

DAILY COMPANION FOR MARRIED COUPLES

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING A SCRIPTURE QUOTE OR
INSPIRATIONAL READING,
A REFLECTION, AND A PRAYER

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Illustrated



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EVERY kingdom divided against itself is laid waste, and every city or household divided against itself cannot survive.

JAN.
21

—Mt 12:25

United not divided

REFLECTION. Division is one of the greatest tools of the Devil. It usually starts with something small but can easily blossom into something bigger very quickly.

When arguments come, and they will, make sure to “nip it in the bud” before it gets out of hand, and never allow outside forces to divide what God has brought together.

PRAYER. *Loving Father, grant us the wisdom to handle small problems before they get out of control.*



DO NOT be afraid, then, when love makes demands. Do not be afraid when love requires sacrifice.

JAN.
22

—Pope St. John Paul II

Opportunities for growth

REFLECTION. We tend to shy away from things that require sacrifice, yet we find that when we sacrifice we are better for it.

Your spouse is worth the sacrifice of your time, effort, and love especially when it's most difficult and inconvenient. This love lived in the home will be the model for your children.

PRAYER. *My Lord and God, thank You for modeling love and sacrifice in Jesus Christ.*



NOTHING attracts like love; love and you will win every heart.

—Blessed Pauline Von Mallinckrodt

**FEB.
14**

Love is still number one

REFLECTION. Many commercials appeal to sex in order to promote their product. Wear this, drive that, drink this beverage and you will be attractive to the opposite sex. The underlying message is that sex is all we are made for.

It's love that fulfills our ultimate desires so continue to love one another in marriage with Jesus as our example of love.

PRAYER. *Loving Lord, help us see past the externals and to love with the heart of Jesus.*



HOUSE and wealth are inherited from fathers, but a prudent wife is from the Lord.

—Prov 19:14

**FEB.
15**

Head and heart in action

REFLECTION. Prudence is not a popular virtue nowadays yet it is essential to a successful marriage. The ability to reason is one thing but acting on it is another.

Thank God for the virtues your spouse has be it courage, patience, fortitude, and let them know you appreciate their gifts. Pray that in your marriage where one is weak the other is strong.

PRAYER. *Holy Spirit, be with us and increase our gifts to serve You and each other.*



ROW in the grace and the knowledge
of our Lord and Savior Jesus Christ.

—2 Pet 3:18

JULY
25

Grow up in your faith

REFLECTION. For many adults religious education stopped in eighth grade, and if you reflect on your maturity level as an eighth grader it's scary!

While you both have matured and grown physically, emotionally, and professionally, has your faith grown up with you?

PRAYER. *Jesus, help us to pursue quality adult faith formation together.*



ROGRESS...consists in persevering at-
tempts, which necessarily imply failures.

—Blessed Miriam Teresa Demjanovich

JULY
26

Move forward, focus ahead

REFLECTION. In any endeavor we undertake there are countless “failures” along the way. Even the most gifted artists and athletes take missteps and suffer setbacks.

In marriage we will have failures as well, at times daily. The key will be to move forward by forgiveness and perseverance. The Holy Spirit is with you both; call out to Him.

PRAYER. *Holy Spirit, our Advocate, assist us in loving each other and moving forward.*



TAKE the words "always" and "never" out of your arguments. Those words put walls up before you even have a chance to talk. —Sean and Daniela McDonnell

AUG.
12

But he NEVER listens!

REFLECTION. Arguments in marriage are a given. What separates the healthy marriage from the unhealthy is how we go about resolving our disagreements. Saying things like, "She always nags" or "He never puts things away" only exacerbates the problem.

Ground rules for arguing may differ couple to couple, but it's good to have them in place.

PRAYER. *Lord, help us to get along and to examine the root cause of our arguments.*



TO SIN is human, but to remain in sin is devilish. —St. Catherine of Siena

AUG.
13

Step into the light

REFLECTION. St. Catherine of Siena is a Doctor of the Church which means she has made an outstanding contribution to the understanding of the Scriptures and Christian doctrine.

While the word "devilish" is out of style in today's vernacular, her words remain true. Recognizing our sin is one thing and refusing to change is another. Do you remain in sin?

PRAYER. *Lord, help us to ask forgiveness and to be free from selfish pride.*