



## The Nuptial Blessing

During a Catholic wedding, the Nuptial Blessing is a crucial part of the rite that expresses the meaning and fruits of the sacrament. After the couple exchanges their consent and becomes a husband and wife, the priest or deacon prays this prayer over them asking for special graces, including fidelity, the blessing of children, and a long life together.

The following prayer is adapted from the first form of the Nuptial Blessing (there are three options in total) and follows its wording closely. The adaptations simply turn it into a prayer that a couple can pray together at any point in their marriage instead of being a blessing to be prayed over them at the beginning of their marriage.

## The Nuptial Prayer

**The couple together prays:**

O God, who by your mighty power created all things out of nothing,  
and, when you had set in place the beginnings of the universe,  
formed man and woman in your own image,  
making the woman an inseparable helpmate to the man,  
that they might be no longer two, but one flesh,  
and taught that what you were pleased to make one  
must never be divided;

O God, who consecrated the bond of Marriage by so great a mystery  
that in the wedding covenant you foreshadowed the Sacrament of Christ and his Church;

O God, by whom woman is joined to man  
and the companionship they had in the beginning  
is endowed with the one blessing not forfeited by original sin  
nor washed away by the flood.

Look now with favor on us your servants, joined together in Marriage,  
who ask to be strengthened by your blessing.  
Send down on us the grace of the Holy Spirit and pour your love into our hearts,  
that we may remain faithful in the Marriage covenant.



**The wife alone prays:**

May the grace of love and peace abide in me, your daughter,  
and let me always follow the example of those holy women  
whose praises are sung in the Scriptures.

**The husband alone prays:**

May I entrust my heart to my wife,  
so that, acknowledging her as my equal and my joint heir to the life of grace,  
I may show her due honor and cherish her always  
with the love that Christ has for his Church.

**The couple together prays:**

And now, Lord, we implore you:  
may we your servants hold fast to the faith and keep your commandments;  
made one in the flesh, may we be blameless in all we do;  
and with the strength that comes from the Gospel,  
may we bear true witness to Christ before all;

**Couples without children pray together:**

May we be blessed with children,  
and prove ourselves virtuous parents,  
who live to see our children's children.

**Couples with children pray together:**

We thank you, Lord, for the blessing of our child/children,  
and implore you: may we prove ourselves virtuous parents,  
who live to see our children's children.

**The couple together prays:**

And grant that,  
reaching at last together the fullness of years for which we hope,  
me may come to the life of the blessed in the Kingdom of Heaven.  
Through Christ our Lord.

*Amen.*