

How to Spiritually Prepare for Marriage

(Get ready for your Catholic wedding with this faith-based to-do list, or enrich your current marriage with these ideas!)

Frequent the sacraments

- Regular confession
- Frequent Holy Communion
- Witness the Sacrament of Matrimony

Pray

- Rosaries and novenas
- Eucharistic adoration
- Sainly intercession
- Fasting
- Prepare a spiritual bouquet or prayer journal for your spouse

Study

- Read good books
- Watch and listen to Catholic DVDs and talks about marriage
- (See book & media list at CatholicKatie.com)

Seek Counsel

- Diocesan/parish marriage prep
- Find a mentor couple
- Consider further Catholic counseling if needed

Deepen your personal relationship with Jesus

- Go on a retreat
- Do a Bible study
- Serve together
- Grow in virtue and work on getting rid of sin and vice
- Do a Marian Consecration

Discuss your marital mission

- Discuss and record the main spiritual goals and dreams for your marriage
- Make a “spiritual love list”
- (See activity recommendations at CatholicKatie.com)

Have an authentically *Catholic* wedding

- Pray with your wedding party during prep time and your spouse (hidden behind door if desired) before ceremony
- Have groom wash bride’s feet
- Have a collection for the needy or a favorite charity
- Collect prayer intentions from guests
- Catechize in your wedding program
- Have a nuptial *Mass*
- Exchange wedding bands that have additional spiritual significance engraved in them
- Pray together over the reading and prayer choices before selecting which ones you’ll have read/said at the ceremony
- Have a religious item on your reception tables or as a favor/thank you gift; give your bridesmaids and groomsman religious-oriented “thank you” gifts
- Put a rosary or a saint medal in your bouquet
- Present a bouquet of flowers before a statue of the Blessed Mother during the ceremony

MORE IDEAS AND FURTHER DETAILS AT

CATHOLICKATIE.COM/WRITING/MARRIAGE.HTML