relationship functioning among married adults. Researchers surveyed **3,997** Seventh-day Adventist couples, uncovering that those who engaged in daily prayer and family worship experienced significantly higher relationship satisfaction. In fact, the results indicated that regular family worship and prayer were positively correlated with emotional attunement and effective conflict resolution. Another compelling study conducted in Pakistan focused on the influence of religiosity on marital satisfaction. The findings revealed that both religious commitment and practices significantly enhance marital contentment. Couples with higher religious commitment reported increased marital satisfaction, showcasing the profound impact of shared spiritual beliefs on relationship quality. Lastly, a study involving couples in the Latter-day Saint community showed that active members, particularly those who pray together, enjoy lower divorce rates. This reinforces the idea that spiritual practices provide a solid foundation for lasting relationships.

Comparative Analysis of Couples

Now, let's compare the dynamics of couples who engage in devotionals versus those who don't. A study indicated that couples practicing devotionals regularly experience **30%** higher marital satisfaction than their counterparts. This stark contrast suggests that shared spiritual practices foster deeper connections. Moreover, couples who partake in marriage devotionals report better communication skills. They are more adept at navigating conflicts, leading to lasting resolutions. In contrast, couples who skip these practices often struggle with misunderstandings and emotional distance. Interestingly, a survey revealed that only **11%** of couples pray together daily. This statistic highlights a missed opportunity for many. The evidence is clear: couples who invest in regular marriage devotionals not only enjoy enhanced emotional satisfaction but also build stronger,

more resilient relationships. As the research suggests, integrating shared spiritual practices into daily life can significantly elevate relationship dynamics and satisfaction.

Challenges and Misconceptions

Common Misconceptions About Marriage Devotionals

When it comes to marriage devotionals, misconceptions run rampant. Many people assume that these practices are exclusive to deeply religious couples. In reality, marriage devotionals can benefit all couples, regardless of their spiritual beliefs. Think of them as a universal toolkit for relationship enhancement. A study conducted by the University of Texas found that couples who engage in spiritual activities, including devotionals, report higher satisfaction. Surprisingly, **50%** of couples who participate in these practices identify as non-religious. This statistic shatters the myth that devotionals are only for those with strong religious ties. It seems that the glue of spirituality sticks to many, regardless of their faith background! Additionally, statistics reveal a diverse range of couples engaging in devotionals. A Gallup Poll indicates that couples from various backgrounds, including different faiths and traditions, find value in shared spiritual practices. It's not just the "holy rollers"

joining in; ordinary couples are tapping into these powerful tools to strengthen their bonds.

Barriers to Engagement

Despite the benefits, some couples hesitate to engage in marriage devotionals. Time constraints often top the list of obstacles. After a long day, the thought of setting aside dedicated time for devotionals might seem daunting. Life is busy, and it's easy to let these practices slide. Another barrier is the misconception that devotionals require extensive religious knowledge. Couples may worry they lack the theological expertise to lead a devotional. This fear can stifle enthusiasm and lead to avoidance. So how can couples overcome these barriers? Here are a few practical tips:

- **Start Small:** Set aside just **10 minutes** each day for a quick reading or prayer. Gradually increase the duration as you become more comfortable.
- **Choose Accessible Materials:** Opt for devotionals that don't require extensive background knowledge. Many resources provide clear guidance, making it easy to participate.
- **Schedule It:** Treat devotionals like any other appointment. Block out time in your calendar to ensure it becomes a non-negotiable part of your routine.
- **Make It Fun:** Incorporate humor and light-heartedness into your devotionals. Share funny stories or light moments to keep things enjoyable.
- **Be Flexible:** If a set time doesn't work, try integrating devotionals into existing routines, like during a meal or a walk.

By addressing misconceptions and barriers, couples can unlock the potential of marriage devotionals.

Embracing these practices can pave the way for stronger connections and enhanced communication.

And if you're looking for a practical guide, consider ["The 7 Principles for Making Marriage Work"](#) by John Gottman. This book offers invaluable insights and practical advice for couples looking to strengthen their bond.

Conclusion

In summary, marriage devotionals hold remarkable potential for enhancing relationship satisfaction. Statistics consistently show that couples engaging in these practices report higher emotional satisfaction, improved communication, and a greater sense of commitment. The common misconceptions that these devotionals are only for religious couples are quickly dispelled by data reflecting the diverse participation of couples from various backgrounds. Overcoming barriers to engagement, such as time constraints and fear of inadequate knowledge, is crucial for couples looking to deepen their connection. Ultimately, the evidence supports integrating marriage devotionals into daily life. As couples commit to these practices, they stand to gain not only a stronger bond but also a more fulfilling relationship. So why not take the plunge? Try incorporating

marriage devotionals into your routine and witness the transformative effects they can bring to your partnership!

For a deeper dive into marriage devotionals, check out [“Love & Respect” by Emerson Eggerichs](#). This book explores the critical balance of love and respect in a marriage, a must-read for couples!

Call to Action

Are you ready to supercharge your relationship? Consider integrating marriage devotionals into your daily routine. These practices can transform your connection with your partner, leading to deeper intimacy and understanding. Imagine starting each day together, reflecting on your love and commitment. Sounds delightful, right? Marriage devotionals are not just for the spiritually inclined. They offer practical benefits for all couples. Whether it's reading a few verses, sharing thoughts, or simply praying together, these moments can create an unshakeable bond. The good news? You don't need to be a theologian to get started! So why wait? Dive into the world of marriage devotionals and witness the magic unfold. Set aside just a few minutes each day. You might find that these small moments lead to big changes in your relationship. After all, every great love story deserves a little divine guidance.

FAQs

1. What are some examples of marriage devotionals?

Wondering where to begin? Here are a few popular marriage devotionals that couples rave about: 1. **The 5 Love Languages** by Gary Chapman: Learn how to express love in the way your partner understands best. 2. **Devotions for a Sacred Marriage** by Gary Thomas: Explore how marriage can deepen your relationship with God. 3. **The Meaning of Marriage** by Timothy Keller: A thought-provoking look at the purpose of marriage through a biblical lens. 4. **Couples Who Pray** by Squire Rushnell and Louise DuArt: A guide that emphasizes the power of prayer in marriage. 5. **Love & Respect** by Emerson Eggerichs: Discover the importance of love and respect in a marriage. These resources can help you get started on this transformative journey!

2. How often should couples engage in marriage devotionals?

Regularity is key when it comes to marriage devotionals. Research suggests that couples who engage in devotional practices weekly report higher satisfaction levels. Aim for at least once a week, but daily devotionals can lead to even greater benefits! Just a few minutes each day can make a world of difference. Try setting a specific time: maybe during breakfast or right before bed. Consistency helps build a routine that becomes second nature. Remember, it's not about perfection; it's about connection.

3. Can marriage devotionals help reduce divorce rates?

Absolutely! Statistical evidence highlights that couples who practice regular devotionals often enjoy lower divorce rates. A remarkable finding from a Gallup Poll shows that couples who pray together have a divorce rate of only 1 in 1,152. That's less than 1%! Moreover, studies indicate that shared spiritual practices significantly contribute to relationship satisfaction. By nurturing both emotional and spiritual bonds, couples can create a sturdy foundation that withstands life's challenges.

4. Are marriage devotionals only for religious couples?

Not at all! While many marriage devotionals stem from religious backgrounds, the principles can be applied universally. Couples from various belief systems can benefit from shared reflections, discussions, and goals. The focus is on connection, communication, and commitment—elements that are crucial to any relationship. So whether you identify with a specific faith or are exploring spirituality, marriage devotionals can enrich your partnership. Remember, it's about fostering a deeper understanding and appreciation for one another. So why not give it a try? You might be surprised by the results!

And if you're interested in adding some fun to your date nights, consider checking out a [Board Game for Couples: “Our Moments”](#). It's a great way to spark meaningful conversations and have a blast together!

Please let us know what you think about our content by leaving a comment down below! Thank you for reading till here 😊

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