

Lenten Marriage Challenge

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5 What are the special moments in your marriage when you feel God's goodness and love most vividly?	6 List 3 ways in which your spouse is God's gift to you.	7 How does your spouse show that he/she understands you?	8 Can you name one or two emotional needs of your spouse?
9 <u>Challenge:</u> Pray for all couples that struggle with infertility.	10 Do you remember a time when your spouse comforted you? When was it? What did you spouse do?	11 What is your spouse's most attractive physical feature?	12 Is your marriage your home? Is it the place that is more comfortable to you than anywhere else? Why or why not?	13 What sacrifices do you make to honor your commitment to your spouse?	14 How do you handle relationships with friends or coworkers of the opposite sex?	15 <u>Challenge:</u> Explore a new prayer today! (A Novena, Saint prayer or a new form of prayer)
16 What do we do to protect the treasure that is our marriage? What can we do to strengthen even more our emotional bond with one another?	17 Can you think of a couple in your community whose commitment to each other is visible to everyone? What do they do that impresses you?	18 <u>Challenge:</u> Spend 5 minutes together today praying for your family/future family.	19 If your marriage were a dance what type of dance would it be, and why?	20 What are our common dreams as a couple?	21 In what situations do I feel that our life together is like an adventure in a canoe?	22 How often do I turn to God for help to resolve conflicts in our relationship?
23 What did your parents teach you about prayer? How did they pray?	24 What would your spouse say is your typical way of dealing with a problem?	25 What situations do you encounter in your daily lives that are in conflict with your Christian values?	26 What is your love language? What is your spouse's love language? (see below) Think of one way you can serve your spouse today through their love language.	27 <u>Challenge:</u> Leave a note for each another today in a place where they will discover it later.	28 Which of you is the one who takes the first step to reconcile? Talk about how you normally reconcile. What improvements can you make?	29 Are you thriving or just surviving in your faith? Discuss one way to thrive this upcoming week in your faith and marriage.
30 Do you remember the first time you kissed your spouse? How did you feel?	31 <u>Challenge:</u> Do you use sarcasm too much? Today, refrain from sarcasm & pray for gift of a gentle tongue.		<p style="text-align: center;">↓</p> <i>Love languages:</i> physical touch, acts of service, gift giving, quality time, words of affirmation			

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		List 3 situations in which you are reminded that you are in need of God's help.	<u>Challenge</u> : Wake up 5 minutes early this week and pray over your spouse.	List two situations that cause discomfort in your relationship today. Talk about changes you may be willing to make to relieve the discomfort.	Am I comfortable with how my spouse brings up a touchy subject? If yes, what do I appreciate about it? If no, what do I dislike about it? Talk about suggestions.	Authenticity is a very attractive quality. Are you individually and as a couple authentic in your relationships?
6	7	8	9	10	11	12
What is the understanding that you and your spouse have about your use of the Internet? Are you comfortable with it?	<u>Challenge</u> : Pray for the leaders in the Church (the Holy Father, priests, religious life & lay people).	Recall a time when your spouse recognized a need of yours and reached out to help. Share with your spouse how you felt on that occasion.	What role do honesty and gratefulness play in your ability to grow in intimacy?	What is your understanding of how the Church looks at sex within marriage?	<u>Challenge</u> : Research a new saint together. Pray for his/her intercession.	When you experience disappointments and hurts caused by decisions made by your spouse, how do you respond?
13	14	15	16	17	18	19
Discuss the importance of forgiveness in a marriage. Pray for continued healing from past hurts.	What are your family prayer traditions? If you do not have any-start a new one tonight!	Our lives change when our habits change. Discuss with your spouse, one positive and one negative habit that you have.	<u>Challenge</u> : Give up all electronics & TV today. Focus on giving thanks for the blessings you have.	The goal of Christian life is holiness. Discuss one way you want to grow in holiness within your marriage.	Treating your spouse as an equal partner is important. Discuss 3 ways in which you are alike.	Discuss 2 people that you really want to outreach to this week. Set up a plan of action with your spouse.
20	21	22	23	24	25	26
Happy Easter!						
27	28	29	30			
						Created by: Desire for Love

