

**SIX DATES for Catholic Couples**

Opening Prayer

**DATE FOUR**  
***What About Me?***

*Begin the prayer with the following or similar words.*

**Leader:** Let us quiet our minds and hearts and take a moment to remind ourselves that we are in God's presence.

*Pause*

**+ In the name of the Father . . .**

**All:** We thank you, O God for all the gifts  
you have given us this day.  
We thank you especially  
for the graces you give us each day  
to help us choose love,  
and resist selfishness.  
As we prepare to enjoy this time together  
we ask you to guide us with your Word.

**Leader:** We read from Genesis about the choice that Adam and Eve made.

*Pause*

**Reader:** A reading from the Book of Genesis (Gn 3:1-7)

Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?"

The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'"

But the serpent said to the woman: "You certainly will not die!  
No, God knows well that the moment you eat of it your eyes will be  
opened and you will be like gods who know what is good and  
what is bad."

The woman saw that the tree was good for food, pleasing to the eyes,  
and desirable for gaining wisdom. So she took some of its fruit  
and ate it; and she also gave some to her husband,  
who was with her, and he ate it.

The Word of the Lord.

**All: Thanks be to God.**

*Pause*

**Leader:** O God, you love us so much that you made us in your image  
capable of loving.  
Help us remember that every choice we make  
is an opportunity to love.

For the times when we have turned away  
from you and from each other,  
we ask your forgiveness.

Guide us in the choices that we make each day.  
Help us to overcome the lure of temptation  
and to do what is good, and right, and just.

Open our hearts to welcome your graces  
so that we can become more each day,  
the lovers you created us to be.

*Pause*

**Leader:** Let us pray together the "Prayer for Couples" on page 5  
of the book, **Happy Together**.