



Essential Evangelization

12 Keys to a Sacramental Marriage

In a recent St. Anthony's Messenger article and after 35 years of married "wisdom", Terri and Andrew Lyke, give us a very insightful article entitled, "12 Keys to a Sacramental Marriage." Here are 12 ways married couples can "shine their light" to each other and beyond.

1. **Laughter** – look for joy and have a good sense of humor including the ability to laugh at ourselves.
2. **Celebration** – have celebrations of love and family and even spiritual rituals for milestone events.
3. **Living in the Now** – recognize the beauty in the present, in God's creation and each other.
4. **Climbing into Love** – Make a conscious effort to reserve time for each other and "create" romantic interludes if the "falling in love" part is past.
5. **Synergy** – a sacramental marriage is greater than the sum of one plus one. Take time to really be involved with those around us: our family, our parish, and our community.
6. **Setting a Great Table** – along with celebration comes the art of hospitality to honor the guests of our meals together.
7. **Adventure** – be open to new ideas and activities and be willing to take risks such as new places to travel or even dancing lessons?
8. **Knowing Where Their Treasure is** – happiness is not found in consumerism and possessions but in the true value of the things of God: honesty, simplicity, good judgment and generosity.
9. **Making Room for each Others Issues** – stop trying to change our spouses and accept them with their faults and mistakes; accept some suffering and picking up our crosses each day.
10. **Forgiveness** – along with the above acceptance comes letting go of old wounds and forgiving one another as God forgives us.
11. **Shared Spirituality** – take time to worship together and even pray together. Recognize Christ as the center of our bond.
12. **Mission** – recognize that the sacrament includes an element of service. We are all called by God to serve our spouses, our family, our parish and our community.

If you are blessed with a spouse, is there one area you can "shine your light" a bit better this week?

*This is one of a series of articles on
Evangelization from the
Evangelization Committee*