

OCTOBER 2025 PRAYER SERVICE

Prayer Service for Chapter 2 of “Love is Much More Than Love” Study Topic The Chapter focuses on Ephesians 4:29-32 By Fr. Eli Lopez, USA-SR Spiritual Counselor

TIME FOR SCRIPTURE:

(Ephesians 4:29-32) calls believers to let their speech be constructive and gracious, to avoid anything that harms or grieves the Holy Spirit, and to discard bitterness, anger, and slander. Instead, they are urged to be kind, compassionate, and forgiving toward one another, mirroring the forgiveness Christ has shown them.

To complement **Ephesians 4:29-32**, here are some related passages from the Bible:

Scripture	How it complements Eph 4:29-32
Colossians 3:810 – “Put off ... anger, wrath, malice, slander ...”	Reinforces the call to put away bitterness, wrath and slander (Eph 4:31)1.
Philippians 2:14 – “Be of one mind ... look not to your own interests but to the interests of others.”	Extends the kindhearted, tenderhearted attitude urged in Eph 4:32.
James 1:1920 – “Be quick to listen, slow to speak, slow to anger.”	Mirrors the injunction to let no evil talk (Eph 4:29) and to avoid anger (Eph 4:31).
1 Peter 3:89 – “Be kind, compassionate, forgiving; do not repay evil for evil.”	Parallels the kindness, compassion, forgiveness of Eph 4:32.
Eph 4:15 – “Be humble, gentle, patient ... love is the bond of unity.”	Provides the broader ethical context for 4:2932, stressing humility and love as the foundation for gracious speech and forgiveness1.
Matthew 6:1415 – “If you forgive others, your Father will forgive you.”	Connects forgiveness (Eph 4:32) with the promise of divine forgiveness .
Luke 6:37 – “Judge not, and you will not be judged.”	Reinforces the nonjudgmental, merciful spirit of Eph 4:32.
Romans 12:1721 – “Do not repay evil ... overcome evil with good.”	Complements the call to put away malice and to respond with good (Eph 4:3132).
1 John 3:1718 – “If you have resources, share ... do not love the world.”	Highlights the selfless love that undergirds the kindness of Eph 4:32.
Proverbs 15:1 – “A gentle answer turns away wrath.”	Echoes the power of gentle speech to prevent anger (Eph 4:2931).

Ephesians 4:29-32 is woven into the wider biblical ethic of constructive speech, the removal of anger and malice, and the practice of kindness, compassion, and forgiveness. The passages listed above—both scriptural and magisterial—illuminate and expand this ethic, showing it as a consistent thread throughout Sacred Scripture and the Church’s teaching.

Ephesians 4:29-32

No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear. And do not grieve the holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

A TIME OF SILENT MEDITATION:

SHARED PRAYER ON SCRIPTURAL TEXT:

The intent is reflection in the form of a prayer, not discussion.

PRAYER INTENTIONS:

- Pass card or cross, so people can pass gracefully and the team knows when the prayer is complete.
- The team should respond at the end of each person's turn, for example, "Lord, hear our prayer".

LITURGICAL PRAYER:

Several Psalms complement **Ephesians 4:29-32**:

Psalm	Verses that parallel Eph 4:29-32	How it complements the Epistle
Psalm 15	25 "walk blamelessly... speak the truth from the heart... do not slander... do no evil to your friends... do not take a bribe against the innocent"	Mirrors the call to upright speech , absence of slander , and integrity that Eph 4:29-31 demands.
Psalm 34	1315 "Keep your tongue from evil... depart from evil, do good; seek peace, and pursue it"	Reinforces the injunction to let no evil talk (4:29) and to pursue peace (4:32).
Psalm 12	24 "The faithful have disappeared... they utter lies... the tongue that makes great boasts"	Highlights the danger of false, boastful speech , warning against the very "evil talk" Paul condemns.
Psalm 52	15 "Why do you boast... your tongue is like a sharp razor... You love evil more than good."	Presents the opposite of the Epistle's ethic: a deceitful tongue that must be rejected.
Psalm 86	56 "You are good and forgiving... abounding in steadfast love to all who call on you"	Echoes the grace-filled, forgiving attitude that believers are to extend to one another (4:32).
Psalm 103	814 "The Lord is merciful and gracious, slow to anger... as a father has compassion... he does not deal with us according to our sins"	Underlines God's mercy and forgiveness , the model for the Christian's tender-hearted forgiveness (4:32).
Psalm 32	12 "Happy are those whose transgression is forgiven... whose sin is covered"	Celebrates the joy of forgiveness , the very basis for the mutual forgiveness Paul exhorts.
Psalm 51	1718 "A broken spirit... a broken and contrite heart... you will not despise"	Calls for a contrite heart , the inner disposition that enables us to forgive as God forgave us (4:32).
Psalm 101	78 "No one who practices deceit shall remain... I will destroy all the wicked."	Stresses the exclusion of deceit and malice , resonating with "put away... slander, malice" (4:31).
Psalm 26	46 "I do not sit with the worthless... I wash my hands in innocence... sing a song of thanksgiving"	Shows a life of integrity and thanksgiving , the fruit of a heart that "does not grieve the Holy Spirit" (4:30).

Together, these Psalms provide a rich biblical backdrop for the ethical teaching of **Ephesians 4:29-32**, offering both **scriptural affirmation and practical models for living a life marked by wholesome speech, forgiveness, and tender-hearted love**.

Psalm 103:1-13

Response: Bless the Lord, my soul; all my being, bless his holy name!

*Bless the Lord, my soul; and do not forget all his gifts,
Who pardons all your sins, and heals all your ills.*

Response: Bless the Lord, my soul; all my being, bless his holy name!

*Who redeems your life from the pit, and crowns you with mercy and compassion,
Who fills your days with good things, so your youth is renewed like the eagle's.*

Response: Bless the Lord, my soul; all my being, bless his holy name!

*The Lord does righteous deeds, brings justice to all the oppressed.
He made known his ways to Moses, to the Israelites his deeds.*

Response: Bless the Lord, my soul; all my being, bless his holy name!

*Merciful and gracious is the Lord, slow to anger, abounding in mercy.
He will not always accuse, and nurses no lasting anger.*

Response: Bless the Lord, my soul; all my being, bless his holy name!

*He has not dealt with us as our sins merit, nor requited us as our wrongs deserve.
For as the heavens tower over the earth, so his mercy towers over those who fear him.*

Response: Bless the Lord, my soul; all my being, bless his holy name!

*As far as the east is from the west, so far has he removed our sins from us.
As a father has compassion on his children, so the Lord has compassion on those who fear him.*

Response: Bless the Lord, my soul; all my being, bless his holy name!

CONCLUSION OF PRAYER TIME:

+Prayer for Married Couples inspired by Ephesians 4:29-32

ALL:

Lord God, Source of all love,

We thank You for the gift of marriage, the holy covenant that makes one heart in love through the Sacrament of Christ's Body and Blood. Grant us the grace to speak only that which builds up, that our words may be "useful for building up... that they may give grace to those who hear". May our speech always reflect the truth spoken in love, avoiding all "evil talk". Help us to put away bitterness, wrath, anger, and malice, so that we do not grieve the Holy Spirit who seals us for redemption. Teach us, as Saint Paul exhorts, to be kind, tender-hearted, forgiving one another, as God in Christ has forgiven us.

May the Holy Spirit dwell in our home, filling it with peace, patience, kindness, and self-control, the fruits of the Spirit that Saint John Paul II invoked for married couples. Strengthen us to honor one another as equal partners, so that the husband may show due honor to his wife and the wife may recognize her husband as her joint heir to the life of grace, living the mutual love taught in Casti Connubii. Casti Connubii [(December 31, 1930)]

Teach us to seek forgiveness swiftly, mirroring the mercy Christ shows us, as Humanae Vitae [(Humanae Vitae (July 25, 1968))] reminds us to love our spouses as we love our own bodies and to turn to the Sacrament of Penance when we fall short. May our marriage be a sign of the Church's unity with Christ, a living image of the mystery of Christ and His Bride, that through our love we may bear witness to the Gospel.

Lord, pour out Your grace upon us, that we may remain faithful, patient, and forgiving, and that the peace of Christ may dwell in us and our family. Through Christ our Lord, we ask this. Amen.

DEEP POOLING:

This is a time to share on more serious matters or when the input of the group is requested. This will not necessarily happen at all meetings.

SHARING ON THE ENDEAVORS:

We join teams in order to enlist the help of others in growing closer to God. The “endeavors” are practices which we voluntarily assume. They have been found to be a means of drawing us closer as a couple and in furthering our spiritual growth. By sharing on the endeavors at the team meeting we seek help and encouragement from our teammates in our journey.