



Have you ever wondered how to pray more closely with her husband? Would you like to be spiritually closer to your wife? Since the mass is the perfect prayer between Christ and his Bride, the Church, couples can learn a lot from the mass about how to pray together as husband and wife and how to increase your privacy. The husbands who want to learn to pray together can begin to follow the same structure that follows the mass. So that we look first at how the People of God, the Church, pray during the Mass, and then we will explore four easy steps to pray with your spouse.

### Structure of the Mass

The mass consists of four parts: the rite of entry, the Liturgy of the Word and the Eucharistic Liturgy and the Rite of conclusion. In the rite of entry, the Church gathers, makes the sign of the cross, and he asks God for forgiveness, which prepares our hearts for a more profound union with Him. Then comes the Liturgy of the Word, during which we actively listen the readings of the scriptures. This stage can be compared to a conversation between Christ and the Church; Christ speaks to us in the readings and we sing psalms to God with the heart. Later, in the Eucharistic Liturgy, Christ and the Church exchanged their mutual love. Through the transformation of the bread and wine into the Body and Blood of Christ, Christ is made substantially present. He gives himself to us in the Eucharist, we at the same time, we receive and we give ourselves to Him, deepening - an intimate union. Finally, the Rite of conclusion reminds us go in peace to serve the Lord always.

Four easy steps to pray with her husband should be simple and enriching. You can begin by follow the structure of the mass. I have here a four-step process to pray together as husband and wife.

First step: reconciled and filled with joy

First, deviate some time during the week for two, alone; meet in a comfortable

place or take a walk holding hands. Make the sign of the cross and take a moment to be present for one another and for God, as at the beginning of the mass. At the outset, take a time for reconciliation; to discuss how they could have injured the other during the week, then ask forgiveness and forgive yourself. This will help them to approach God with an open heart and to be united in prayer. Once they have been reconciled, to fill of joy offering a prayer of thanksgiving to God.

#### Second step: discovering God together

The second step is based on the Liturgy of the Word. Then to reconcile and be filled with joy, spend time discovering God together. There are several ways to do this; for example, they could read the Bible and discuss together the passage read. If you do not know where to start reading the Bible, a good option is to read the Gospel to be announce the following Sunday.

Another option is to read the Psalms, which have been called the "book of prayers". The psalms express pain and joy, fear and hope, yearning for God, and praise. When you look at the titles of the psalms together can find some with which they can be identified at that time. Pray with the psalm slowly and then discuss how the psalm are moved inside and in what makes you think.

Another way of approaching God together is simply to talk about what they think in their minds and what they feel in their hearts. What are grateful this week? What difficulties were presented in their lives? What need of one another and of God? Answer these questions honestly and then offer prayers of petition to God. Remember to give thanks to God at seeing to respond faithfully to their requests.

#### Third step: Share the love

The third step is derived from the Eucharistic Liturgy. After discovering God together, can deepen in prayer sharing their mutual love. Share the love in the context of the sentence may include a kiss, rest in the arms of another, caring for the sick husband, to say a few words of support or any other genuine expression of love. Again, have a grateful heart as your intimacy deepens the presence of God.

#### Fourth step: to serve one another by reverence Christ

As your time together is about to end, remember to go in peace to serve the Lord and to one another. Do the prayer and intimacy never cease! That their service and privacy live each day while cooking, cleaned, listen, working, etc. The fruit that will spring up from your routine of prayer bless your marriage, will deepen your love for God and the one on the other, and to allow them to reflect the love between Christ and his beloved wife, the Church.