

CANA VALENTINE'S DAY

COVENANT PRAYER

The prayer of the covenant teaches us to recognize little by little the presence and action of God in our daily lives.

Let us enter into this prayer by invoking the Holy Spirit to review with his help what we have recently experienced as a couple.

You can light a candle, stand in front of an icon...

For each part, speak in turn ...

To recognize the presence and action of God in our couple.

LET US SAY: THANK YOU

In what we have lived together these last few days, what have been the happy moments, the pleasant contingencies...

Those moments when I felt the presence of the Lord, his support, the covenant with him through the hope, the joy, the love and the peace received or given.

To thank the Lord for the gift of love and life that he gives us.

LET US ASK FOR FORGIVENESS

In these last days, what were the difficult moments, what saddened me in your attitude, your words.

To ask the Lord for forgiveness for those moments when I cut myself off from the Lord or from you, by my attitudes and my words, those moments of withdrawal, by lack of love, by selfishness...

In trust, I lay this before the Lord whose love is greater than my sin/limits and I ask for forgiveness.

LET US SAY: PLEASE

To ask the Lord for his support, his grace, to express my deepest desires for our couple.

To hand over to the Lord a step, a meeting, an event, a decision to be taken as a couple that awaits us in the next day or in the near future. Ask him for his help and support.

CONCLUDE BY SAYING THE « OUR FATHER » TOGETHER

