

Praying With Your Spouse

Objective: This topic has the potential to unlock the spiritual powers that a marriage can fulfill by simply getting out of our comfort zones & actively praying with our wives. When we pray with our Spouse God reminds us of the powerful ways he is revealing Himself in all the little intimate moments that Husbands & Wives share together bring new meaning to their marriage & their relationship with God.

Song Suggestion: You Are Mine (Blue 552, Red 627)

Bible and Catechism Readings:

1 Cor 7:3-5

The husband should fulfill his duty toward his wife, and likewise the wife toward her husband. A wife does not have authority over her own body, but rather her husband, and similarly a husband does not have authority over his own body, but rather his wife. Do not deprive each other, except perhaps by mutual consent for a time, to be free for prayer, but then return to one another, so that Satan may not tempt you through your lack of self-control.

Gen 2:18

The Lord God said: It is not good for the man to be alone. I will make a helper suited to him.

Hebrews 13:4

Let marriage be honored among all and the marriage bed be kept undefiled, for God will judge the immoral and adulterers.

Catechism 2685

The Christian family is the first place of education in prayer. Based on the sacrament of marriage, the family is the "domestic church" where God's children learn to pray "as the Church" and to persevere in prayer. For young children in particular, daily family prayer is the first witness of the Church's living memory as awakened patiently by the Holy Spirit.

Saint: Saint Priscilla & Saint Aquilla

This couple assisted St. Paul in his missionary work in Corinth, Ephesus & Rome. St. Paul referred to them as his coworkers in Christ Jesus. Their feast day is July 8th & they are the patron saint of married couples.

Vignette: – Pete and Sue thought of themselves along with their two children as a family who was deeply rooted in their Catholic Faith. They were both raised as cradle Catholics who attended Mass regularly and they led their kids in grace before meals. They carved out time to recite the Rosary, made morning offerings of prayer, and during times of crisis Pete and Sue would often pray together but it never became a routine in their lives. On one occasion though when Pete and Sue were having a heated argument late in the night, they decided that they would put their differences aside for a moment and they prayed the Lord's Prayer together. That simple act seemed to diffuse the tension, and brought some healing and peace to what had been a tense situation. Sue got to thinking after this episode that maybe there might be something to a prayer life with her husband, and not just when there was a disagreement between them. She approached Pete about reciting a daily prayer with each other. At first Pete was lukewarm to the idea as he was more comfortable doing his own thing, but he could see the sincerity in Sue's appeal to grow closer to each other and God by making this small sacrifice. Peter took that leap of the faith and was astounded at how this simple act positively impacted their marriage.

Questions for Large and Small Group Discussion:

How do you currently pray with your spouse?

Have you ever specifically asked God to make your marriage, in union with him. A three-ply card? What difference might it make in your relationship?

What should I do if my spouse won't pray with me?

How can I push myself to make that leap of Faith to approach my wife about praying together? What is holding me back?

How might bringing your romantic & sexual relationship to God in prayer challenge the way you think about sex and romance?

Action Plan:

Find a partner in the Father's team & make a pact that you will hold each other accountable & approach your wives this coming week about praying with your spouses.

Choose a prayer to start with that is simple in context but deep in meaning to both of you.

Compare notes with your partner how the following week how conversation evolved & what the impact it had on your marriage.

Author: Bob Considine with an assist to Ted Czupik who formulated this topic.

Resource:

Praying for & With Your Spouse by Dr. Greg & Lisa Popcak