

*Prayer for Couples*

March 17, 2019

Families are under attack in so many ways from the outside that we must really be on guard against attacks from within. The devil is sly and tries to pit spouse against spouse and sow seeds of discord. The more the spouses try to live out their vocation in holiness, the more the devil tries to disrupt the harmony without ever showing his face. We face greater challenges today with the advent of the internet, other technologies and social media. Lent is a good time to examine ourselves and see if there might be areas for improvement or greater vigilance.

In the 1957 edition of the *Raccolta* (a collection of previously indulgenced prayers), there is a beautiful prayer that would be excellent for couples to recite together for the strength of their union and family:

O Most Sacred Heart of Jesus, King and center of all hearts, dwell in our hearts and be our King; grant us by Thy grace to love each other truly and chastely, even as Thou hast loved Thine immaculate Bride, the Church, and didst deliver Thyself up for her.

Bestow upon us the mutual love and Christian forbearance that are so acceptable in Thy sight, and a mutual patience in bearing each other's defects; for we are certain that no living creature is free from them. Permit not the slightest misunderstanding to mar that harmony of spirit which is the foundation of that mutual assistance in the many and varied hardships of life, on which account, woman was created and united inseparably to her husband.

Grant, O Lord God, that between us there may be a constant and holy rivalry in striving to lead a perfect Christian life, by virtue of which the divine image of Thy mystic union with Holy Church, imprinted upon us on the happy day of our marriage, may shine forth more and more clearly. Grant, we beseech Thee, that our good example of Christian living may be a source of inspiration to our children to spur them on to conform their lives also to Thy holy Law; and finally, after this exile, may we be found worthy, by the help of Thy grace, for which we earnestly pray, to ascend into heaven, there to be joined with our children for ever, and to praise and bless Thee through everlasting ages. Amen." (1957 *Raccolta* #769).

Sincerely in Christ,

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