

Leader:

O God, you know our desire for peace. You also know our pride, and our tendency to be selfish. They keep us from growing in our relationship.

Help us run our race as a team.
With your graces help us grow in generosity, humility, and mutual respect.

Strengthen our faith
so that we can say with St. Paul,
*“Let us run with perseverance
the race that is set before us,
looking to Jesus...”* (Hebrews 12:1)

Pause

Leader:

Let us pray together the prayer that Jesus taught us:

All: Our Father, . . . Amen. +

Key Messages of Session Three

With the image of the three-legged-race, this session reminds us of the importance of collaboration in marriage. Unless spouses are meek and willing to show respect for each other, and are willing to forgive when mistakes are made, it is difficult to run the three-legged-race of marriage.

This session explores two Beatitudes:
“Blessed are the meek” (Matthew 5:5) and “Blessed are the peacemakers” (Matthew 5:9).

Opening Prayer - Session Three

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

Your Marriage is a Three Legged Race

Begin the prayer with the following or similar words.

Leader:

The theme for this session is that our marriage is a three-legged-race.

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*

Our marriage is a three-legged race.
On our wedding day
we bound ourselves together,
and with great enthusiasm
we set out on our journey.
Sometimes we struggle
to make progress in our race.

Jesus taught us two attitudes
that can help us run
the three-legged race of marriage.

He proclaimed:
“Blessed are the meek,”
and “Blessed are the peacemakers.”

Both attitudes, meekness and peacemaking
are essential to our progress in the race.

Meekness makes us respectful
of God and our spouse
and forgiveness restores peace
when we fall and hurt each other.

Pause

Leader:

Let us pray together Psalm 37.

**All: Take delight in the Lord,
and he will give you
the desires of your heart.**

**Refrain from anger,
and forsake wrath.
Do not fret – it leads only to evil.**

**The meek shall inherit the land,
and delight themselves in
abundant prosperity.**

**Our steps are made firm by the Lord,
. . . though we stumble,
we shall not fall headlong,
for the Lord holds us by the hand.**

**Wait for the Lord,
and keep to his way
and he will exalt you
to inherit the land.**

Psalm 37: 4; 8; 11; 23-24, 34

Pause