

Leader:

O God, through your gentle whisper
you call us to be Holy as you are Holy.
Help us pause during our busy lives to listen to you
and give us the courage to follow your promptings.

In the Beatitudes Jesus showed us
the way to holiness and to happiness.
Help us to follow him.

Pause

Leader:

Let us pray together the prayer that Jesus taught us:

All: Our Father, . . . Amen. +

Key Messages of Session One

This session sets the tone for the next six sessions — that we listen to God’s voice that speaks to us deep within our heart. God calls us to be in union with himself. He calls us to holiness in marriage. Jesus traces for us the path to holiness in his Sermon on the Mount.

In this session we explore the first Beatitude: “Blessed are the poor in spirit for theirs is the kingdom of heaven” (Matthew 5:3). We are poor in spirit when we are aware that we need God more than anything else.

Opening Prayer - Session One

The **BEATITUDES:** A Couple’s Path to Greater Joy

Your Marriage is Your Call to Holiness

Begin the prayer with the following or similar words.

Leader:

The theme for this session is that
our marriage is our call to holiness.

Let us quiet our minds and open our 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 our spouse
and for the gift that we are to each other.**

**As we prepare to enjoy this time together
we ask you to help us be aware of your
presence in our lives,
and help us to listen to your voice.**

Leader: *Reflection*

Deep within your heart,
if you listen,
you hear God's voice.

He sings to you his eternal love song;
the song through which he created the universe,
the stars and the moon,
the flowers, the birds, and all creatures.

God's song is the music
that attracted you to your spouse;
the rhythm that moves you to dance together;
the melody that leads you
to grow in love with each other,
and the voice that calls you
to serve God as a married couple.

God invites you to sing with him his love song
as you journey together to his Kingdom.

The Beatitudes proclaimed by Jesus,
show you the way.

Pause

Reader: A reading from the Gospel of Matthew.

When Jesus saw the crowds,
he went up the mountain;
and after he sat down, his disciples came to him.

Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst
for righteousness,
for they will be filled.

Blessed are the merciful,
for they will receive mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted
for righteousness' sake,
for theirs is the kingdom of heaven.”

Matthew 5:1-10

The Word of the Lord.

All: Thanks be to God.

Pause