

Sunday Matrimony Moments content for AUGUST:

Sunday Matrimony Moments offer married couples a simple opportunity to grow in unity and holiness. This content can be a springboard for couples to use as a conversation starter as they establish a habit to take time each week to talk and connect about what matters most in their marriage.

Couples can use them one-on-one to start a conversation over coffee on a Sunday morning and/or parish-based couple small groups can use them as a structure for reflection, prayer, and conversation. (Parishes can include them in the parish bulletin.)



WEEK #1 - Theme: Nourished by God's Love to Sustain Family Unity

"Come to me heedfully, listen, that you may have life. I will renew with you the everlasting covenant..."
(Isaiah 55:3, from the 18th Sunday in Ordinary Time, Cycle A)

Couple Prayer:

Lord Jesus, as we raise our children, nourish our marriage with Your living water. Renew our covenant daily so we remain united to You and to each other. Help us feed our family with faith, hope, and love. Amen.

Marriage Motivation Tip:

Prioritize a short daily moment of prayer or Scripture together—even 5 minutes. Just as Jesus fed the multitude, God will multiply your efforts to strengthen your bond and model unity for your children.

Couple Conversation Question:

How can we better invite God's abundance into our daily family life so we feel less overwhelmed and more united?

WEEK #2 - Theme: Listening to God's Soft Voice Amid Life's Storms

"After the fire there was a tiny whispering sound... Elijah hid his face in his cloak and went and stood at the entrance of the cave."
(1 Kings 19:12-13 / 19th Sunday in Ordinary Time, Cycle A)

Couple Prayer:

Heavenly Father, in the busyness of parenting, help us quiet our hearts to hear Your gentle voice. Draw us closer to You and to one another, so our home becomes a place of peace and faithful listening. Amen.

Marriage Motivation Tip:

Create a simple "whisper moment" each week—perhaps a quiet walk or evening check-in—to listen to God and to each other without distractions. This builds resilience against family storms.

Couple Conversation Question:

When do we most clearly hear God's voice in our marriage and family life, and how can we make space for that more often?

WEEK #3 - Theme: Faith That Unites and Heals the Family

"O woman, great is your faith! Let it be done for you as you wish."
(Matthew 15:28 / 20th Sunday in Ordinary Time, Cycle A)

Couple Prayer:

Lord, increase our faith as a couple. Like the Canaanite woman, may we persistently bring our children's needs to You. Unite us in trust so Your mercy flows through our family. Amen.

Marriage Motivation Tip:

Practice "persistent prayer" together for your children and marriage. Shared faith in action—especially during challenges—deepens your unity with God and each other.

Couple Conversation Question:

What is one area in our family life where we need greater faith right now, and how can we support each other in trusting God more?

WEEK #4 - Theme: Built on the Rock of Christ for Lasting Legacy

"You are Peter, and upon this rock I will build my church... I will give you the keys to the kingdom of heaven."
(Matthew 16:18-19, / 21st Sunday in Ordinary Time, Cycle A)

Couple Prayer:

Jesus, You are the Rock of our marriage and family. Build our home on You so nothing can prevail against it. Grant us the grace to lead our children to Your Kingdom. Amen.

Marriage Motivation Tip:

Regularly reaffirm your sacramental foundation—recall your wedding vows or renew them simply. Anchor decisions in Christ to create a stable, faith-filled legacy for your children.

Couple Conversation Question:

How can we more intentionally build our family life on Christ as the solid rock, especially as we guide our children?

These weekly words of inspiration and encouragement are part of the Archdiocese Jubilant Marriages Initiative
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