



## CELEBRATE NATIONAL MARRIAGE WEEK AT HOME!

*The gift of one marriage blesses the world in profound ways. For baptized people, your vows unite you more closely to Christ, as He enables you to show forth His love in the world.*

*Take some time to celebrate the gift of your marriage this week!*

### ♥ Celebrate the Gift of God's Grace in Your Marriage

- *Spend some time together thanking God out loud for the gift of your marriage.*
- *Ask God to teach you how to love your spouse, and invite Him to Love your spouse through you. You can even write this into a short prayer to say daily.*
- *Repeat your wedding vows to each other in front of a Crucifix.*

### ♥ Celebrate the Gift of Healing in Your Marriage

- *Take some time to reflect on the ways your spouse has helped you grow, heal, or bear your burdens. Thank your spouse for playing this role in your life.*
- *If there is anything that has not been forgiven or reconciled in your relationship, take this opportunity to listen to each other, then offer and receive forgiveness.*
- *Plan time to receive the Sacrament of Reconciliation to encounter God's mercy.*

### ♥ Celebrate the Gift of Joyful Love in Your Marriage

- *Get closer to each other today—literally! Find ways to add extra touch into your relationship for the rest of February.*
- *Do a small task or chore that you normally avoid or dislike for your spouse.*
- *Ask each other: "What can I do to make you feel secure and unconditionally loved by me?"*