



marriage matters

NEW YEAR'S RESOLUTIONS FOR COUPLES

WHAT CAN YOU DO FOR YOUR MARRIAGE IN 2018?

Try making a New Year's resolution to improve your relationship. Here are some ideas to get started:

- “Adopt” a patron saint for the coming year to intercede for you and your family. Throughout the year, read a biography about him or her, attend Mass together on the saint's feast day, and find litanies, novenas and other prayers to pray together.
- Make a “spiritual New Year's resolution” together. Choose one thing, such as First Friday Adoration, to do through this year as a family.
- Take turns selecting a favorite Scripture passage to pray about each week. Share your reflections with each other.
- If you don't already eat dinner together as a family, try to commit to one night (or more) each week to eat together.
- Draw up your 2018 household budget together. Discuss spending priorities, including charitable donations.
- Set up a prayer intention board in a common space in your home. Pray together each night for one another's intentions.
- Start saving up for a vacation later in the year, or even a “staycation.” Start planning now to take time off of work to devote to your family. It need not be extravagant to foster quality time and relaxation.
- Is there anything that is causing strain in your marriage? Lack of communication, long job hours, technology dependence, unforgiven hurts? Take time in the new year to make concrete steps toward reconciliation and growth.
- Resolve to do a weekly act of love or service for your spouse – a hidden sacrifice, a little surprise, an unprompted chore or errand.
- Schedule several “date nights” for each month of the year.
- Resolve to do at least one service activity this year, as a family or a couple. Perhaps it's bringing canned goods to the local food pantry on a regular basis or helping out with a parish fundraising project.

While it's important to strengthen the marriage relationship, marriage is also a sacrament of service. It's true that marriage benefits the couple, but it's also good for the entire family, the whole community and the church. †

Visit ForYourMarriage.org for daily tips, resources and ideas to keep your marriage life-giving.