



PRAYING TOGETHER

- ♥ Start with a time of dialogue to share your thoughts, feelings and expectations about praying together.
- ♥ Discuss what you will do: Do you prefer reading scripture, inspirational books or guided meditation (from a book)? Are you more comfortable with prayers that are memorized, read, or spontaneous?
- ♥ Agree on a time, frequency, place, and length of prayer time.

Here are the experiences of some couples:

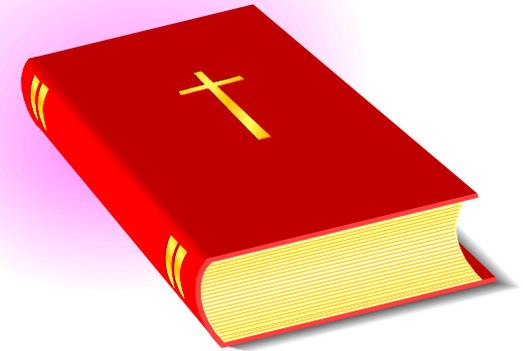
“Once we started to pray together, it was easier than we expected. We thought we didn’t have time, but our real obstacle was overcoming our fear of being open with each other. We focused on Jesus and our fears vanished.”

“I’m a night person and my husband has to go to bed early. After trying to pray together at different times a day, we agreed that I would join him when he’s ready to go to bed. It’s become an important time for us to connect with each other as well as God.”

“My wife and I found it best to pray together in the morning, starting about 20 minutes before the first child has to get up. We take turns picking a scrip-

ture passage the night before. In the morning we sit in bed and one of us starts with a prayer offering our day to the Lord. Then the other reads the scripture passage. We sit in silence and reflect for awhile. We try to apply our reflections to our upcoming day and share that openly in prayer.

We found it difficult to pray with each of our children as they went to bed, so we chose to pray together as a family right after supper. Our young children prayed with so much openness and honesty that we were inspired to do the same. Over time it became our way of sharing information in a non-threatening way. Years later, and the children gone, we still pray together as a couple immediately after dinner.



A Little Suggestion from Fr. Gabriel Calvo:

- 1.- ***Take the HOLY BIBLE in your hands.***
- 2.- ***Sit down in a quiet place, and put yourselves in His Holy Presence.***
- 3.- ***Read together the same Passage, and after a short silence,***
- 4.- ***Share with each other what you believe is GOD telling you in your hearts.***
- 5.- ***Pray together "OUR FATHER..."***

Try it, and you will have an amazing experience.