

Sunday Matrimony Moments for October, 2026

Sunday Matrimony Moments offer married couples a simple opportunity to grow in unity and holiness. Couples can use this content one-on-one for conversations on Sundays and build a habit of choosing heart-to-heart time together as a priority each week.

Parish-based couple small groups can also use these as a structure for reflection, prayer, and conversation. (Parishes can include these in the Sunday parish bulletin.)



Couples, use this simple content to enrich your marriage one-on-one each Sunday

Sunday Matrimony Moments - October 4, 2026 - Cultivating the Vineyard of Marriage

"I have chosen you from the world, says the Lord, to go and bear fruit that will remain." . John 15:16

Couple Prayer: Lord Jesus, You planted us as a vineyard in the Sacrament of Matrimony. Help us tend our marriage with care, prune what is unfruitful, and produce the lasting fruit of love, patience, and holiness. Guard our hearts with Your peace. Amen.

Marriage Motivation Tip: Just as the landowner carefully prepared his vineyard, invest intentional daily effort in your marriage—small acts of kindness, shared prayer, and forgiveness—so that it yields the good fruit God desires.

Couple Conversation Question: What "wild grapes" (habits, attitudes, or distractions) might be hindering the fruitfulness of our marriage right now, and how can we work together to cultivate better growth?

Find more ways to make your marriage JUBILANT at www.MarriageandFamilySTL.org

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Sunday Matrimony Moments - October 11, 2026 - The Wedding Feast of the Kingdom

"The kingdom of heaven may be likened to a king who gave a wedding feast for his son." Matthew 22:2

Couple Prayer: Heavenly Father, You invite us to the everlasting wedding feast of Your Son. Strengthen our marriage as a living image of that joyful banquet. We pray especially for the youth and young adults of our time: fill them with hope and courage to embrace the Sacrament of Matrimony with faith and generosity. Amen.

Marriage Motivation Tip: Live your marriage as a joyful invitation to the feast. Let your visible love and fidelity inspire young people around you to see Christian marriage as a beautiful, hope-filled vocation worth embracing.

Couple Conversation Question: How can our marriage more clearly reflect the joy and generosity of the King's wedding feast, and in what ways might we encourage young people to open their hearts to the Sacrament of Matrimony?

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Sunday Matrimony Moments - October 18, 2026 – Rendering to God What Belongs to God

"Then repay to Caesar what belongs to Caesar and to God what belongs to God." Matthew 22:21

Couple Prayer: Lord, You have claimed us as Your own through the covenant of marriage. Help us render to You the first fruits of our love, time, and decisions, while faithfully fulfilling our duties in the world. Make our home a place where You are truly honored. Amen.

Marriage Motivation Tip: Prioritize what belongs to God—shared prayer, Sunday Mass, and moral integrity—before the demands of work, schedules, or social expectations. A marriage ordered toward God remains strong amid worldly pressures.

Couple Conversation Question: In the balance of our daily responsibilities, are we giving God what is rightfully His in our marriage, and what one adjustment could help us do so more faithfully this week?

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Sunday Matrimony Moments - October 25, 2026 – Loving God and Loving Your Spouse

"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind... You shall love your neighbor as yourself." Matthew 22:37, 39

Couple Prayer: Jesus, You teach that the greatest commandments are love of God and love of neighbor. Help us love You wholeheartedly and love each other as our closest neighbor—with patience, selflessness, and tender care. May our marriage be a school of genuine love. Amen.

Marriage Motivation Tip: Treat your spouse as the "neighbor" closest to you. Concrete daily love—listening well, serving without being asked, speaking kindly—fulfills the greatest commandments in the most intimate way.

Couple Conversation Question: In what practical ways can we better love God together, and how can each of us more intentionally love the other as ourselves this coming week?

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