

Sample Prayer for Couples

We invite you to set aside 10 minutes to sit quietly with your spouse. Put aside all distractions, turn off your cell-phones, and light a candle. Then try this prayer together.

Scripture and Meditation

Pray

*God, come to our assistance.
Lord, make haste to help us.
Glory to the Father, and to the
Son, and to the Holy Spirit
As it was in the beginning, is
now, and will be forever. Amen.*

Reading: John 15:12-17

¹² “This is my commandment, that you love one another as I have loved you. ¹³ No one has greater love than this, to lay down one’s life for one’s friends. ¹⁴ You are my friends if you do what I command you. ¹⁵ I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. ¹⁶ You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. ¹⁷ I am giving you these commands so that you may love one another.”

Meditation

Love. It’s a gift of the Holy Spirit who dwells in us. It draws us as a couple into a lifelong friendship of deep affection, mutual self-giving, and joy. This love is genuine, full, rich, passionate, fun, and very human; and it has been purified and disciplined in the context of our lifelong commitment in marriage. At some point early on in our relationship with our spouse, perhaps while we were dating, we caught a glimpse of how God sees her/him. That glimpse of the person is at the very heart of the love that captured us. It aroused our passions and moved us to seek to know her/him better, to give ourselves to her/him more. Remembering that glimpse or seeing it anew moves us all over again. Often, though, over time, in our busy lives or because of conflicts, that glimpse no longer shapes how we see our beloved. It fades as we go into autopilot or cruise control. And sadly, all we see is this ordinary person with whom we live and whom we may not even know any more. We

see more clearly the little things that she does or he does that just irk us. Left untended, those little irks grow and fester and we can fall out of love. But in and through the Holy Spirit, we see our beloved again and anew—a familiar friend and a marvelous mystery!

Quiet Reflection

Reflect on one or two ideas that came to mind in the reading or the meditation. Share one idea or thought with your spouse.

Prayers and intentions

As if you were talking to a friend, tell the Lord out loud what is on your mind and who you are concerned about.

Lord’s Prayer

Conclude your intentions by praying the Lord’s Prayer together.

Blessing

May the Lord bless us, protect us from all evil, and bring us to everlasting life.

Unity Prayer

God, make our hearts one. Amen.