

Beloved

THE MYSTERY AND MEANING OF MARRIAGE

About *Beloved*

In 12 stunning sessions, *Beloved* uncovers the mystery and meaning of the Sacrament of Marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage? *Beloved* invites you to experience firsthand the wonder, mystery, and joy behind that first “I do”, whether you said it last year or many years ago.

Beloved is comprised of two parts: *The Mystery and Meaning of Marriage* (six sessions) and *Living Marriage* (six sessions). All 12 sessions can be used in marriage preparation or for marriage enrichment.

BELOVED: THE MYSTERY AND MEANING OF MARRIAGE

Session 1: Does Marriage Matter? (34 min)

Session 2: Entering the Story of Marriage (33 min)

Session 3: Love Revealed (36 min)

Session 4: The Total Gift of Self (48 min)

Session 5: A Sacramental Bond (34 min)

Session 6: Real Challenges, Real Love (48 min)

BELOVED: LIVING MARRIAGE

Session 1: Christ at the Center (18 min)

Session 2: A Deeper Unity (18 min)

Session 3: Conflict and Communication (19 min)

Session 4: Building a Thriving Marriage (18 min)

Session 5: Protecting the Bond (20 min)

Session 6: Sexuality and Authentic Love (20 min)



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How to Use *Beloved* in Your Parish

- Marriage preparation: Pre-Cana formation for pastors & mentor couples
- Parish-wide study on marriage
- Discipleship small groups
- Parish missions
- Date nights for married couples
- Precursor to a renewal of marriage vows ceremony
- Marriage retreats

LITURGICAL CALENDAR SUGGESTIONS

Fall or Spring Pre-Cana Meetings and Retreats

Valentine's Day

Feast of the Holy Family



Evangelization and Parish Outreach

- Invite Catholic couples you respect and trust to provide testimonies of marital struggles and how they came to embrace Church teachings. Share testimonies between each episode of *Beloved*.
- Some couples initially attend marriage preparation out of guilt or for the sake of a parent or grandparent. Marriage prep provides a prime opportunity to receive couples who may be away from the Church; you can share the kerygma, provide hospitality, and create a positive encounter of God's love through the Church.
- Ask the Lord, "What do these couples need most in marriage preparation?" and pray for the couples by name.
- Compile a list of "what I wish I knew before marriage" recommendations from married couples in your community and read their advice at the beginning of each *Beloved* session.
- Divide the couples into dinner club groups based on age, interest, and compatibility. Each couple takes a turn hosting a dinner. Invite them to watch and discuss an episode of *Beloved* at each session.
- Foster organic community between couples so relationships and support systems form prior to their weddings.
- Let couples know of diocesan offerings such as retreats or Retrouvaille opportunities for struggling marriages.



Find ready-to-use materials at **leaders.formed.org** to promote *Beloved* in your community.

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