



“Living the Promise” Catholic Enrichment Married Spirituality Reflection Exercise

In the *Married Spirituality* video presentation Dn. Tom Halliwell and his wife Pat shared with you the importance of always keeping God in the center of your marriage and how trusting in His love will help to unite you as couple and strengthen your Sacrament of Matrimony. They also shared how they recognize and honor their “little church of the home” by prayer, service and being a role model in living out God’s plan in their home, family, parish and community. Finally, they shared their personal experience of the importance of healing and forgiveness in their married relationship. Please reflect on the following:

I believe the goal of our sacramental marriage is to keep God at the center. ___ Agree ___ Disagree

As a Sacramental Couple, some of the ways we are living out God’s plan for our marriage are:

In what areas would we like to increase our spirituality as a couple?

___ Daily Prayer ___ Sunday Mass ___ Spiritual Enrichment
___ Bible Study ___ Novenas _____ Other

In what ways do we serve, or would like to serve, our parish community?

___ Lector ___ Eucharistic Minister ___ Usher/Greeter
___ Homeless Ministry ___ Bereavement Ministry ___ Marriage Prep Team
___ Catechist ___ Sacristan _____ Other

In what concrete ways do we as a Couple/Family recognize and honor our “little church of the home?”

What did I learn from Dn. Tom and Pat about forgiveness? Is there an area where I need to ask forgiveness from my spouse?

After you have taken time to fill out the exercise and reflect on your answers, share your answers with your spouse.