

## **To Be A One to One Couple**

This is an important ministry for those couples and priests making the Marriage Encounter Weekend.

### **Why do we need you to be a prayer couple?**

As Jesus said “All things whatsoever you ask in prayer, believe in, you shall receive” (Mathew 21:22)

Prayer can work miracles, especially when offered unselfishly for the benefit of others.

### **As a Prayer Couple what should you do?**

1. Write a prayer letter to the couple/priest for whom you are praying.

This letter will be given to them on Sunday. On the envelope write their name clearly and write “1 to 1” in the upper right hand corner of the envelope. Write your name address and phone number on the back of the envelope.

Mail the prayer letter approximately one week prior to the weekend buddy couple.

2. Start praying for them when you receive their name and throughout the weekend, with special emphasis during the extended dialogue on the Sunday morning of the weekend.

3. Things that you as a couple can do to bring the weekend closer to you and make your experience as a prayer couple come alive.

Make sacrifices during the 44 hours of the weekend. Examples of sacrifices you could make would be giving up coffee, snacks, cigarettes, gossiping, sweets, TV, alcohol, meat, meals, attitudes, etc...

Some physical discomforts you could do to remind you of their struggles are to put a coin in your shoe, sleep on the floor, pray on your knees, turn off the air conditioner, turn down the heat, etc...

You can offer up your discomfort through prayer, a moment of silence, or in whatever way works for you.

4. Ways that you can pray - Put their names on the refrigerator, or mirror using stickums, offer a prayer every time you see their name, pray hourly, say a Novena, recite a Rosary, have a quiet “listening to God” time for an hour each day, visit the Blessed Sacrament Chapel, read scripture, write an Extended Dialogue while they are writing theirs on Sunday morning, light a candle for them.

5. Be at the weekend facility on Sunday no later than 3:30pm, if at all possible, to greet your couple or priest as they come off the weekend. If you burned a candle for them during the weekend, it would be appropriate to give it to them at this time.

## **After the Weekend**

Show the newly encountered couples and priests that there are others that are choosing to live a new radical life style.

**–This is very important!**

Keep in touch with them following the weekend.

Encourage their dialogue (be a model for them).

Attend the weekend reunion with them. Invite them to be part of your sharing group.

Encourage them to attend Area Marriage Encounter Events, days of enrichment, and conventions.

Encourage them with occasional phone calls.

Ask about their 10 and 10

Send them occasional notes with dialogue questions

Give them One Ringers. A one ringer is where you call a couple after you have dialogued and you hang up after the first ring, this is to tell them someone thought about them after they had dialogued.

## **The Weekend Schedule to help you as a Prayer Couple focus on your couple or priest**

### **Friday**

#### **8:00-8:50pm Introduction and welcome -**

Pray that the couple be open to the team and discipline of the weekend

#### **9:00-10:00pm Communicating our**

**feelings -** Pray that the couple may have a clear understanding of feelings and may look within to find the deeply buried ones.

### **Saturday**

#### **9:00-10:00am Encounter with Self -**

Pray that the couple look inward to find their personality styles and write them with honesty.

#### **10:00-11:45 Marriage in Today's World -**

Pray that a spark of urgency for dialogue may be kindled in the couple; that they will be open as they write their first love letters; and that they may find the closeness in their dialogue that the team couple has shared with them.

**12:55-1:50pm Listening -** Pray that the couple may realize that in the past there have been many times when they did not really listen to one another and that now they may truly begin to listen with their hearts.

**2:00-3:25pm Areas for Reaching out to Each Other -** Pray that they will be willing to open up in sensitive area and to accept each other's feelings in these areas.

**4:25-5:30pm God's Desire for Our Marriage -** Pray that the couple may find happiness and joy in their marriage by living God's plan.

#### **6:40-8:05pm Risking to Trust in Dialogue**

- Pray that the couple may see the beauty and

joy that comes with allowing themselves to become vulnerable to one another. Pray that they may overcome their fears and trust one another.

**8:15-9:05pm Impact of Dialogue in their daily lives -** Pray that the couple will truly experience one another in openness and love. Pray they see the value of daily dialogue for their relationship.

**9:05-? Open-Ended Dialogue Time -** Pray the tiredness of the day vanishes in the beauty of open-ended dialogue.

### **Sunday**

**08:25-11:25am Marriage as Sacrament (includes Extended Dialogue) -** Pray that the joy and peace in living a sacramental way of life will blossom in the couples hearts and that their Extended Dialogue be a celebration of that joy.

**11:35-12:20pm Keeping our Relationship a Priority -** Pray that the couple can begin to reevaluate their life and that they will have the courage to make changes in their attitudes and behavior that will allow them to live a sacramental way of life.

**1:20-2:10pm Sharing the Dream -** Pray that they open their minds and hearts to give freely to God of their time, talent and treasure.

**2:20-2:50pm Continuing our Journey -** Pray that the couple sees the value of being involved with others that share the same values.

**3:05-4:05pm Mass -** Pray that the couple may truly experience themselves as Church and that they may approach the Eucharist filled with the joy of being part of a community of love...the Church.

**Thank you again for being a Prayer Couple**

## *Hints and Tips for being a One to One Prayer Couple*



As a Marriage Encounter Couple you are called to a constant journey towards intimacy and unity in your spousal relationship, by being a One to One Prayer Couple for those making the weekend you are helping them start on their journey and changing their world

Thank you for volunteering to pray for a couple or Priest making a Marriage Encounter Weekend.

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