

A VALENTINE'S DAY

CHALLENGE FOR DATING OR ENGAGED MEN

St Valentine's Day is an opportunity for dating and engaged men to take stock of their relationships, examine how well they have loved their girlfriends/fiancées, and how they can better journey with them in the light of Christ's love



WAYS TO BETTER LOVE YOUR GIRLFRIEND/FIANCÉE

- 1 **Actively listen when she is talking**, even if the topic is not of immediate interest
- 2 Cook her favourite meal
- 3 Get her flowers, chocolate, or jewelry on days that are not celebratory occasions
- 4 **Tell her you love her and that she's beautiful** often
- 5 Go on a spontaneous picnic, bush or beach walk
- 6 Regularly initiate romantic dates
- 7 Wash, maintain or service her car where possible
- 8 Show physical affection that doesn't lead to sexual arousal
- 9 **Write her a love letter that emphasises how much she means to you**
- 10 **Pray together each day**, as prayer is the deepest form of verbal communication

KEY QUESTIONS.....

- 1 Have you asked your girlfriend/fiancée how well you are loving her and how you can love her better?
- 2 Have you read and reflected on Ephesians 5: 22-33, in your discernment of the vocation to marriage?

PRAYER

Lord Jesus Christ, Bridegroom and Love personified

Help me to see that through Your life here on earth

You have given witness to how I am called to love and cherish all women

Forgive me for the times that I have fallen short in my vocation to love

And help me to give myself as a gift to my future spouse

In Your Name, Jesus, I pray

Amen

St Valentine, pray for us

