

RECIPE FOR A PRAYER VIGIL

How do you pray for an hour on a Prayer Vigil? This is a composite answer from two very devoted couples, Fr. Harvey & Barbara Carmichael and Charlie & Norma Wright. After some thought, they came up with the following ingredients, which we suggest that you mix carefully, in whatever proportions are right for you as a couple. Make your hour, or the whole weekend, an exercise in awareness and thankfulness for your deepening understanding and love and reflect that love. Some couples have come to enjoy those 2-3am vigils as a special time for us. It creates a special closeness and awareness of our special couple and all the couples on the weekend as they refresh themselves with sleep. Thank you for doing your part at the time you chose.

PRAYER

We might begin the hour by asking God's blessing on all the couples and team couples on the weekend, asking Him to grant them strength and growth. Then we might thank God for giving us Marriage Encounter, for all the couples experiencing a Weekend, and for the unselfish giving of self by the team couples.

The enclosed list gives specific requests for each hour and highlights the talks and their presentation time. Hold up every phase of the weekend in your prayers and especially the portion indicated for the hour that you will be keeping vigil.

DIALOGUE

Your hour of vigil is an excellent opportunity for you to dialogue, several times if you find it helpful. You could dialogue on scripture or you might choose from the list provided, or make up your own questions.

DIALOGUE QUESTIONS

- How do I feel when we light a candle for a weekend?
- What are my feelings about our friends who are/are not on this weekend?
- God is sending us out to spread his love in the world. How does this make me feel?
- When I remember our Marriage Encounter weekend, I feel...
- Reread your *90/90*. How does this make me feel?

READING

We like to read aloud from the Bible or some other devotional material. We stop frequently to reflect together on a passage, always with our weekend couple in mind. Certain Bible passages come to mind as being relative to M.E. and to marriage in general. We have listed some of these below.

SCRIPTURE PASSAGES

- Genesis 1 :26-28 (Male and female he created them.)
- Genesis 2:4-9, 15-24 (A man cleaves to his wife and they become one flesh:
- Song of Solomon 2:10-13; 8:6-7 (Many waters cannot quench love)
- I Corinthians 13:1-13 (Love is patient and kind)
- Ephesians 3:14-19 (The Father from whom every family is named)
- Ephesians 5:1-2, 21-33 (Walk in love, as Christ loved us)
- Colossians 3:12-17 (Love which binds everything together is harmony)
- I John 4:7-16 (Let us love one another for love is of God)
- St. Matthew 5: 1 -10 (The beatitudes)
- St. John 15:9-12 (Love one another as I have loved you)
- St. Mark 10:6-9, 13-16 (They are no longer two but one)
- St. John 2: 1 -11 (The wedding at Cana)
- St. Matthew 13: 1-17 (The parable of the sower)
- Tobit 8:5b-8 (New English Bible) (That she and I may grow old together)

PRAYER VIGIL HOUR BY HOUR

Pray for all couples by name if possible.

Pray that this will be a new beginning for the couples on the Weekend - a time for sharing, thanksgiving and making a new commitment to each other.

Pray that the seeds planted this weekend will bear fruit and the couples will share, with love, their joys.

FRIDAY

Pray for the loving couples in the community who were at the facility early preparing for the weekend. Give thanks for their faithfulness and their willingness to serve.

5:00 - 6:00 p.m. -Travel and Set-up

Pray for the community, team and participants as they travel to the facilities. Pray for the community involved in the set-up.

6:00 -7:00 p.m. -Travel. Set-up. Registration and Team Meeting

Pray for the participants as they travel to the facilities. Pray for smooth operation of the registration process. Pray for the team as they meet to finalize preparations.

7:00 -8:00 p.m. -Travel and Registration

Pray for the couples as they travel to the facilities. Pray that all the participants will arrive on time for the first session.

8:00 - 9:00 p.m. -Introduction (8:00-8:25 p.m.)

Pray that the couples may be open to the team, each other, God, and to the discipline of the weekend.

9:00 - 10:00 p.m. -Feelings (9:00-9:35 p.m.)

Pray for the presenting team. Pray for their families at home. Give thanks for their faithfulness and their willingness to give. Pray that the couples may have a clear understanding of feelings and may look deeply within themselves to find they do have feelings buried deeply within them.

10:00 - 11:00 p.m.

Pray that the Holy Spirit will prepare their hearts and minds so that they may be open to the weekend.

11:00 p.m. - Midnight

Pray for the Administration Couple, that their leadership and guidance may serve to unite the presenting couples.

SATURDAY

Midnight -1 :00 a.m.

Pray for all the couples on the weekend, that as they sleep the Holy Spirit will refresh them and prepare them for the day.

1 :00 -2:00 a.m.

Pray for our M.E. community, that it may enjoy love, peace, health and joy.

2:00 - 3:00 a.m.

Pray that the couples will knit together in God's will that they may grow in love and peace with Him all the days of their lives.

3:00 - 4:00 a.m.

Pray for those who keep this vigil during the night hours.

4:00 - 5:00 a.m.

Pray for those who will be preparing the meals this weekend.

5:00 - 6:00 a.m.

Pray that the Holy Spirit will turn unexpected events into opportunities for God's agenda to come into this weekend.

6:00 - 7:00 a.m.

Pray for the upcoming Eucharist that it may be a true offering of the couples themselves and of their sacrifices of praise and thanks.

7:00 - 8:00 a.m. Communion (7:35 – 8:05 a.m.)

Pray that this time of the Eucharist will be a time of deep thanksgiving and of truly receiving Christ and a new commitment to Him.

8:00 - 9:00 a.m. -Breakfast (8:05-8:50 a.m.)

Pray for those who prepared the meal. Pray that those who hunger and thirst after righteousness will be filled. (St. Matthew 5:1-12)

9:00 -10:00 a.m. - Encounter with Self (9:00-9:50 a.m.)

Pray for all those who suffer in mind, body or estate that they may have courage and strength. Pray the couples will look deeply within themselves to find their personality types and that they write with honesty. Also, remember the discomfort that the couple is feeling during this talk.

10:00 -11 :00 a.m. - Marriage in Today's World (10:15-10:50 a.m.)

Pray that the couples will be open to the three stages of marriage: romance, disillusionment and joy. Pray the couples can look beyond their good marriage and see that, if it weren't for the world's plan, their marriage could be truly great.

11 :00 - Noon

Pray that the couples will keep focused during this last session before lunch.

Noon - 1:00 p.m. Lunch (12:00-12:45 p.m.)

Pray for those who have prepared the meal. As the Couples have their noon meal, pray that they be nourished both physically and spiritually.

1:00 - 2:00 p.m. - Listening (12:55-1:15 p.m.)

Pray for the teams as they present the areas of rejection, toleration and acceptance and that the couples listen. Pray the couples may realize that, in the past, there have been times when they did not really listen to one another and that now, they may truly begin to listen with their hearts.

2:00 - 3:00 p.m. Areas (2:00-2:30 p.m.)

Pray that the talks during the weekend will fall on the ears of the couples as grain falls upon good soil. (St. Matthew 13:1-24) Pray that a spark of urgency for dialogue may be rekindled in the couples. Also pray they allow themselves to be open to the technique of non-verbal dialogue. Pray too that they may find the closeness in their dialogue that the team couple has just told them about.

3:00 - 4:00 p.m. Break (3:25-4:15 p.m.)

Pray that the time of refreshment will enhance the couples' relationship in whatever way they find helpful.

4:00 - 5:00 p.m. -God's Desire (4:25-4:50 p.m.)

Pray that the couples are open to see God's plan for their marriage. (Genesis 1 :26-27) Pray the couples begin to see that the only way then can be open to God is by being open to their spouse. Let them realize God truly has a stake in their marriage.

5:00 - 6:00 p.m. -Dinner (5:40-6:30 p.m.)

Pray for those who have prepared the meal. Pray that the couples will see areas in their marriages where they have become married singles. (Genesis 25:2-18)

6:00 - 7:00 p.m. -Dinner (5:40-6:30) -Risk to Trust (6:40-7:10 p.m.)

As the couples have their evening meal, pray that they be nourished both physically and spiritually. Pray the couples may see the beauty and joy that comes from allowing themselves to become vulnerable to one another. Pray they may overcome their fears and truly trust one another.

7:00 - 8:00 p.m. -Risk to Trust (6:40-7: 10)

-Impact of Dialogue in Our Lives (8:15-8:55 p.m.)

Pray that as the couples begin to explore their feelings all fears be taken away. (I John 4:7-16)

8:00 - 9:00 p.m.

Pray that the couples on the weekend partake of the miracle. (St. John 2: 1 -11)

9:00 – 10:00 p.m.

Pray for the couples who share, that their sharing may be helpful to the couples who aren't able to.

10:00 - 11 :00 p.m.

Pray that as the couples begin to share deeply that a relationship of trust may be developed.

11:00 – Midnight

Pray for all couple that they may receive the light of the Gospel this weekend.

SUNDAY

Midnight -1 :00 a.m.

Pray that as the couples sleep, the Holy Spirit will refresh them and prepare them for the coming day.

1 :00 - 2:00 a.m.

Pray for those who keep this vigil during the night hours.

2:00 - 3:00 a.m.

Pray for the mission of M.E., that in faithful witness it may draw couples closer together throughout the world.

3:00 - 4:00 a.m.

Pray for the Administration Couple, that as they sleep they may be strengthened and comforted and will awake refreshed.

4:00 - 5:00 a.m.

Pray for the other presenting couples, that as they sleep they may be refreshed and strengthened for the coming day.

5:00 - 6:00 a.m.

Pray for those who are preparing the meals for the day.

6:00 - 7:00 a.m.

Pray for all the couples that they may awake refreshed and be ready to open their hearts to each other in the extended dialogue.

7:00 - 8:00 a.m. -Breakfast (7:30 a.m.)

Pray that as the couples have their breakfast meal they may be nourished physically, spiritually and mentally.

8:00 - 9:00 a.m. -Marriage as Sacrament (8:25-9:05 a.m.)

Pray that all the couples may seek God and thank Him for entering their hearts. (Ephesians 5:21-23) Pray that the joy and peace of living a sacramental way of life will blossom in the couple's hearts and their extended dialogue may truly be a celebration of that joy.

Pray that as the couples get ready for their extended dialogue they may have the strength and courage to be open and receptive to each other.

10:00 -11 :00 a.m.

Give praise and thanks to God as the couples finish their extended dialogue, for His gifts of love to us, for the Marriage Encounter Community.

11 :00 a.m. - Noon -Keeping Relationship a Priority (11 :35-11 :55 a.m.)

Give praise and thanks to God for all the work He's doing in the lives of the couples on the weekend. Pray the couples will find urgency and enthusiasm for accepting the gift of daily dialogue.

Noon - 1:00 p.m. -Lunch (12:25-1:10 p.m.)

Pray for those who prepared the meal. Pray that the couples accept and use the gift of daily dialogue. (I Corinthians 13)

1 :00 - 2:00 p.m. -Lunch (12:25-1: 10) **-Share the Dream** (1:20-1:40 p.m.)

Pray that the couples will give what they can in faith and love to meet the needs of Marriage Encounter. Pray the couples make the commitment to give from their substance, be it \$1 or \$1,000 so that we can continue to spread the message of God and couple love in this area.

2:00 - 3:00 p.m. -Continuing Our Journey (2:20-2:50 p.m.)

Pray for all those whose lives are closely linked with ours, that we may love one another as He loves us. (John 15: 1-12) Pray they may find within themselves the strength to spread the love they have found this Weekend and that they can share Christ's love with others by making that decision to love.

3:00 - 4:00 p.m.

Pray for those traveling to the facility. Pray that the couples may openly share what the weekend has meant to them.

5:00 - 6:00 p.m. -Travel Home

Pray for the safe return home of all those involved in the weekend. Pray the couples will begin to live an open and apostolic life that others can see, as this is the best expression for recruiting. Pray also they will become a part of the sharing communities and thus have a stake in other marriages.