



# Journeying with those living their marriage covenant

## Daily Prayer

### Prayer Intention:

For marriage accompaniment and enrichment

Heavenly Father,

I thank you for the gift of my spouse and for the gift of each one of our children.

You know our hearts and our needs.

You know we desire to live faithfully our promises to you and to each other.

We oftentimes find ourselves hurting each other and creating wounds in each other's heart that we never wanted to cause.

We recognize the gaps in our family caused by selfishness that have made us live distantly from you and each other.

We want to invite you to fill our hearts with your presence and make us a family united in you.

Inspired by the example of the Holy Family may our family always be a living gospel, giving witness to your love in our world.

Amen.

## St. Joseph

*St. Joseph, husband of the Blessed Virgin Mary, is widely invoked as the intercessor for married couples and happy marriages. He is the Patron of the Universal Church and Patron Saint of Canada. He is also an intercessor for husbands, fathers, and workers, among many others. St. Joseph is a model for all spouses through his witness of love and dedication to his family during challenging times especially.*



For more information on St. Joseph, patron of happy marriages, read here: [www.bit.ly/StJosephMarriage](http://www.bit.ly/StJosephMarriage)



National

*Family & Life Week*

May 7-14, 2023 Love one another



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## Daily Activity for the Parish:

In your parish community, is there an opportunity to connect with couples preparing for marriage with couples who have been married for a number of years?

What can the parish community facilitate to celebrate and recognize couples who have been married one year, or two years?

An example is to host a special Mass for couples celebrating one year of marriage alongside milestone anniversaries like 10, 25, or 35 years of marriage. Host a special reception following Mass!



## Daily Activity for Families:

Daily Examen for couples:

**GRACE Prayer Card**

**GRATITUDE** — Begin by placing yourselves in the presence of God and thanking Him for the blessings of the day. Be specific.

**REQUEST** — Ask the Holy Spirit to allow you to see yourselves and your beloved as God sees you.

**ACTIONS & ATTITUDES** — Share how each of you have acted towards or against your chosen virtue today.

**CHART YOUR COURSE** — If you have found peace in your actions and attitudes, commit to staying on course. If you find that you have failed, commit to doing something differently tomorrow.

**ENTREAT GOD** — Ask for both God's grace to follow through joyfully on your plan, and for the gift of encouragement as you support your beloved along the way.

*The Examen is a technique of prayer developed by St. Ignatius of Loyola which has been a part of the Church's rich prayer tradition for centuries. It allows individuals and couples the time to reflect on the events of the day and discern God's presence. This version with the GRACE acronym was developed by Fr. Joseph Koterski, SJ (1953-2021). It has been adapted to provide a formula for couples to work on their chosen virtues daily. This can be completed in 5-10 minutes, preferably at the end of the day.*

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Today's prayer intention and family activity was developed in collaboration with Witness to Love, a Catholic marriage mentoring and preparation program. Visit Witness to Love's website here: [www.witnesstolove.org](http://www.witnesstolove.org)