

Couple Prayer: Getting Started

A strong foundation is the key to a strong home, just as a couple's connection with God lends stability and strength to their relationship. Whether you have never prayed before, or you are very comfortable with couple prayer, you can always deepen your prayer life together. The suggestions below increase in vulnerability and trust as they go. Jump in where you feel most comfortable and take a baby step today!

SAY A "HAIL MARY" FOR YOUR SPOUSE DAILY (YOU CAN SET AN ALARM TO REMIND YOU).

BOTH YOU AND YOUR SPOUSE PRAY DAILY FOR EACH OTHER .

IF YOU ARE NOT ALREADY IN THE HABIT, COMMIT TO ATTENDING SUNDAY MASS TOGETHER.

BEFORE YOUR SPOUSE LEAVES FOR THE DAY, ASK IF YOU CAN PRAY FOR ANYTHING FOR HIM/HER.

SAY A "HAIL MARY" OR ANOTHER FAVORITE PRAYER TOGETHER BEFORE LEAVING FOR THE DAY, OR BEFORE FALLING ASLEEP.

WRITE A SHORT PRAYER FOR YOUR SPOUSE AND ALLOW HIM/HER TO READ IT. POST IT IN A PLACE WHERE YOU WILL SEE IT OFTEN (MIRROR, CABINET, CAR, ETC) TO REMIND YOU TO PRAY FOR HIM/HER.

READ THE SUNDAY GOSPEL OR ANOTHER PRAYER TOGETHER AND SHARE YOUR THOUGHTS ON IT.

ATTEND SPIRITUAL EVENTS, SUCH AS PARISH MISSIONS, SPEAKERS, ADORATION HOURS AND RETREATS TOGETHER. SHARE ANY INSIGHTS YOU GAINED.

TAKE A FEW MINUTES DAILY TO SNUGGLE UP AND THANK GOD (OUT LOUD AS YOU FEEL COMFORTABLE), FOR ALL YOUR SPOUSE'S WONDERFUL QUALITIES.

Purpose: Pray *for* and *with* your spouse more often.
A small step done habitually will make a huge difference!

