

Catholic Marriage Tips



“From a valid marriage arises a *bond* between the spouses which by its very nature is perpetual and exclusive; furthermore, in a Christian marriage the spouses are strengthened and, as it were, consecrated for the duties and the dignity of their state *by a special sacrament.*”

(Code of Canon Law, 1134)

- 1- **Always put God first** in your marriage. He created you both. He made you to know Him, and to love Him, and to serve Him in this life, so as to be forever happy with Him in the next.
- 2- **Pray together.** There is **power in couple prayer** – especially the daily Rosary and daily Divine Mercy Chaplet – whether prayed individually, or as spouses, or as a family.
- 3- There is power **to grow in holiness via the Sacraments**, especially weekly Eucharist, and monthly Confession.
- 4- Read about the **lives of the Saints (who were married)** of the Catholic Church who were husbands and wives. Make their lives part of your spiritual reading. Learn from them. Strive to be like them. After all, you share the same vocation they had. These Saints lived in the modern world of their time, just as you live in the modern world of your time. If they grew in sanctity *then*, you can grow in sanctity *now*. If they did it, you can do it.
- 5- Keep a good sense of humor. **Laugh a lot** – at yourself and with each other.
- 6- Appreciate and **express gratitude** for each other’s work by showing interest in it (whether it’s employment or domestic work or hobby related).
- 7- **Be joyful! In all things have a joy-filled attitude. God works things out for our good!**
- 8- Learn to **communicate in a respectful manner.** Working out conflict and compromising with each other. Avoid holding grudges, gossip, and anything uncharitable.
- 9- **Be considerate about your finances** and overall financial situation. Know precisely where you stand financially as a couple, and as a family. Marital stress can easily stem from unstable finances and lack of communication.
- 10- **Trust each other** in daily speech in communicating feelings – whether things are going well or not so well. Don’t keep things bound up inside. Speak charitably.