

Praying with your spouse

Objective: Men are known and perhaps expected to be protectors, fixers, self-sufficient, private, capable, and fiercely independent. So why would an independent man ever consider praying with someone he is married to or let alone anyone else? Open verbal prayer with another is perhaps one of the more intimate moments we can experience with another person. It is profoundly aligned to loving your neighbor. But why don't we it?

Song Suggestion: Now Thank We All Our God

Bible and Catechism Readings:

Ephesians: 5: 21

Be subordinate to one another out of reverence for Christ.

Catechism 1637

In marriages with disparity of cult the Catholic spouse has a particular task: "For the unbelieving husband is consecrated through his wife, and the unbelieving wife is consecrated through her husband." It is a great joy for the Christian spouse and for the Church if this "consecration" should lead to the free conversion of the other spouse to the Christian faith. Sincere married love, the humble and patient practice of the family virtues, and perseverance in prayer can prepare the non-believing spouse to accept the grace of conversion.

Saint: Saints Louis and Zelig Martin, parents of the Little Flower, St. Therese, were the first married couple to be canonized together. Both famously wanted to join religious orders, but God had bigger and better plans for them. Their marriage produced 9 children; 5 of whom went on to consecrate themselves to God in two different religious orders.

Vignette: – Recently I came across an advertisement to attend a Catholic marriage seminar on enriching Catholic married life. I thought it interesting, especially since I was not married but I had popped the question. We feel we are made for each other, that God has driven us together. My faith is not as well formed as her. She said yes but we have not announced engagement. We will be going to do pre-Cana but that isn't until next year. The seminar was interesting, and we decided to go. Here is what we learned. Praying with your spouse is the safest and most reliable way to enrich your marriage. **First**, in Catholic marriage our primary responsibility is help our spouse get to heaven. She needs to help me. I need to help her. But together we can help each other. Joint vocal prayer is the way to reveal you love for your spouse above your love for yourself. **Second**, in marriage we are called to care for our spouse's spiritual and physical well-being. The veil of silent individual prayer is not as powerful as the humility and contriteness of heart in coming to God verbalizing our petitions. **Third**, when we pray with our spouse we are forced to see them as who they are, their real pains and joys. The depth of our relationship together and with God deepens with each prayer. **Fourth**, daily life sometimes brings the "battle of will's over "tradeoffs". Prayer helps counterweight those battles through the centering gravity of seeking God's will. **Fifth**, we tend to think of our spouse as being on their own journey, their own path God has worked out for them. We think our own journey in like terms. Praying together changes how we think about our spouse's wants, desires and concerns. It opens up our relationship and tightens it. After hearing all this we are left with the question; can we do this?

Questions for Large and Small Group Discussion:

Have I ever really considered praying with my spouse? If not, what is holding me back from considering it?

Have I ever approached prayer with my spouse and how did that conversation go?

What can be done to make our home more conducive to joint prayer?

Can you think of a better way to help get your wife to heaven than joint prayer?

What suggestions do you have to help men pray with their spouse, where do you start?

Action Plan:

Ideas I have heard today that I want to use to start praying with my spouse.

Resources:

[5 Reasons To Pray For Your Spouse - Catholic Stand](#)

[How to Pray with Your Spouse | Catholic Marriages \(joinedbygrace.com\)](#)

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