

SIX MINUTES THAT CAN CHANGE YOUR WORLD

1. Both husband and wife pray one minute each, a prayer of **THANKSGIVING**:
 - What are you thankful for?
 - Always include specific thanksgiving for your spouse. (1 Pet. 3:7 and 3:1-2)
 - *This imparts respect, value, and can overcome shame*

2. Both husband and wife pray one minute each, a prayer of **REPENTANCE**:
 - What do you need to repent of?
(2 Cor. 7:9-10) (2 Tim 2:24-26)
 - *The repentance of your heart releases your spouse. Some examples are:*
 - ▶ Unfulfilled expectations
 - ▶ Unkept promises
 - ▶ Unhealed hurts
 - ▶ Unresolved anger
 - ▶ Unimplemented plans
 - ▶ Unrepented offenses
 - ▶ Unmet needs
 - ▶ Unfeeling responses
 - ▶ Unable to tell the truth

3. Both husband and wife pray one minute each, a prayer of **BLESSING** (Duet 30:19):
 - *Different from thanksgiving, this prayer imparts vision, hope, and affirmation*