



LIVING WATERS INTERNATIONAL MINISTRIES
CITY OF THE LIVING GOD

MARRIAGE & RELATIONSHIP DEVOTIONAL

Be Still

“Be still, and know that I am God.”

PSALM 46:10

RELEASING THE BURDEN

of your marriage back to God

A devotional for spouses learning to pray, trust, surrender,
and remain at peace while God works in places only He can reach.

PROPHETESS MATER

Prayer • Trust • Surrender • Peace

When Praying Becomes Carrying

Oftentimes, when we are praying for our marriages, we do not know how to practically cast our burdens on Jesus and **BE STILL**.

We pray. We quote Scripture. We declare God's promises. We ask Him to intervene. Yet after praying, we pick the burden right back up.

We continue carrying the responsibility of trying to fix, change, convince, correct, or transform someone we simply do not have the power - or the wisdom - to fix.

Eventually, we become **crushed and burned out** because we have taken responsibility for a job that was never ours in the first place.

“Jesus, I have prayed about this. Now I am giving it to You.”

You Cannot Be Still While Trying to Be God

Sometimes we behave as though God needs our help managing the situation. We pray about our spouse and then spend the rest of the day worrying about what God is going to do.

We ask Him to change something and then continually monitor the person to see whether the change has begun. We surrender the marriage to God and then immediately start developing another strategy for fixing it ourselves.

But surrender means relinquishing control.

Being still does not mean that you stop praying, communicating, setting healthy boundaries, seeking wise counsel, or doing what God has instructed you to do. It means you stop trying to carry **God's part of the assignment**.

Only God can:

change a heart • bring conviction • heal deep wounds • produce spiritual maturity • reach the places your hands cannot reach

Stop Carrying What You Already Gave to Jesus

We can become so consumed with our marriages that we carry tomorrow's uncertainties into today's peace.

What will happen? Will they ever change? Will our marriage get better? When will God answer me? How is this going to work out?

Those questions can become unbearably heavy when we believe we must have the answers.

But God is not asking you to figure everything out. **He is asking you to trust Him.**

"I do not know how this will work out, but I know Who is in charge."

Standing in the Gap Without Losing Yourself

If you are a husband or wife standing in the gap for your marriage, standing does not mean carrying the entire marriage on your shoulders.

You can intercede without becoming consumed. You can believe without obsessing. You can love without trying to control. You can hope without making another person's behavior the source of your peace.

And you can pray fervently while still resting deeply in Jesus.

Your peace does not have to wait until everything in your marriage is perfect. **Jesus can give you peace while He is still working on the situation.**

Reflection

- Have I truly surrendered my marriage to Jesus, or am I praying about it while still trying to control the outcome?
- What burden have I been carrying that belongs in God's hands?
- What would **being still** practically look like for me today?

Maybe being still today means:

refusing to rehearse the argument • resisting the urge to monitor every action • praying and then peacefully continuing your day • obeying the last instruction God gave you

Today's Prayer

Dear Lord Jesus,

Today, I release the uncertainties, chaos, burdens, and worries surrounding my marriage into Your hands - not because I have everything figured out, but because **I trust the One who is now in charge.**

I acknowledge that there are things in my marriage that I do not have the power or wisdom to fix. Forgive me for carrying responsibilities that belong to You.

Teach me to pray and release. Teach me to trust without constantly checking. Teach me to obey without trying to control the outcome.

Today, I rest my case in peace with You, **Lord Jesus Christ.**

Thank You, Jesus, for lifting the burden. Thank You for giving me peace. Thank You for healing my heart. And thank You for working in places that my hands cannot reach.

I choose to **BE STILL** and know that You are God.

In Jesus' matchless name, Amen.

Thank You, Jesus

A Final Reminder

You do not have to understand everything God is doing to rest in the fact that He is doing something.

Prophetess Mater

Marriage & Family Support

For counseling, wedding officiant services, or resources on marriage and family, please visit **ProphetessMater.com**.

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