

THE CHOICE Wine™

7 STEPS TO A SUPERABUNDANT MARRIAGE

Session 4: Step 3: Give God Some of Your Time

Numerous studies indicate that weekly church attendance lowers the probability of divorce. Individuals who never attend church are almost two and a half times more likely to be divorced than those who attend church every week.

Hidden behind these statistics is a profound reality. Attending church weekly changes the behaviors that lead to divorce. Unfortunately, only approximately 25 percent of Catholics attend Mass weekly and spend less than 10 minutes a day in prayer.

The third step to a superabundant marriage challenges individuals to give ample time to God and provides a roadmap to building a rigorous, authentic prayer life. It includes two amazing stories about the transformation God can work in a soul.

Session 4 introduces and explores step 3 of the 7 Steps to a Superabundant Marriage. This is also the third of three steps that will help you “divorce-proof” your marriage.

Topics discussed in this session include:

- The primary thing you can do to lower the chances of getting divorced
- Factors influencing divorce
- A “Neurology” lesson
- The story of Alexis Carrol
- How much time do we spend in prayer?
- Learning to use time wisely
- The liturgical calendar of the Church
- The story of Robert Vaio

Lowering the Chances of Divorce

The Reasons for Divorce PowerPoint reminds us of these reasons, in order of frequency: infidelity, drugs/alcohol, money foolish, jealous, not home enough, critical.

Audience Question:

What is the most important thing you can do to lower the chances of getting divorced?

- Get separate checking accounts
- Get married older
- Have a good education
- Have a trial period first
- Go to church

At Home:

What is your response to the Audience Question? Why?

What Prayer Does

- Helps reduce anger, fear, anxiety
 - Helps one be more empathetic and compassionate
 - Helps strengthen one's sense of self
- Prayer changes you, and your marriage.

At Home:

Are any of the issues named above impacting your marriage and family? Why or How? What difference might church attendance make in your marriage?

Audience Question

Have you ever had a religious experience so profound that it changed your life?

- Yes
- No
- What?
- Does answering these questions with my cell phone count?

Total: ~40%, Men: 37%, Women: 43%

The Story of Alexis Carrel

This physician and scientist witnessed a miracle cure at Lourdes. Following this he was rejected by French academia and moved to the US; later he returned to France. He also witnessed another miracle cure. These experiences led him to a belief in God and the practice of the Catholic faith.

Audience Question

How much time does your spouse spend in prayer each day?

- My spouse can't spell prayer
- 0-15 min
- 15-30 min
- 30-60 min
- 1 hr.+

At Home:

What do you do with extra time?

When do you pray?

What benefits do you see in praying?

How do you respond to the Audience

Questions above?

What does your daily division of time look like?

The Story of a 1000 Marbles

This story reminds us that, as we age, our perspective on life may change - we may focus more on what is really important.

Building a Prayer Life

Time is a gift from God. We are called to unite every unit of time to Jesus Christ in Daily Prayer, Weekly Prayer, Monthly Prayer and Liturgical Year Prayer.

At Home:

How is your prayer life for each of the 4 measures of time above?

The Story of Robert W. Vaio

Robert's story is a reminder that people's lives on earth are limited.

A Spiritual Workout

A spiritual workout requires planning. Begin with a little time for prayer, and then extend that time. Be consistent; make prayer a habit.

At Home

Make a plan for prayer—individually and as a couple.

It is possible to unite heaven and earth!

Your marriage is where that can happen for you and your spouse.

At Home

What is your greatest desire for your marriage, for you and your spouse?

Session 4 Small Group Discussion Questions

1. What is the most important thing you can do, individually and as a couple, to lower your chances of getting divorced? What changes do you need to make in your life in order to do that?
2. Have you ever had a religious experience so profound that it changed your life? Please describe it.
3. What are some ways you can incorporate (more) prayer into your marriage and into your family life (with your children)?

Act of Love

Spend an extra five minutes each day this week in prayer, specifically for the needs of your spouse.

Further Notes/Journaling

SAMPLE