



SCHOENSTATT MOVEMENT
BOLTON BL4 8QQ
TELEPHONE: 01204 572077
WWW.SCHOENSTATT.ORG.UK
EMAIL: FR.DUNCAN@SCHOENSTATT.ORG.UK



MARRIAGE PREPARATION | # 1
LOVE FOR A LIFETIME

Foundation of our House

Welcome to...

Love for a Lifetime...

In the Gospel of Luke Jesus compares the wise disciple to the builder of a house “who dug deeply and laid the foundation on rock”. The task of marriage is the same. We want to support each other in building our marriage on a firm foundation.

Getting married today is something like building a house in a quake-prone area. We know that there are forces out there that can pull apart the foundation of any marriage. We need to know for ourselves, what “materials” we are going to put into the foundation. They will see us through, even when we feel as if the ground is shaking beneath you.

We can read in the Gospel of St Luke in the Bible:

“Everyone who comes to me and listens to my words and acts on them -

I will show you what such a person is like.

such a person is like the man who,

when he built a house, dug, and dug deep,

and laid the foundations on rock;

when the river was in flood it bore down

on that house but could not shake it, it was so well built.”

(Luke 6,47-48)

Prayer for Each Other

Dear Lord Jesus,
grant that we may have a true
and understanding love for each other.

Grant that we may both

be filled with faith and trust.

Please give us the grace

to live with each other in peace and harmony,

and may we always bear

with one another's weaknesses

and grow from each other's strengths.

Help us, Lord,

to forgive one another's failings

and grant us patience, cheerfulness

and the spirit of placing

the well-being of one another before our own.

May the love that brought us together

grow and mature with each passing day

and may it bring us both ever closer to you

through our love for each other.

In our Covenant of Marriage,

let our love grow to perfection.

Amen.

- Do you stay in bed when you have a cold or when you feel off?
- Do you save things?
- Do you swear or curse?
- Do you give to charity?
- Do you like to go to church?
- Are you on time for things?
- Do you like to pray?
- Do you go to confession?



"Under Construction"

What am I putting into the foundations of our Marriage? Are they quality "materials"? There are twelve gifts listed below. Choose the most important three "materials" and share this with your fiancé. The most important materials are often the intangible ones that go unnamed. Take a few moments to identify the most important "materials" you place in the foundation, and choose three that are the most important to you.

As we build the house of our marriage I place into our foundations...

- ...admiring you
- ...validating your feelings
- ...being there for you
- ...spending time with you
- ...being honest with you
- ...touching you tenderly, holding you
- ...believing what you say
- ...encouraging you
- ...telling you when I am hurt
- ...being open to change throughout our marriage
- ...listening to you
- ...putting your needs first
- ...other:

Essential Materials

The following “materials” have been gleaned from three sources: The Christian vision of marriage, the social sciences concerning marriage, and the experience of couples who have been successfully married for many years.

♥ **Love/commitment:**

A feeling, but more than a feeling; a process of being united that expresses the mystery and uniqueness of companionship lived over a lifetime. Can you name something you do in a typical week to show your fiancé love and affection?

♥ **Respect:**

The esteeming and honouring of someone as a unique person; a recognition that my fiancé represents a gift of the Lord for me. There is no place for physical violence or speech that belittles and intimidates. For what do you respect your fiancé right now?

♥ **Honesty:**

The honouring of my own integrity so that I tell the truth as I see it in a spirit of sincerity and charity. Do you have an easy or difficult time being honest about what you are feeling or thinking?

♥ **Intimacy:**

The passionate experience of emotional and sexual closeness. Allowing someone to discover my innermost self. Are there any

Knowing me... Knowing you...

Have a look at these questions. Answer YES or NO yourself and then what you think your fiancé would answer. Afterwards you can exchange the answers.

YOU

FIANCE

Are you a borrower?

Are you a lender

Are you mean?

Do you like to read in bed before you go to sleep?

Do you have to have a cup of coffee/tea to wake you up?

Do you keep your room tidy?

Do you clean the bathroom sink after using it?

Do you often leave your shoes lying around?

Do you like to fall asleep with the radio on?

Do you like to eat in bed?

Do you pick your nose?

Do you leave your toenail clippings lying around?

Do you bite your nails?

Are you a faddy eater?

Do you eat fast?

Do you sing in the bath/shower?

Are you cheerful when you wake up?

Which do you think your two most important love languages are?

Which do you think your partner's top most important love languages are?

blocks to creating intimacy between you and your fiancé that, if talked about now, could make your marriage stronger?

♥ **Communication:**

The learning and sharing of a common language and vocabulary that will help direct the marriage; problem solving; the sharing of feelings and emotional states. Can you really listen without interrupting?

♥ **Fidelity:**

True love, emotional closeness, cannot take place without a circle of safety. This trust says: "I will honour you by not seeking passion and intimacy outside this circle. I may have friends, but not on the same level of communication and intimacy I share with you." How do you and your fiancé build trust in each other? How important is fidelity to you?

♥ **Prayer:**

The perspective that is open to the mystery of God, of others, of myself. Prayer helps us cope with the ups and downs of life. What common practices do you expect to have as a married couples?

♥ **Forgiveness:**

The letting go or giving up of resentment towards each other. Is forgiveness an easy or difficult thing for you? Have you considered celebrating the Sacrament of reconciliation as part of your preparation for marriage?

♥ **Community:**

This "material" speaks to how a couple is connected to family, friends, church, etc. How to you invest your time for others? If you were in trouble, which family members or friends, would you turn to?



Five Love Languages

♥ **Humour:**

A sense of honour is important for any marriage. It can be helpful sometimes to laugh at our predicaments; humour helps us transcend anxiety and pain. Which family member do you admire most for his or her sense of humour?

♥ **Perseverance:**

The ability to hang in there with adversity rather than to “cut and run” when the going gets tough. It is the attitude, that says, “I’ll do whatever it takes in order to make my marriage better.” Is there a person or married couple that models for you the value of hanging in there when the going get tough? Describe the qualities that impress you.

♥ **Adaptability/Vive la difference!**

The ability to change when the situation calls for it. This involves commitment to work of any unfinished business from my childhood that might get in the way of deepening my marriage commitment. Who do you look to as someone able to change when it is necessary to do so?



☆ **ONE - Words of Affirmation**

We need to be affirmed (this can be written words as well as spoken ones) to feel built up, complimented and appreciated.

☆ **TWO - Quality Time**

Making time to give your future spouse undivided attention. 20 minutes of listening, talking and sharing feelings will really show love to your fiancé.

☆ **THREE - Receiving Gifts**

Giving is a real symbol of love. Gifts don't have to be expensive but do need to be thoughtful. Please be very careful with this one. It is possible to give gifts as a way of making ourselves feel better because we aren't spending enough time with our future spouse.

☆ **FOUR - Acts of Service**

Endeavouring to please our fiancé by doing things that we might not normally choose to do like washing up or cleaning the car.

☆ **FIVE - Physical Touch**

Is a very important means by which we can express love. A hug or a touch can really show we care. Remember touch can be assumed to be linked to the desire for sex, but it doesn't have to be. Have a look at the questions overleaf!