

## Holy Hour #1

**10 MINUTES:** Write a list of qualities you are grateful for in your spouse.

**10 MINUTES:** What are your spouse's joys in life right now? Thank God for those.

**10 MINUTES:** What are your spouse's struggles and difficulties? Ask God to help.

**10 MINUTES:** Ask God, "How might I be an encouragement to my spouse in his/her difficulties?" Listen for an answer.

**10 MINUTES:** Where are some areas your spouse may need healing? Think of hurts that your spouse has endured from you, family of origin, friends, coworkers, etc. Ask God to help your spouse (and you!) forgive and be healed.

**10 MINUTES:** Take some time to intercede for whatever situations are close to your spouse's heart.



## Many Ways to Pray

**TOGETHER:** When possible, attend Eucharistic Adoration together with your spouse. You can sign up for a regular hour (see scheduling information below), or you can attend irregularly, as fits your schedule.

**"TAG TEAM":** If you have young children in the home, attending Adoration with your spouse may be difficult or even impossible. Try sharing a regular Adoration hour, rotating attendance between you and your spouse every other week.

**ON YOUR OWN:** If sharing an hour of Eucharistic Adoration with your spouse is not possible, know that your prayers for your marriage (even when prayed alone) are deeply valuable. Jesus longs to draw near to you through your vocation, even during times when your marriage feels difficult or heavy.

\*For Questions about Eucharistic Adoration here at Ascension, or to schedule a regular Holy Hour, please contact Debbie at [Debora.suzanne@gmail.com](mailto:Debora.suzanne@gmail.com).

*"Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration."  
— Saint Teresa of Calcutta*

## 4 HOLY HOURS For Your Marriage



ASCENSION *Families*  
JOYFULLY PROCLAIMING, CELEBRATING,  
WITNESSING, AND SERVING *Together*

## Holy Hour #2

**5 MINUTES:** Examine your conscience. How well have you loved your spouse this week? Where can you improve?

**20 MINUTES:** Pray a Rosary for your spouse. You can offer each decade for a different intention such as: 1. His/her daily work, 2. His/her growth in virtue, 3. Gratitude for his/her love, 4. Healing for any hurts, 5. That s/he would be convinced of your love.

**20 MINUTES:** Slowly read a passage from one of the Gospels, paying attention to any word or phrase that stands out. Reread and ponder the passage in light of the prayer, "God, show me how to love my spouse better!"

**10 MINUTES:** Pray for all the specific situations your spouse will encounter this week.

**5 MINUTES:** What is one thing you can do this week to convince your spouse of your love? Resolve to do it.

## Holy Hour #3

**15 MINUTES:** Examine your conscience using 1Cor 13:4-7. Put your name in place of the word "love." Thank God for your successes this week, and ask for forgiveness where you failed.

**15 MINUTES:** Use your rosary beads to thank God for specific character traits of your spouse or blessings within your marriage. Push yourself to find something (however small) for each bead!

**15 MINUTES:** Write down a few of the things from your gratitude prayer in small notes to leave for your spouse this week.

**15 MINUTES:** Pray a Divine Mercy Chaplet for your spouse, asking God to flood your marriage with his mercy!

Adapted from thejoyfulmarriageproject.com

## Holy Hour #4

**20 MINUTES:** Read through the vows you made on your wedding day:

*I (name) take you (name) for my lawful wife/husband, to have and to hold, from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish until death do us part.*

What does each phrase mean to you? How have you been doing in each area?

**30 MINUTES:** Slowly read John 2:2-12. Are there areas of your marriage that are "out of wine?" Ask Mary to intercede for miracles, then listen to her instructions: "Do whatever He tells you." What ordinary things is Jesus asking you to do to "fill the water jars," and to prepare to receive more joy?

**10 MINUTES:** Find 10 specific things to thank God for in your spouse, and ask Him to help your spouse with 10 specific situations s/he may encounter this week.

*"The mutual consent that husband and wife exchange in Christ, which establishes them as a community of life and love, also has a Eucharistic dimension. ...Conjugal love is a sacramental sign of Christ's love for his Church, a love culminating in the Cross, the expression of his 'marriage' with humanity and at the same time the origin and heart of the Eucharist. For this reason the Church manifests her particular spiritual closeness to all those who have built their family on the sacrament of Matrimony."*

— Pope Benedict XVI, *Sacramentum Caritatis*