

Sunday Matrimony Moments for SEPTEMBER, 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.)



Sunday Matrimony Moments

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

9/6 : Love That Unites

"For where two or three are gathered together in my name, there am I in the midst of them." (Matthew 18:15-20)

Couple Prayer: Lord Jesus, You are present whenever we come together in Your name. Give us the courage to speak truth in love and the humility to listen when corrected. Strengthen our bond so that our home becomes a place where Your presence is felt. Amen.

Marriage Motivation Tip: Commit to approach difficult conversations privately and gently first. A soft word spoken in private often restores more than public confrontation ever could.

Couple Conversation Question: When was a time one of us "won the other over" through honest, loving dialogue, and how did it draw us closer to Christ?

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

9/13 : Forgiveness Without Limits

"I say to you, not seven times but seventy-seven times ... forgive your brother from your heart." (Matthew 18:22, 35)

Couple Prayer: Merciful Father, You have forgiven us an unpayable debt. Soften our hearts to forgive each other freely and completely. May the mercy we receive from You overflow into every ordinary moment of our marriage. Amen.

Marriage Motivation Tip: Keep short accounts. Forgive quickly, specifically, and from the heart—before resentment can take root.

Couple Conversation Question: What makes forgiveness hardest for us right now, and how can we better mirror the Father's mercy toward each other?

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9/20 : God's Generous Ways

"Are you envious because I am generous? ... For my thoughts are not your thoughts, nor are your ways my ways, says the LORD." (Matthew 20:15; Isaiah 55:8)

Couple Prayer: Generous God, free us from comparison and envy. Teach us to rejoice in Your unique gifts to each of us and to celebrate Your abundant care in our life together. Amen.

Marriage Motivation Tip: Celebrate your spouse's successes and blessings as if they were your own. Generosity of spirit strengthens the marriage more than keeping score.

Couple Conversation Question: Where do we sometimes compare our marriage or circumstances to others, and how can we choose gratitude and trust in God's different timing for us instead?

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9/27 : United in Mind and Heart – A Witness of Hope

"Complete my joy by being of the same mind, with the same love, united in heart ... Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves."

(Philippians 2:2, 3)

Couple Prayer: Lord Jesus, You emptied Yourself in love. Help us put each other first and grow ever more united in mind and heart. May our marriage shine as a hopeful sign that inspires youth and young adults to embrace the beautiful Sacrament of Matrimony with courage and joy. Amen.

Marriage Motivation Tip: Daily choose small acts of humility—letting the other go first, listening without interrupting, or serving generously. These build the unity that draws others to the vocation of marriage.

Couple Conversation Question: How can our daily unity and mutual self-gift become a living invitation for the young people in our lives to see Matrimony as a joyful, grace-filled path worth pursuing?

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