

Wisdom of Our Catholic Tradition

The Catechism of the Catholic Church tells us:

“Conjugal love involves a totality, in which all the elements of the person enter — appeal of the body and instinct, power of feeling and affectivity, aspiration of the spirit and of will. It aims at a deeply personal unity, a unity that, beyond union in one flesh, leads to forming one heart and soul...” #1643

“In the joys of their love and family life he gives them here on earth a foretaste of the wedding feast of the Lamb.” #1642

*“How beautiful you are, my love,
How very beautiful!
You have ravished my heart
With a glance of your eyes.”*

Song of Songs 4:1,9

*“Arise, my love, my fair one,
And come away.”*

Song of Songs 2:10

The Catholic Church Cares About Your Marriage

*In 2005 the United States Catholic Bishops launched an initiative in support of marriage. They want to help couples live their vocation and they want to remind society that marriage is a gift and a blessing. Their pastoral letter: **Marriage: Love and Life in the Divine Plan** (Nov. 2009) is available for free at USCCB.org. They offer additional resources designed for couples at all stages of their marriage at: foryourmarriage.org and portumatrimonio.org.*

Prepare for your next date by reading Chapter 4 of
Happy Together: The Catholic Blueprint for a Loving Marriage.

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SIX DATES for Catholic Couples

Date Three

What Keeps You Together?

Before You Begin

As you enjoy your time alone together as a couple, look over this booklet and choose one or more of the activities that you find most interesting to the two of you. When you reflect on the questions and share your thoughts with each other you may uncover disagreements. If any of the activities threatens to take the fun out of your date, set it aside and agree to discuss the issue at another time.

The Jewels in Our Marriage Treasure

Five Qualities I Appreciate in My Wife

1. _____
2. _____
3. _____
4. _____
5. _____

Five Qualities I Appreciate in My Husband

1. _____
2. _____
3. _____
4. _____
5. _____

Memories

Your challenge today is to rediscover and appreciate the treasure that you and your spouse possess together.

- ♥ What attracted you to your spouse when you first met?
- ♥ Looking at your life together, how do your individual traits and talents complement each other?
- ♥ What have you accomplished together? What is the history that you have created together?
- ♥ What are some of your favorite moments together?

These are the jewels in your marriage treasure. As long as you can see them and appreciate them you will be a happy couple.

Reflections

- ♥ What are the gifts God gave me to share with my spouse?
- ♥ Do I see and appreciate my spouse's God-given gifts?
- ♥ What do I do that keeps me from appreciating my spouse's gifts?
- ♥ What do I do that hides my goodness from my spouse?

What keeps spouses in love is the ability to see something good in each other and in their marriage.

How Are We Doing?

Growing in love requires learning to **Sacrifice** for each other. This means accommodating your spouse by letting go of some of your ways of doing things. It is making room for your spouse in your life.

You are likely to encounter the situations below. Take turns describing what you do in these situations and how you feel about it.

1. What do you do when your spouse does not want what you want?

2. What is your lovemaking routine? Are you happy with it?
3. What do you do when your spouse wants to talk during your favorite TV show?
4. What do you do when your spouse asks a favor of you?
5. What do you do when you notice your spouse has given up something to accommodate you?
6. How often do you have a meal together and what do you do during the meal?

Action for This Week

What will you do this week when you notice your spouse has done something to accommodate you?

Husband

Wife

From "Happy Together"

In **Happy Together: the Catholic Blueprint for a Loving Marriage**, at the end of Chapter 3, you will find additional activities.

See page 42, LISTEN TO GOD'S STORY. Read the faith stories of married couples that we find in Sacred Scripture.

See page 42, REFLECT ON YOUR STORY, for more conversation starters.