

*Cherish your relationship.  
Light the candles  
and say the prayers.*



### ● COMMITMENT

Dear God, thank you for allowing me the choice to be with my spouse and for my spouse to be with me. Help me protect our love with my resolve and determination.

### ● EMOTIONS

Dear God, thank you for the emotions that permit me to get to know my spouse and to know myself. Please help me overcome emotional obstacles.

### ● INTIMACY & SEXUALITY

Dear God, thank you for blessing us with warmth in our skin and the gift of touch. Please bring us closer when we are distant.

### ● CONFLICTS

Dear God, please help us not to let conflicts overwhelm us. Please help me choose words with care to avoid hurting my spouse, especially in sensitive matters.

### ● WORDS

Dear God, please help me to express my thoughts in words, to listen with care and to abandon the childish notion that my spouse should know my thoughts without me having to express them.

### ● ACTIONS

Dear God, please help me accept my spouse without trying to change him / her, and help me show love without making demands.

### ● TRUST

Dear God, please give me the courage to trust and to be worthy of trust. Help me believe in the full potential of our relationship even when this is just emerging.

### ● FORGIVENESS

Dear God, please grant me the strength to apologize and forgive unconditionally. Keep me from bitterness and indifference, and allow me a healthy conscience.

### ● LOVE

Dear God, thank you for giving us the opportunity to live in the shelter of your love. Please allow the love in my relationship to grow stronger.



**THE BUILDING BLOCKS OF A RELATIONSHIP**

*The Evangelical Lutheran Church and Christian Support for Marriage and Family in Finland*