

Praying With Your Spouse

Headline: How do we 'step it up' and become more intentional about praying together with the most important person in our lives - our wives?

Objective: We need alignment with our wives on the importance of praying together and developing the spiritual muscle and discipline to do so.. Start slow, keep it simple and develop a plan that is sustainable.

Song Suggestion: Here I am Lord

Bible and Catechism Readings:

Matthew 18: 19-20

For where two or three are gathered in my name, there am I among them."

Ephesians 5:25-27

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her; that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she should be holy and blameless

Catechism 1605

Holy Scripture affirms that man and woman were created for one another: "It is not good that the man should be alone." [*Gen 2:18*] The woman, "flesh of his flesh," his equal, his nearest in all things, is given to him by God as a "helpmate"; she thus represents God from whom comes our help. [*Cf. Gen 2:18-25*] "Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh." [*Gen 2:24*] The Lord himself shows that this signifies an unbreakable union of their two lives by recalling what the plan of the Creator had been "in the beginning": "So they are no longer two, but one flesh." [*Mt 19:6*] [[372](#), [1614](#)]

Prayer of Spouses for Each Other

Lord Jesus, grant that I and my spouse may have a true and understanding love for each other. Grant that we may both be filled with faith and trust. Give us the grace to live with each other in peace and harmony. May we always bear with one another's weaknesses and grow from each other's strengths. Help us to forgive one another's failings and grant us patience, kindness, cheerfulness and the spirit of placing the well-being of one another ahead of self.

May the love that brought us together grow and mature with each passing year. Bring us both ever closer to You through our love for each other. Let our love grow to perfection.

Saint: Saints Joachim (sometimes spelled "Joaquin," pronounced "wal-keem") **and Anne**, are the parents of the Virgin Mary. There are no mentions of them in the Bible or Gospels, what we know comes from Catholic legend and the Gospel of James, which is an unsanctioned, apocryphal writing from the second century AD. We do know from scholarship that the Gospel of James was not written by James, the Brother of Jesus, despite its claim to be so authored. Even the early Church fathers expressed skepticism about the Gospel of James in their writings. There are about 150 copies of the ancient manuscript which often have different titles, but tell the same story, that Mary was promised to Joachim and Anne by an angel, was consecrated to God, and she remained a virgin all her life. Naturally, there is plenty of room for scholarly debate about these saints. We have no true primary sources that prove they even existed, but certainly we can agree that Mary had parents. Likewise, we can agree that Mary had good, faithful parents who raised her with a love and devotion to God like none other except Jesus Christ Himself. Joachim and Anne serve as role models for parents and both deserve to be honored and emulated for their devotion to God and Our Lady Mary, the Mother of God.

Vignette: – Joe thought he had a solid prayer life that had improved over the past several years. His attendance at Fathers Team and other Catholic meetings had increased and his relationship with our Lord was deepening. However, he recognized that other than attending mass with his wife, they did not pray together. She did her thing and he did his. They discussed this and decided to do a rosary together at least once a week as they walked the dogs. Soon, that evolved into also signing up for the paid version of the Hallow prayer APP and they began listening to the daily readings and often other prayer reflections together. This has deepened his spiritual life and enriched their marriage.

Questions for Large and Small Group Discussion:

1. How is my prayer life with my wife?
2. Am I comfortable praying together with her?
3. Do we have a regular routine? If not, how can we develop one?
4. Discuss ideas and suggestions that have worked for others that seem to be effective in facilitating prayer together

Resources:

[7 Ways to Pray with Your Spouse | Lifeway](#)

1. Talk to God First
2. Set a time
3. Ease into it
4. Keep it Short
5. Keep it Simple
6. Keep it Safe
7. Keep it Supportive

[Prayer of Spouses for Each Other - Prayers - Catholic Online](#)

[How to Pray With Your Spouse: 8 Steps & Benefits](#)

[Find God's Peace in Prayer – Hallow](#)

Step it up!:

What can you do over the next week/month to make a step change in praying with your wife:

1. Pray about it and discuss with your wife to get alignment.
2. Set a time to pray to do something.
3. Pray the rosary on walks with your wife.
4. Get the Hallow app and listen to prayers together. Get a simple routine such as listening to the daily readings, reflections by Jeff Cavins (highly recommend this)
5. Pray together before meals and including in public settings.

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