

# Sunday Matrimony Moments for JULY:



Sunday Matrimony Moments can help the married couples in your parish in a simple and practical way. These can reach the parishioners who might not come out for an event, but might try this simple little Sunday exercise to strengthen their marriage one-on-one at home. 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.

**Parish Bulletins:** Copy and paste the 4 **CONTENT SECTIONS** and **LOGO IMAGE** as a regular feature in the **parish bulletin** - as often as space allows.

**Couples and/or Couple Small Groups:** Offer copies or the download link to couples and parish-based couple small groups as a structure for reflection, prayer, and conversation.

Sunday Matrimony Moments include the following four elements each week:

- **Scripture** from one of the Sunday readings
- Simple **Couple Prayer** based on a weekly theme
- **Marriage Motivation Tip** for couples to improve their marriage
- **Conversation Question** to fuel a conversation about the topic that week

(Use this [LINK](#) for a word document download of the content for each week in June.)

## ***Themes for July 2026: Building Intimacy in Marriage***

**WEEK #1 - THEME: FINDING REST AND GENTLENESS IN EACH OTHER'S ARMS**

**WEEK #2 - THEME: SOWING SEEDS OF LOVE AND UNDERSTANDING**

**WEEK #3 - THEME: PATIENTLY CULTIVATING PEACE AND UNITY**

**WEEK #4 - THEME: TREASURING WISDOM AND GOD'S PLAN TOGETHER**

*These weekly words of inspiration and encouragement are part of the Archdiocese Jubilant Marriages Initiative with the goal to fortify and energize Catholic Married couples to be Holy, Healthy and Happy and experience Matrimony as a daily lived Sacrament.*

*Questions? Contact the Office of Marriage And Family Life:*

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# Sunday Matrimony Moments content for JULY:



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: Finding Rest and Gentleness in Each Other's Arms**

July 5 - Fourteenth Sunday in Ordinary Time (Cycle A)

*"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Matthew 11:28-30)*

### **Couple Prayer:**

Lord Jesus, You invite us to come to You when we are weary. Help us as husband and wife to be gentle with one another, to carry each other's burdens with meekness and love. May our home be a place of rest and joy in Your presence. Amen.

### **Marriage Motivation Tip:**

Practice "soft starts" when discussing challenges—begin with affection or appreciation. This builds emotional safety and deepens intimacy, mirroring Christ's gentle heart.

### **Couple Conversation Question:**

When do you feel most rested and loved in our marriage? What small thing can I do this week to help you feel lighter and closer to me?

## **WEEK #2 - Theme: Sowing Seeds of Love and Understanding**

July 12 - Fifteenth Sunday in Ordinary Time (Cycle A)

*"As the rain and the snow come down from heaven, and do not return there until they have watered the earth... so shall my word be that goes out from my mouth; it shall not return to me empty." (Isaiah 55:10-11, adapted)*

### **Couple Prayer:**

Heavenly Father, let Your Word fall like gentle rain on our marriage. Help us sow seeds of kindness, patience, and encouragement daily so that our love may grow fruitful and bring joy to You and to each other. Amen.

### **Marriage Motivation Tip:**

Intentionally "water" your spouse's strengths and dreams with words of affirmation and attentive listening. Consistent small acts of love yield abundant intimacy and shared joy over time.

### **Couple Conversation Question:**

What "seeds" (habits, words, or gestures) have helped our marriage grow the most? What new seed of love would you like us to plant together this week?

## **WEEK #3 - Theme: Patiently Cultivating Peace and Unity**

July 19 - Sixteenth Sunday in Ordinary Time (Cycle A)

*"The Lord is good and forgiving, slow to anger and abounding in steadfast love." (Psalm 86:5, adapted from the Responsorial)*

### **Couple Prayer:**

Merciful God, You are patient with us. Grant us the grace to be patient and forgiving with one another. Help us weed out resentment and cultivate peace, so our marriage reflects Your steadfast love and grows in joyful unity. Amen.

### **Marriage Motivation Tip:**

When conflict arises, pause to pray together briefly before responding. This fosters empathy, reduces defensiveness, and strengthens emotional and spiritual intimacy.

### **Couple Conversation Question:**

In what areas do we need more patience with each other right now? How can we better support one another to experience more peace and joy in our daily life?

## **WEEK #4 - Theme: Treasuring Wisdom and God's Plan Together**

July 26 - Seventeenth Sunday in Ordinary Time (Cycle A)

*"Give your servant an understanding heart to judge your people and to discern between good and evil." (1 Kings 3:9, adapted)*

### **Couple Prayer:**

Wise and loving God, grant us hearts of understanding like Solomon's. Help us treasure each other as Your gift and seek Your will together. May wisdom guide our decisions so our marriage overflows with intimacy and joy. Amen.

### **Marriage Motivation Tip:**

Regularly pray for and discuss God's wisdom for your shared future—finances, family, intimacy, and vocation. Aligning hearts on His priorities deepens trust and lasting joy.

### **Couple Conversation Question:**

What is one area of our life or marriage where we most need God's wisdom right now? How can we better treasure and support each other as we seek His plan together?

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