

What Catholic Married Couples Can Do During Lent

How about a challenge for your marriage during Lent? Pick one thing to do together throughout the season of Lent that will not only strengthen your spiritual life, but your married life too! It's easy to go overboard and pick several things to do, but just pick one or two! There is power in doing one small thing together and how that can lead us to holiness. While giving up sweets or alcohol or something like that isn't a bad thing, just make sure you're picking something that will have a positive impact on your marriage and spiritual life together. When you're deciding on what to do, keep in mind the three pillars of Lent: prayer, fasting, and almsgiving. Ready for some ideas for what you can do during Lent with your spouse?

- 1- Wake up earlier to connect and pray a rosary together every day (if you're not already doing so.)
- 2- Read Scripture daily. Maybe a Psalm a day or a chapter from one of the Gospels.
- 3- Learn a new devotion together, like the Seven Sorrows Rosary or the St. Michael chaplet.
- 4- Make a weekly donation to the local food pantry.
- 5- Purchase a meal for a family who's in need of support.
- 6- Volunteer together at your church and in your community.
- 7- Pick a day each week to do a full fast. Fasting together makes for some good accountability.
- 8- Commit to not having your phones by you when you're spending time together at home or out to dinner together.
- 9- Enjoy each other's company!
- 10- Don't watch TV. But be sure to replace that TV time with something better to do together!
- 11- Make a weekly visit together to an Adoration chapel.
- 12- Do the Stations of the Cross together each Friday.
- 13- Do one small act of love for each other every day.
- 14- Write a marriage affirmation on your bathroom mirror for your spouse to read. (or put one in their lunchbox or near their morning coffee mug!)

(based on an article by Surprised By Marriage)