

becoming ONE

nurturing your marriage



Prayer of St. Ephraim & Marriage Conflict

"...grant me to see my own sin and not judge my brother or sister, for You are blessed to the ages of ages, amen."

As married persons, we have something very significant to learn from this prayer, which is most associated with Great Lent, but one we can pray year round. We tend to place blame on "the other" in the face of conflict, as did Adam after he and Eve ate from the one forbidden tree in the Garden of Eden. The way of Christ, as taught in the Prayer of St. Ephraim, is to look at ourselves first. Deliberately "practice" this discipline of looking inwardly when conflict arises for the next two weeks and then take some time to discuss with one another what impact this "discipline" has on your marriage.