


### Life Situation nº 3: What is Conjugal Spirituality?

	<p>Ricardo and Angelica have some questions because they have learned from friends that there is something called <b>conjugal spirituality</b>. They know about Christian spirituality through studies in their parish and believe that only that exists. If this couple seeks a team member to help them, what could you tell them?</p>
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#### 1. Purpose of this life situation:

To explain the meaning of conjugal spirituality as a deepening of Christian spirituality for a couple living a sacramental conjugal union.

#### 2. Short prayer time:

Begin this journey of reflection and enlightenment with a prayer, asking the Lord to be with you and let Him reveal what a couple in these conditions needs to know today to mature in their life of faith and to strengthen themselves as disciples / missionaries of Jesus Christ.

#### PRAYER - A prayer for couple transformation

Holy Trinity, Father, Son and Holy Spirit,  
Thank you for the profound gift of the sacrament of matrimony.  
Thank you for the wonderful gift that is my spouse,  
whom Thou, with perfect providence, has chosen for me for all eternity.  
Let me always treat them royally,  
with all the honour, respect and dignity they deserve.  
Help me, my God, to be unprejudiced in my marriage,  
to give everything for my spouse,  
without reserving anything for myself,  
without expecting anything in return,  
acknowledging and thanking him/her for everything done every day  
for me and our family.

Lord, strengthen, protect and bless our marriage.  
Help us pray together every day.  
It enables us to trust You in the way You deserve.  
May our marriage be fruitful and open to Your will  
in the privilege of procreation and care for life.  
Help us build a strong, secure, loving, faith-filled family;  
a true domestic Church.  
Blessed Virgin Mary, we place our marriage in your hands.  
Protect our family under your sacred mantle.  
Lord Jesus, we trust in You  
because You are always with us  
and You want the best for us,  
always giving us what is good,  
even the crosses You permit in our lives.

(And end up telling each other)

Dear (.....) (name of spouse):

You and I are one.

I promise you that I will always love you

and I will be faithful to you,

I will never abandon you and give my life for you.

With God and with you in my life I have everything.

Thank you, Jesus. We love you.

Amen.

### **3. Review – a quiet rereading of this life situation:**

Ricardo and Angelica are a Christian couple who are increasing in their desire to live and grow in their search of holiness. To do so, they attend their parish and take advantage of the opportunities offered for their Christian formation and maturity in the faith. They attend courses, lectures, study; participate in liturgies and prayer groups. When a new situation unfolds for the couple, they seek someone who can help them. Thus, they came across the expression CONJUGAL SPIRITUALITY, which they had never heard of before, and which poses questions for them, since they believe that CHRISTIAN SPIRITUALITY is all that exists. What would you advise this couple?

4. Think about the elements that make up this life situation (*write them down if possible*):

a) Element: \_\_\_\_\_

b) Element: \_\_\_\_\_

c) Element: \_\_\_\_\_

d) Element: \_\_\_\_\_

5. Establish the core of the problem presented in this life situation:

From my point of view, the core of this problem is (*write*):

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6. From my point of view, and before reading the enlightenment below, a possible solution to this problem would be (*write it down if possible*):

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7. Possible enlightenment on the life situation presented:

How to be in tune with God our Creator, source of Love, in a pluralistic, consumerist world, with so much violence, distraction, with so many demands? The answer is sought through the different ways of expressing faith, which we call **SPIRITUALITY**.

The word spirituality comes from the Latin *spiritus* (spirit, soul, life, breath of life). By spirituality we mean a complete and certain type of Christian experience and holiness, piety or spiritual life.

Every Christian is called to be united with Christ, to be conformed to Christ. In this sense, it can be said that there is only one Christian spirituality. But because the styles or states

of life are different, there are several forms of spirituality. Married people do not sanctify themselves in the same way as religious, for example.

Personal knowledge is fundamental to a solid spirituality. How to build the Temple of God in us if the human foundations are sick, fragile, spoiled by so many useless concerns? Therefore, spirituality is the way in which we seek to know, interpret and discern the will of God for us in our lives and represents our response on the road to personal and joint sanctification. On the road to holiness we are transforming ourselves, and every transformation is evolutionary and very slow. There are no leaps; there are steps...

Spirituality is living under the action of the Holy Spirit, welcoming his inspirations and putting them into practice in everyday life. Authentic spiritual life does not dispense with common sense, rationality, consistent behaviour and is in harmony with the fundamental requirements of the person necessary in their own actual situations.

True spirituality encompasses every aspect of a person's life. It integrates the personal spiritual life with all the elements that make up the human path of daily life.

**See / search for some enlightenment in the following thematic areas:**

Old Testament; New Testament; Christology; Sacraments; Liturgy; Morality; Ecclesiology; Spirituality.

**8. Personal or couple conclusions:**

After you have consulted the suggested topics, what conclusions can be drawn? How would you explain what conjugal spirituality is to the couple Ricardo and Angelica?  
*(write your answer if possible)*

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### **Prayer to the Holy Family**

Jesus, Mary and Joseph, in you we contemplate  
the splendour of true love, to you we turn with trust.

Holy Family of Nazareth, grant that our families too  
May be places of communion and prayer, authentic schools of the Gospel  
and small domestic churches.

Holy Family of Nazareth,  
may families never again experience violence, rejection and division;  
may all who have been hurt or scandalised find ready comfort and healing.

Holy Family of Nazareth, make us more mindful  
of the sacredness and inviolability of the family, and its beauty in God's plan.

Jesus, Mary and Joseph, graciously hear our prayer.

Amen.

**NOTE:** this is the final prayer found in the Post-Synodal Apostolic Exhortation *Amoris Laetitia*,  
by Pope Francis. (See n° 325)