

PRAYING TOGETHER AS A COUPLE

Becoming *One* **IN GOD**



ARCHDIOCESE *of* MILWAUKEE

OFFICE *of*
Evangelization
& Catechesis

“ . . . and the two shall become one flesh.”

MARK 10:8

> Find a quiet place for the two of you to sit together.

> Begin by making the sign of the cross.

> Say together:

Father, help us get to know you during this time of prayer.

> Take a moment to be still and rest in God's love for you and your spouse.

> Turn towards each other, and holding hands, take turns praying the following out loud to your spouse:

Father, thank you for _____ (name of spouse) and the blessings you have given us, especially _____.

Jesus, I am sorry for the ways I have not loved you or _____ (name of spouse), especially _____.

Holy Spirit, come bless and guide our marriage, particularly give us _____ (ask for specific gifts or virtues that you need). Please help us to glorify you through our marriage.

> Take turns praying out loud by saying the following words:

Blessed are you, Lord,

For by your goodness I took _____ (name of spouse) as my wife/husband.

> Together Pray out loud:

Blessed are you, Lord,

For in the good and the bad times of our life you have stood lovingly by our side. Help us, we pray, to remain faithful in our love for one another, so that we may be true witnesses to the covenant you have made with humankind.

> End by making the sign of the cross.