



National Marriage Week USA

MARRIAGE IS WORTH IT! • EVERY FEB 7-14



to have, to hold, to honor

For more information and resources, visit foryourmarriage.org

FOR YOUR
MARRIAGE



@foryourmarriage



Celebrate National Marriage Week 2021

As a Couple

- ♥ Re-read the readings that were proclaimed on your wedding day . Practice Lectio Divina by meditating on the Word of God together .
- ♥ Download the *At-Home Marriage Retreat for Couples* offered at ForYourMarriage.org .
- ♥ Frame a copy of your wedding invitation or program . Hang it in a place in your home where it can serve as a reminder of your vows .
- ♥ Did you have a first dance at your wedding? Recreate that moment by finding the song and dance together in your living room .
- ♥ Prayerfully re-read your wedding vows to each other . Take a moment to recommit yourself to the vows you made on your wedding day .
- ♥ Have a date night in . Get dressed up for dinner — look your best for your spouse! Order takeout from a favorite restaurant or try to recreate the meal that was served at your reception . Bonus : Get the kids involved by having them cook or serve as your waiters and waitresses for the night!
- ♥ Create a marriage memory box together and then go on a treasure hunt to find little things that represent your relationship : old love letters, honeymoon photos, ticket stubs from date nights, dried flowers, etc . Write down favorite memories and add them to the box . Keep it in a special place to add more items and revisit at a later time .

Selected Resources

- ♥ On marriage vows – *For Your Marriage* articles : [The Exchange of Consent](#), [Making “I do” Work](#), [Till Death Do Us Part](#) .
- ♥ On marriages in crisis – *For Your Marriage* list of ministries that help married couples in difficulty or crisis .
- ♥ On healthy sexuality within marriage – Paul VI, Encyclical Letter *Humanae Vitae*, 1968 .
- ♥ On divorce – USCCB, *Divorce and the Church’s Healing Ministry*, 2010 .
- ♥ On lust and pornography – USCCB : *Create in Me a Clean Heart : A Pastoral Response to Pornography*, 2015 and *Clean Heart* series of pamphlets, 2016; *For Your Marriage Help for Men and Women Struggling with Pornography*
- ♥ Pope Francis’s *Catechesis on the Family*, January 7, 2015 – November 18, 2015 .
- ♥ USCCB, Pastoral Letter *Marriage : Love and Life in the Divine Plan*, 2009 .
- ♥ USCCB, *For Your Marriage* website : foryourmarriage.org .
- ♥ USCCB, *Por Tu Matrimonio* website : portumatrimonio.org .
- ♥ USCCB, *Marriage Unique for A Reason* website : marriageuniqueforareason.org .

