

A Valentine's Day

CHALLENGE FOR DATING OR ENGAGED WOMEN

St Valentine's Day is an opportunity for dating and engaged women to take stock of their relationships and examine how well they have been loving their boyfriends/fiancés, and how they can better journey with them in the light of Christ's love

Ways to better love our boyfriends and fiancés

- 1 Take an interest in his work and hobbies.
- 2 Cook his favourite meal.
- 3 Get him a thoughtful gift; perhaps something he's been saying he needs.
- 4 Tell him why you're proud of him regularly.
- 5 Go on a bush or beach walk together.
- 6 Dress up for him when you go out on dates, **but always be sure to guard his purity.**
- 7 Send him affirming text messages while you're apart.
- 8 Write him a love letter that lets him know how much he means to you
- 9 Show physical affection **that does not lead to arousal.**
- 10 **Pray together each day**, as prayer is the deepest form of verbal communication

Key questions

1

Have you asked your boyfriend/fiancé how well you are loving him and how you can love him 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 know that I am Your beloved

Give me the grace to recognise and experience true love

Forgive me for the times that I have lost trust in Your plan for my life

And help me to be receptive to the graces You give me through my relationship

Grant me the gift of discernment, and the courage to act in accordance with Your Will

In Your Name, Jesus, I pray

Amen.

St Valentine, pray for us

