

A Prayer for Your Sex Life

Heavenly Father, you created so many wondrous things for us to enjoy. My husband and I are both made in your image. You created our bodies, and they are good. You created sex, yet I struggle to believe that sex can be good for me and good for my marriage.

Please help me. Guide me toward your truth. Help me accept all that you show me. I know you can release me from my baggage and from my wrong beliefs. I ask you to do that in me. Please place people around me who will lift me up and who I can trust to talk to about sex. Give me the wisdom to know whether sex is truly a problem—or the problem—in our marriage.

Bless our marriage with sex that is good for both of us. Use it to make us more connected and united, becoming one flesh in more than just our bodies. Help us both to experience deeper intimacy, with each other and with you. Let sex show us a glimpse what it will be to be united with you in heaven. Surround our sex life with protection against the enemy.

Let Your goodness overflow in our marriage, and help us both to fully enjoy each other.

Amen

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