

- Christian marriage requires a generous attitude and a willingness to make sacrifices for the sake of the spouse and the relationship.
- Selfishness is the main obstacle to self-giving and to happiness in marriage.
- Learn about steps to take for resolving conflicts.
- Regular prayer and Mass attendance strengthen marriage.

## Key Points

- Marriage is a promise to journey through the whole of life together.
- The marital commitment is a promise to give oneself to the other totally—body, mind, and spirit. This includes the gift of one’s fertility.
- In Christian marriage Jesus invites us to give ourselves completely to our spouses in the marital bond, as he gives himself to us time and again in the Eucharist.

## Meeting at a Glance

<b>Content/Action</b>	<b>Duration</b>	<b>Mentor Guide</b>	<b>Couple’s Book</b>
The content for this meeting is drawn from chapter 3 of the <i>Couple’s Book</i> .			
<b>Welcome and Opening Prayer</b>	5 min.	p. 58	
<b>Setting the Stage: Our Topic in Focus</b> Video 3.1: <i>Always Us, Not Me</i>	10 min.	p. 59	p. 50

<b>The Eucharist Teaches Us to Give Ourselves Completely</b> <ul style="list-style-type: none"> <li>• What Catholics Believe about the Eucharist</li> <li>• What the Eucharist Teaches Us about Marriage</li> <li>• How the Sacramental Graces of the Eucharist Help Married Couples</li> </ul> <i>Video 3.2: The Gift of Eucharist</i>	15 min.	p. 61	p. 52
<b>Healthy Giving of Oneself</b>	20 min.	p. 62	p. 56
<b>Couple Exercise 1:</b> Marriage Is a Three-Legged Race	10 min.	p. 64	
<b>Group Sharing</b>	10 min.	p. 64	
<b>Segment 1:</b> Total minutes	70 min.		
<b>Break</b>	10 min.		
<b>Common Obstacles to Giving Oneself Completely</b> <i>Video 3.3: NFP: Normalizing the Natural</i>	10 min.	p. 64	p. 62
<b>Couple Exercise 2:</b> Attitudes and Behaviors	15 min.	p. 65	
<b>Tools for Building a Strong Marriage</b> <i>Video 3.4: Mass: The Training Ground</i>	20 min.	p. 65	p. 64
<b>Takeaways and Next Steps</b>	5 min.	p. 67	p. 68
<b>Segment 2:</b> Total minutes with break	60 min.		
<b>Total minutes for the meeting</b>	130 min.		