

LMF Sunday

Marriage Resources



The Sacrament of Matrimony mirrors the relationship between GOD and His people and Christ being the bridegroom of the Church. At times, people have broken their covenant with GOD who in turn sends prophets and saints to assist in restoring the relationship. Although Marriage has its challenges and difficulties, there are resources available to provide accompaniment and healing to assist married couples in reclaiming the Sacrament of Matrimony. Here are some resources to support you in your marriage.

MARRIAGE SUPPORT

SMARTLOVING



- SmartLoving is a faith-based, non-profit organisation supporting marriages and families. SmartLoving draws from a wealth of research, theology, and experience to provide a compelling and focused approach to building marriages.
- **Support for newlyweds** – **Newlywed** provides a guided series of reflections, tips, and discussion prompts designed to help couples build healthy habits during their first year of marriage.
- **Marriage enrichment** – **Marriage Kit** is intended for married couples who want to strengthen their relationship, deepen communication, and grow together in faith. It can be completed individually or as part of a parish group.
- **Support for marriages under stress** – **Breakthrough** is designed for individual spouses experiencing conflict, disconnection, separation, or distress in their marriage. It focuses on understanding conflict, improving communication, processing emotional hurts, and restoring hope. Participants can complete it independently or with guidance from a companion or SmartLoving coach.

[Learn more about Smartloving](#)

WORLDWIDE MARRIAGE ENCOUNTER



Worldwide Marriage Encounter offers a variety of experiences for couples to pause, reflect and reconnect. The experience allows couples to engage in dialogue with one another and with GOD by reflecting on what it means to be married.

- **Weekend Experiences**
- **Non residential weekend experiences**
- **Restore, Renew, Rekindle experiences**
- **Virtual experiences**



[Learn more about Worldwide Marriage Encounter](#)

PODCASTS

MESSY FAMILY PODCAST



The Messy Family Podcast is hosted by Mike and Alicia Herson. The Messy Family Podcast gives couples the opportunity, tools and inspiration to grow in love with one other.

- **Downloads**
- **Date nights**
- **Courses**
- **Marriage getaways**



MFP 258: Seven Ways to Get More Out of Your Marriage
Messy Family Project

7 Ways to Get More Out of **YOUR** Marriage



the
messy family
project
with mike & alicia hernon



Watch on YouTube

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