

ACTIONS FOR A BETTER CHRISTIAN MARRIAGE

COMMITMENT

All vocations require dedication. Through thoughtful and loving effort, we can strengthen our marriage. The sacrament of marriage provides the grace to remain committed.

CARING

We show that we truly care through our love and acts of affection, attentiveness and concern for our spouse and family.

COMPLIMENTS

We all thrive on sincere and genuine compliments. A kind word fuels and sustains the good efforts of each family member.

COMPASSION

When we really care, we are moved to stop and to share in and feel the suffering of a family member just as the Lord did for us.

COMPROMISE

We can solidify marital love and harmony and we can avoid conflict through our flexibility--our willingness to give in and accommodate others.

CHANGE

Change is difficult. We should seek first to change and improve ourselves and have patience with others as they endeavor to change.

COMPATIBILITY

Marriage is strengthened by our taking an interest in and sharing in each others activities and developing common interests.

COURTSHIP

Marriage is made vibrant through continued courtship. Flowers, special dates, dining out, etc. keep a marriage fresh and help it flourish. Don't take your spouse for granted.

COMMUNICATION

Communication is best achieved when we are attentive and when we are listening--when we make an effort to share feelings with each other. Be observant to notice "unspoken" communications and needs.

CHILDREN

Children are a blessing and a gift from God. They are the fruit of love, and they will grow and develop according to the spiritual nourishment that their parents provide. Participate in their lives. The love you give as a parent will only enhance the love that you share with your spouse.

COURTESY

Being considerate, polite and thoughtful strengthens love and precludes our taking our

spouse and family for granted.

CURRENCY

Keep spending (cash, credit cards, etc.) in line with income. Try to avoid creating economic and family worry and stress caused by overspending.

CHEERFULNESS

Be cheerful and positive; avoid complaining, critical or condescending comments.

CHERISH

Appreciate your family and thank God for this blessing in your prayers. Marriage is the rock upon which your family builds and thrives. Value it dearly in all your thoughts and actions.

CLAN

Through marriage, one's family grows to include in-laws. Good relations with one's extended family improves the quality of the marriage and eliminates unnecessary stress.

COURAGE

Marriage, like any vocation, requires spiritual strength and fortitude, especially in hard times and times of suffering. Through prayer and true dedication to our sacramental vows, God's grace can give us the strength to cope with any difficulty.

CHURCH

Church is our extended spiritual family. As in our family at home, we are interactive members in our church, called upon to love and serve.

CHRIST

Only through Christ do we perfect marriage. He bonds husband to wife, parent to child. As in a triangle, with Christ at the top, as husband and wife move closer to Christ, so also do they come closer to one another.