

Wisdom of Our Catholic Tradition

The Catechism of the Catholic Church tells us:

"... the grace of the sacrament ... perfects the human love of the spouses, strengthens their indissoluble unity, and sanctifies them on the way to eternal life." #1661

"It is in the bosom of the family that parents are 'by word and example ... the first heralds of the faith with regard to their children.'" #1656

"The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called 'domestic church,' a community of grace and prayer, a school of human virtues and of Christian charity." #1666

*"Where you go, I will go;
Where you lodge, I will lodge;
Your people shall be my people,
And your God my God."*

Ruth 1:16

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.*

Discuss together how the two of you will continue making time for each other by scheduling regular "date nights" from now on.

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SIX DATES for Catholic Couples

Date Six

Where do I find the Courage?

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.

Prayer is Present in Our Marriage

Together list the ways that you pray in your daily lives — individually, as a couple, and as a family.

- _____
- _____
- _____
- _____
- _____

Memories

Share with each other your memories as you answer these questions.

- ♥ How did you learn to pray in your home when you were growing up?
- ♥ What influence did your parents or grandparents have in the development of your faith?
- ♥ What religious practices do you remember from your youth that stand out in your mind today?

Reflections

- ♥ What situation in my life prompted me to pray for my spouse?
- ♥ What feelings or situations in my daily life make me think of God?
- ♥ How does God speak to me in the rituals of the Mass?

*Prayer is the source of strength
in our daily challenges.
It opens us to receive God's graces.*

How Are We Doing?

Growing in love requires learning to **Serve** each other. This means putting the needs of your spouse and your family before your own. Serving requires humility. Parenting is an act of service.

Take turns describing what you do in these situations and how you feel about it.

1. What do you do to correct your children when they make a mistake?
2. What do you do to show your children your love and care for them?

3. What do you do to balance your responsibilities to your marriage, children, work, and community?
4. What do you do as a couple to serve your community?
5. How do you help each other with household chores?
6. What do you do when you disagree with your spouse on how to handle a situation involving the children?

Action for This Week

Write down one action each of you will take this week to help the other with chores around the house.

<i>Husband</i>	<i>Wife</i>

Simple Acts You Can Do Today

In **Happy Together: the Catholic Blueprint for a Loving Marriage**, find SIMPLE ACTS YOU CAN DO TODAY on page 157. Take turns reading each section to each other. Discuss the acts you would like to incorporate in your marriage.

From "Happy Together"

In **Happy Together: the Catholic Blueprint for a Loving Marriage**, at the end of Chapter 11, you will find additional activities.

See page 156, LISTEN TO GOD'S STORY. Read the faith stories of married couples that we find in Sacred Scripture.

See page 156, REFLECT ON YOUR STORY, for more conversation starters.