

Two Traditions, One Prayer Life

A 7-Day Devotional Guide for Catholic & Pentecostal Couples

How to Use This Guide: Spend 10–15 minutes together each evening. Read the Scripture portion, share the guided formal and spontaneous prayer reflections, and pray together as a couple using both traditions.

Day 1: Anchored in Tradition, Alive in the Spirit

"Pray without ceasing." — 1 Thessalonians 5:17 | "Lord, teach us to pray..." — Luke 11:1

The Liturgical Touchpoint

Recite the *Our Father* together slowly, meditating on each phrase as the universal template given by Christ.

The Spontaneous Flow

Take turns offering a 1-minute off-the-cuff prayer thanking God specifically for three blessings from your day.

Couple's Discussion: How can structured prayers comfort us when we are tired, and how can spontaneous prayers keep our daily connection fresh?

Day 2: Contemplating Christ Together

"The Spirit helps us in our weakness... the Spirit himself intercedes for us." — Romans 8:26

The Liturgical Touchpoint

Pray 1 Decade of the Rosary (The Nativity or Resurrection), focusing on Jesus' life with calm, rhythmic quietness.

The Spontaneous Flow

Pray out loud for any heavy worries on your heart, inviting the Holy Spirit to intercede where words fall short.

Couple's Discussion: St. Teresa of Ávila called prayer "friendship with God," while John Piper highlights prayer as "total dependence." How do we see both in our home?

Day 3: Peace at the Dinner Table

"For where two or three gather in my name, there am I with them." — Matthew 18:20

The Liturgical Touchpoint

Pray the traditional Grace: *"Bless us, O Lord, and these Thy gifts..."* honoring centuries of Christian unity.

The Spontaneous Flow

Have one person speak a blessing over the family, asking for God's guidance and protection for tomorrow.

Couple's Discussion: What is one creative way we can teach our children to appreciate both traditional prayers and praying from the heart?