

Prayers and Reflection During Holy Hour for Marriage

Prayer

Almighty and eternal God, you have so exalted the unbreakable bond of marriage that it has become the sacramental sign of your Son in union with the Church as His spouse. Look with kindness on our marriage. Amid the joys and struggles of our life, You have preserved the union between us; renew our marriage covenant, increase Your love in us, and strengthen our bond of peace, so that we may always rejoice in the gifts of your blessings.

Look with kindness, too, on those whose spouse has died as we join in thanksgiving for the blessing of our marriage. May You give us comfort in our loss and grant us hope that we will be reunited one day in the eternal kingdom.

We ask this through Christ our Lord. Amen.

Reflection: The Eucharist, a Nuptial Sacrament

“The Eucharist, as the sacrament of charity, has a particular relationship with the love of man and woman united in marriage. A deeper understanding of this relationship is needed at the present time. Pope John Paul II frequently spoke of the nuptial character of the Eucharist and its special relationship with the sacrament of Matrimony: ‘The Eucharist is the sacrament of our redemption. It is the sacrament of the Bridegroom and of the Bride.’ Moreover, **‘the entire Christian life bears the mark of the spousal love of Christ and the Church.** Already Baptism, the entry into the People of God, is a nuptial mystery; it is so to speak the nuptial bath which precedes the wedding feast, the Eucharist.’ [CCC, 1617] The Eucharist inexhaustibly strengthens the indissoluble unity and love of every Christian marriage. By the power of the sacrament, the marriage bond is intrinsically linked to the eucharistic unity of Christ the Bridegroom and his Bride, the Church (cf. Eph 5:31-32). The mutual consent that husband and wife exchange in Christ, which establishes them as a community of life and love, also has a eucharistic dimension. Indeed, in the theology of Saint Paul, **conjugal love is a sacramental sign of Christ’s love for his Church, a love culminating in the Cross,** the expression of his ‘marriage’ with humanity and at the same time the origin and heart of the Eucharist. For this reason, the Church manifests her particular spiritual closeness to all those who have built their family on the sacrament of Matrimony.

Pope Benedict XVI, [*Sacramentum Caritatis*](#) (no. 27)

For further reading: Marriage and the Eucharist, by Lisa Everett

<https://diocesefwsb.org/wp-content/uploads/2020/11/Marriage-and-the-Eucharist-Lisa-Everett.pdf>