

# *Ritual Moment*

## *Blessing*

### **Introduction**

The Rite of Marriage is filled with blessings such as the Blessing and Exchange of the Rings, the Nuptial Blessing, and the Solemn Blessing.

### **Word of God**

Bless the Lord, O my soul, and all that is within me, bless his holy name. Bless the Lord, O my soul, and do not forget all his benefits. (Psalm 103:1-2)

### **Word to Remember: BLESS**

God has blessed man and woman from the very beginning of creation. And every baptized person is called to bless and to be a blessing, that is to share in praise, adoration, and thanksgiving to God. During the Rite of Marriage, the community prays that God's blessing may come upon the newly married couple so that they may live joyfully their sacrament of God's love. The blessings acknowledge the couple's dependence on God.

### **Practice: BLESSING**

Practice blessing God for all that he has done for you – in your marriage, in your family, in your community. Practice openness to all of God's blessings, which he offers to you. Simple acts of blessing, such as the Sign of the Cross on each other's foreheads, or blessing each other with Holy Water as you start the day, remind us that God is very much involved in our daily activities.

### **Activity**

Be liberal with blessings! Incorporate them in your daily routine as a couple, as parents, and as a family. Bless each other, bless your children, have your children bless you. Natural times for blessings are at mealtime, at the start of the day, and at bedtime. Remember, there is hardly anything that cannot be blessed!

# *Ritual Moment*

## *Covenant*

### **Introduction**

God's covenant with his people means that God will never abandon us. A man and a woman celebrating and living the Sacrament of Marriage enter into a covenant relationship with God and each other.

### **Word of God**

But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. (Jeremiah 31:33)

### **Word to Remember: COVENANT**

In the Sacrament of Marriage, the couple gives and receives from one another their consent, and enters into a covenant relationship sealed by God. "And no one should separate a couple that God has joined together." (Mark 10:9) A married couple's love is part of God's divine love and faithfulness.

### **Practice: TRUST**

Rooted deep in the covenant relationship of married life are virtues such as trust and faithfulness, keeping promises, and being true to one's self and each other. Reflect on the ways that trust is a core value in your home and relationships. Do you keep your promises, are you true to your word?

### **Activity**

Sometimes our efforts to be trustworthy fall short. We disappoint each other, we let each other down. When this happens, it can take time to rebuild the trust. Establish a "trust account" in your home. Use a basket and slips of paper for your deposits. Each time an action or behavior that illustrates or models trust happens in your home, write it down on a deposit slip and put it in the basket. Watch the trust account grow!