

PRAYER POINTS



Wedding Day Dreams

Know someone getting married? Give them this list and they'll thank you for life.

by Azriel Hirsh Friedman

Imagine someone telling you: "Here is a credit card with unlimited credit. You've got one day to use it for everything you've ever desired."

Then on the day you get the magic card, you forget to use it!

This is what happens to most of us on our wedding day.

On one's wedding day, the gates of prayer are wide open. The Jewish mystical sources tell us that on a wedding day, the bride and groom's power of prayer is greater than even the holiest person alive. You can ask for anything! Yet most of us get so caught up in the details of the day that we forget to tap into this spiritual wellspring.

When I got married, I hadn't the slightest clue what to pray for. Someone was nice enough to make me a list, so that I wouldn't miss all the blessings for a great marriage and life together.

On your wedding day, I recommend going through this list at a quiet moment, right as you get out of bed in the morning, before everything gets hectic.

And don't forget: Prayer works best when you open your mouth to speak it out, as opposed to just skimming with your eyes.

Marriage Relationship

May I always speak gently and think before speaking.

May we always have open, good communication.

May I always act with caring and compassion.

May I have the patience to appreciate our differences.

May we bring out the best in one another.

May we have the ability to overlook the negative and focus on the positive in one another.

May I always give my spouse the space and support s/he needs to thrive.

May we have the wisdom to correct each other gently, when necessary.

May I let go of unnecessary expectations that keep me from accepting and loving my spouse for who s/he is.

May I not expect from my spouse, but rather appreciate what is done for me.

May we each be independently focused on being the giver in the relationship.

May we never keep score of what each one did or didn't do.

May I protect and defend my spouse's honor in every situation.

May I constantly guard the sanctity and fidelity of our marriage.

May we always be faithful to one another, even in our thoughts.

May I understand how to satisfy my spouse physically.

May I be sensitive to my spouse emotionally, to be there for her/him.

May we always grow closer together through shared life goals.

May I never hold a grudge or take revenge.

May I easily forgive, and gently express when I have been hurt.

May I have an abundance of patience.

May I make decisions with my spouse's best interests in mind.

May I trust that my spouse has my best interest in mind.

May I have the strength to subdue my anger and delay acting until calm.

May I understand that what may be easy for me may not be easy for others.

May I truly appreciate all that my spouse does for me.

Building a Home

May our home be filled with joy and laughter.

May we have many healthy, happy children.

May we raise them with a love of God.

May our future children be protected from negative influences and negative peers.

May our future children have integrity, and meaningful and successful life pursuits.

May I be a good role model for my children.

May I have an easy transition into being a spouse and parent – and love it.

May money never be an issue.

May I have good relations with my in-laws.

May I have opportunities to contribute in a meaningful way to my community.

May my religion and heritage always remain a priority in our home.

May we always be safe from threats and disaster.

May our planet be healthy, and may we treat it with an eye toward the future.

May the world know no more strife, and may the era of true peace come speedily in our days.

Personal Growth

May I enjoy good health and a long life.

May I always have my life priorities clear.

May I invest my energy and assets wisely.

May I have the strength to sacrifice for the bigger, long-term picture.

May I always strive for higher levels of spiritual growth.

May I be open-minded to my faults and have the motivation and guidance to correct those faults.

May nothing from my past haunt me.

May I use the gift of life to do what God uniquely created me for.

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