

# 10 Simple Ideas to *Begin, Boost,* or *Bless* Praying with your spouse

## 1. PRAY A NOVENA

Novenas are a great way to break the ice with praying together, especially if you have a specific intention as a couple. The novena provides the words: you just show up each day for nine days--*together*.

## 2. LEARN A NEW PRAYER TOGETHER

The Catholic faith is **chock-full** of rich, beautiful rote prayers of all kinds. Find one that speaks to you as a couple, and read it out loud together.

## 3. PRAY WITH A.C.T.S.

Try using a popular acronym prayer like A.C.T.S.:  
*Adoration* - Praise God for his goodness  
*Contrition* - Share something you are sorry for  
*Thanksgiving* - Name something you are thankful for  
*Supplication* - Ask God for what you need

## 4. PRAY OVER YOUR SPOUSE

Take turns praying out loud for the intentions of your spouse. This is a powerful way for spouses to feel more understood and supported in their personal struggles.

## 5. READ SCRIPTURE TOGETHER

Download an app of the daily Mass readings, and read the Gospel or Psalm of the day out loud together. If you want, take turns sharing anything that came to mind.

## 6. SHARE YOUR STRUGGLES

Take turns praying out loud for specific things you are struggling with.

## 7. KEEP A LIST, AND TAKE IT OUT

Keep a list of special intentions that you want to pray about as a couple. Take the list out when you pray and read each intention by name.

## 8. THANK GOD FOR YOUR SPOUSE

Take turns thanking God out loud for a specific quality you're grateful for in your spouse.

## 9. ASK FOR FORGIVENESS

Spend a minute or two in silence and ask God individually to show you something for which you need to ask your spouse's forgiveness. Share this with one another, then say a prayer of thanksgiving for the graces of humility and forgiveness.

## 10. PRAY THE OUR FATHER

I once told a priest friend that all Michael and I were able to manage together was an Our Father. "Don't 'dis the Our Father!" he said, "There's *everything* in that prayer!" It's true. Making an effort to pray together **at all** is a huge win for any couple, and the Our Father is more than rich enough to begin, boost, or bless your couple prayer--no matter where you are.