



Couple Prayer

Prayer is something that should be a vital part of marriage, not to mention your own life. As you develop a prayer life together, you will begin to allow God to draw you closer to Him and grow in holiness with each other. Prayer is something that Julie and I have incorporated into our lives, and I can't tell you the power that it has added to our relationship. It truly helps the process of growth in your marital spirituality, and it will give you a sense of a deeper emotional and physical oneness.

Every night before you go to bed, find a quiet and uninterrupted spot. Hold hands and if possible, place a crucifix in the other hand. The husband is to start with the Our Father, and the wife is to respond with the Hail Mary. Then the couple is to take turns in reciting a thanksgiving or intention to God for their spouse. It could be an intention or a series of intentions or thanksgiving, or whatever you want to pray.