

Intention



Prayers

Our Father, 3 Hail Marys, Glory Be

Reflection

From the beginning of creation, God instituted marriage as a covenant between one man and one woman. He elevated this union of spouses as a sacramental sign of the love of Christ for His Church. This permanent, faithful, and fruitful union is entered into through the mutual, free consent of the spouses, who promise loving fidelity to one another. However, marriage is not merely a private matter or institution. Within the marriage rite itself, the spouses promise openness to welcoming and nurturing children through their union, thus embracing their capacity to conceive and bring forth life.

Marriage is the foundation of the family. It is within the family—the domestic Church—that children are formed to live out the Faith, to the benefit of society. If we desire to rebuild a true culture of life, we must pray for, encourage, and support couples in their pursuit of holy marriages because the family is the natural foundation of both life and love.

Acts of Reparation (choose one)

- Pray a decade of the Rosary for married and engaged couples, using the pro-life reflections for the second Luminous Mystery, The Wedding Feast at Cana (www.bit.ly/pro-life-luminous).
- Fast from television or social media for the day. Instead, spend that time reflecting on your own vocation and how God is asking you to help build a culture of life through it.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for this month's intention.

One Step Further

“Married Love and the Gift of Life” is a statement from the bishops of the United States that presents God’s plan for married love. It discusses responsible parenthood and methods of natural family planning—answering many common questions along the way (www.bit.ly/married-love-statement).

Did You Know?

Visit www.foryourmarriage.org, an initiative of the U.S. Conference of Catholic Bishops, for blog posts, stories, tips, FAQs, and more for dating, engaged, and married couples.

