

## **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*