



5 Scriptures Every Couple in Conflict Should Pray Together

How to use this short guide

- Read the title verse aloud together (take turns if you like).
- Pause together and let the words sink in (30–60 seconds).
- Use the short reflection + prayer prompt to guide a 2–5 minute prayer focused on the heart rather than on assigning blame.
- Finish by naming one small, specific step you will take in the next 24 hours to show love or pursue peace.

1) Ephesians 4:2–3 (ESV)

“with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.”

Why pray this together: Conflict often hardens hearts and elevates pride. These verses remind us to practice humility, gentleness, and patience toward one another, and to pray for the Holy Spirit's help to keep unity.

Short reflection: Where have I been impatient or proud in this conflict? Where can I choose gentleness instead?

Prayer prompt: Lord, give us humility where we are proud, patience where we are quick to anger, and a desire for unity where we are tempted to divide. Help us bear with one another in love. Amen.

Action step: One small way I will show humility today is: _____

2) Colossians 3:12–14 (ESV)

"Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony."

Why pray this together: These verses give practical clothing for the soul: compassion, forgiveness, and love. They reorient our affections away from self-protection toward sacrificial care.

Short reflection: What feeling or memory am I holding that makes forgiveness hard? What does it cost me to forgive?

Prayer prompt: Father, clothe us in compassion and forgiveness. Teach our hearts to forgive as You have forgiven us, and let love bind what our wounds have tried to tear apart. Amen.

Action step: I will offer forgiveness (or ask for it) by saying: _____

3) James 1:19–20 (ESV)

"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God."

Why pray this together: Arguments escalate when listening stops and speaking (and anger) rush in. This verse is a concrete daily discipline: listen more, speak less, slow your anger.

Short reflection: How well do I listen when my spouse is hurting? Where do I rush to answer instead of hear?

Prayer prompt: Lord, give us ears to hear, slow our tongues, and tame our anger. Let our words and silence produce righteousness and peace. Amen.

Action step: Tonight I will practice listening by asking one open question and not interrupting:

4) Matthew 5:23–24 (ESV)

“So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.”

Why pray this together: Jesus teaches that reconciliation takes priority over religious actions. If there is a barrier between you, addressing it matters before other duties, spiritual or domestic.

Short reflection: Is there something I need to initiate, an apology or a conversation, before I can truly honor the Lord and my spouse?

Prayer prompt: Lord Jesus, help us not to put religious routine ahead of reconciliation. Give us the courage to go and be reconciled, beginning now. Amen.

Action step: Today I will begin reconciliation by: _____

5) 1 Corinthians 13:4–7 (ESV)

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.”

Why pray this together: When conflict convinces us love is gone, this passage reminds us of what true, Christlike love looks like and what it does in trials.

Short reflection: Which phrase here feels hardest to embody in our current conflict? Which phrase offers hope?

Prayer prompt: Lord, shape us by Your love. Teach us to be patient, to bear and endure, to hope and believe even in trouble. Let Your love be the rule of our home. Amen.

Action step: One way I will show love today is: _____

Quick guide: Praying together with purpose

1. Choose a quiet, neutral time; before bed or after a meal works well.
2. Read one scripture aloud together slowly.
3. Each person takes 30–90 seconds to answer the short reflection silently, then shares one sentence of what they felt or saw (no interruptions).

4. Use the prayer prompt, one person prays or you pray together, keeping the tone humble and specific.
5. End by naming one concrete action step and a time to follow up.

When to ask for help

If conflict is repetitive, abusive, or you feel unsafe physically or emotionally, seek outside help. Radiant Hope Biblical Counseling offers affordable sessions based on ability to pay. Visit www.radianthopebiblicalcounseling.com for contact details and resources.