



Play together!

JUBILANT MARRIAGES WEEK

Jubilant Marriages Week 2026 - Sunday, September 27 through Saturday, October 3
Seven days with seven ways to **PRAY & PLAY** as a couple and grow JUBILANT in your marriage! Try out the daily ways to “play together” along with a daily habit of praying together that’s anchored in scripture. It’s a form of prayer called **Lectio Divina**.

Visit www.Marriageandfamilystl.org/JMWeek for all the details.

Sunday

RECHARGE: *Attend Mass together* and make today a time to rest and recharge. Turn the screens off for a while. Reminisce about your wedding day. Pull out the photo albums. And in honor of the day of rest...Take a nap together. Pray together as a couple at home - Try out Lectio Divina for Couples.

Monday

GET OUTSIDE! *Go for a walk*. See if you can include a location that harkens back to your wedding day or dating era. Need some fun conversation starters? Visit MarriageandFamilySTL.org/JMWeek
Start or end your day with Lectio Divina for couples.

Tuesday

LISTEN: *Dance in the kitchen* - Enjoy mocktails or cocktails together using the “Celebrate Catholic Marriage” playlist with this [Spotify link](#) as your soundtrack. It’s a great mix of all genres that are songs that celebrate and inspire lifelong love...and possibly dancing. Start or end your day with Lectio Divina for couples.

Wednesday

EAT & SHARE: *Cook together*. Double the recipe to give ½ away - to someone in need, sick, etc. Plus, while you eat - Make a plan to do an act of service together sometime soon. Perhaps you could do something on a monthly basis? Start or end your day with Lectio Divina for couples.

Thursday

READ: *Read aloud* to each other. Break through the technology traps by taking time to read a favorite passage out of a printed book or magazine - out loud to each other - and share why it is special to you. Or write a letter to each other and do the same. Start or end your day with Lectio Divina for couples.

Friday

DATE NIGHT: Go out on a date together - or plan PJ Date Night at home. Make the popcorn. Pop some bubbly. (Sparkling water, Prosecco...your choice.) Get cozy. Watch a fun or dramatic love story, or play a board game - just the two of you. Start or end your day with Lectio Divina for couples.

Saturday

REFRESH: *Ask for and receive forgiveness from God ...and each other*

Plan an Indoor (or outdoor) Picnic - after going to the Sacrament of Reconciliation. Take a moment to ask & receive forgiveness from each other and then relax and refresh with your picnic. Start or end your day with Lectio Divina for couples.

Remember to visit MarriageandFamilySTL.org/JMWeek for conversation starters, movie ideas, prayers, recipes, music links, and more great ways to make your marriage jubilant!

Office of Marriage and Family Life - Archdiocese of St. Louis - MarriageandFamilystl.org

