



BLESSING EACH OTHER

Remember the promise of God the Father: “When you bless them, I myself will come down from Heaven, and I myself will bless them, and they will be blessed!” (Num 6:27) Realize the power you have to bless.

We invite you now to pray – not with faith in yourself, but faith in the promise of God – that He will bless us as we bless each other.

Stand and look at one another. Men read the blessing and follow the instructions first; then the women will repeat the blessing and instructions.

I bless your mind, signing your forehead with a sign of Christ’s love, the sign of the cross, and pray that you might always know the mind and will of God.

I bless your eyes with the sign of God’s love, that you will be able to see the goodness of God, every day, always.

I bless your ears, that you will always hear and believe the promise of God’s love for us.

I bless your lips, that they might always speak words that are pleasing to God.

I bless your hands, that they may be a channel of God’s healing touch.

I bless your heart, that you will always experience the fullness of God’s love.

When both have received the other’s blessing, take a few moments to whisper thanks to God and to one another.



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 the 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. Amen.