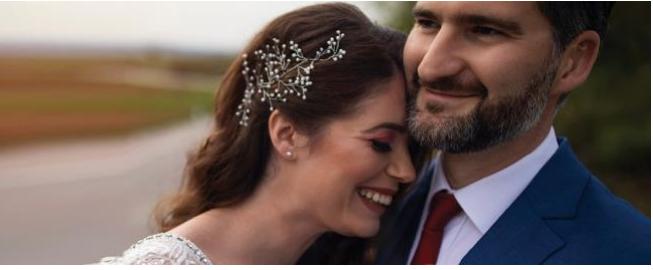




NATIONAL MARRIAGE WEEK

Man and Woman He Created Them:

**TOGETHER**  
with *purpose*



## National Marriage Week resources

### February 7-14, 2026

Below are a few ideas for couples, and families to celebrate National Marriage Week. For more information and inspiration, visit [foryourmarriage.org](http://foryourmarriage.org)

#### As a Couple

- Re-read the readings that were proclaimed on your wedding day. Practice *Lectio Divina* together using these readings or the readings during National Marriage Week with the day by day guide found at [foryourmarriage.org](http://foryourmarriage.org).
- Frame a copy of your wedding invitation or program. Hang it in a place in your home where it can serve as a reminder of your vows.
- Recall the friends and family members who were a part of your wedding day. Who have you lost contact with? Try connecting with them again. Who is in need of your prayers? Who has passed away? Pray for their souls.
- Did you have a first dance at your wedding? Recreate that moment by finding the song and dance together in your living room.
- Prayerfully re-read your wedding vows to each other. Take a moment to recommit yourself to the vows you made on your wedding day.
- Have a date night in. Get dressed up for dinner — look your best for your spouse! Order takeout from a favorite restaurant or try to recreate the meal that was served at your reception. Bonus: Get the kids involved by having them cook or serve as your waiters and waitresses for the night!
- Create a marriage memory box together and then go on a treasure hunt to find little things that represent your relationship: old love letters, honeymoon photos, ticket stubs from date nights, dried flowers, etc. Write down favorite memories and add them to the box. Keep it in a special place to add more items and revisit later, perhaps on your anniversary.



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#### As a Family

- Look through your wedding album or watch your wedding video. Share stories from your wedding day with your children.
- Make a family timeline beginning with your first date or your wedding day up to the present. Add pregnancies/birthdays, baptismal dates and other sacramental dates, family moves, vacations, new jobs, pets, etc. - anything that has impacted the life of your family.
- Get your crafting supplies out and make Valentine's Day cards for everyone in the family. On each card, write down some of the qualities you love most about each person. Hang up the cards for everyone to see!
- Speak with your children about the blessings and benefits of marriage (as appropriate to age).

#### Recommended Websites

- USCCB, *For Your Marriage* website: [foryourmarriage.org](http://foryourmarriage.org).
- USCCB, *Por Tu Matrimonio* website: [portumatrimonio.org](http://portumatrimonio.org).
- USCCB, *Love Means More* – [lovemeansmore.org](http://lovemeansmore.org)
- California Catholic Bishops, *Radiate Love* – <https://cacatholic.org/radiatelove/>.