

## How to create resources for LCs from a variety of sources?

### 1) From Books

- Language of Love by Gary Chapman – Please see new Language of Love Resource
- Language of Apology by Gary Chapman
- Four Temperaments
- Men are like Waffles, Women are like Spaghetti by Bill Farrel
- Men are from Mars, Women are from Venus by John Gray
- Amazing Grace – For Married Couples by Jeff Cavins, Mathew Pinto and Patti Armstrong
- Amazing Grace – For Those who Suffer by Jeff Cavins and Mathew Pinto
- Amazing Grace – For the Catholic Heart by Jeff Cavins, Mathew Pinto and Patti Armstrong
- Amazing Grace – For Fathers by Jeff Cavins, Mathew Pinto, Mark and Patti Armstrong
- Amazing Grace – For Mothers by Jeff Cavins, Mathew Pinto and Patti Armstrong
- Amazing Grace – For Families by Jeff Cavins, Mathew Pinto and Patti Armstrong
- Amazing Grace – For Survivors by Jeff Cavins, Mathew Pinto, Patti Armstrong and Luke Armstrong
- Lessons from the Lives of the Saints – Daily Reflections for Growth in Holiness by Fr Joseph Esper
- The Power of Love by Editors of Guideposts
- Love is a garden. The seed of love is planted, but unless someone tends the garden a strong plant will never grow. Our Spousal Love is like that garden that requires long, hard work. Today is a good day to start and continue paying attention to your beloved. (Source: "Forever in Love" - Word Publishing Inc. 1995)

### **Suggested Dialogue Question:**

**Share one way you have tended to your 'Garden of Love' to help your spousal relationship grow strong. HDIFSTWY?**

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### 2) From Movies

- Fireproof – Please refer to the Resource CD for Suggested Dialogue Questions
- Courageous
- Facing the Giants
- Flywheel
- The Vow

### 3) From Scriptures

- Read Genesis 1:27 below:

“God created man in His own image.  
He created him in the image of God;  
He created them male and female.”

#### **Suggested Dialogue Question:**

**Name one way your spouse is created “in the image of God” and describe how that is a blessing to you and your marriage. HDMAMMF?**

- Read Hebrews 10: 24-25

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

**What traits do you see in yourselves (you and your spouse) in the light of this bible verse? HDMAMMF?**

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## 4) From Advertisements/TV/You Tube

- MCYS Commercial “Beautifully Imperfect”

**Suggested Dialogue Question: What is my spouse's beautiful 'imperfection' (just one) that makes him or her perfect for me? HDIFSTWY?**

- MCYS Commercial “Father and Son”
- MCYS Commercial “Family”
- MCYS Commercial “A Girl’s Hope”
- MCYS Commercial “Anti-Gambling”
- Garvan Byrne “The incredible story of Garvan Byrne”

## 5) From Poems

- IN MARRIAGE, TAKE THE TIME TO GIVE EACH OTHER MORE – By Gayle Saunders

*Take time to be gentle;  
remember that words harshly spoken  
trouble the spirit.*

*Take the time to talk to each other;  
the secret to all understanding  
is in open communication.*

*Don't be afraid to say  
what's on your mind,  
and listen wisely.*

*Take the time to remember  
that you chose one another  
to learn and to grow with;  
you each have something valuable  
to offer.*

*Be a good teacher  
and a good student.*

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*Take the time to be alone,  
so that you can gather your  
innermost thoughts  
and share them with each other  
when you're together.  
Take the time to be thankful.  
You have chosen your path together;  
take the time to make it  
the way you want it.  
If change is needed,  
do it gracefully.  
Take the time to be loving;  
it is the one thing everyone needs.  
Always, in marriage,  
take the time to give each other more.*

**Suggested Dialogue Question:**

- i. What word, line or verse in the poem do I relate to most with regards to our spousal relationship? HDIFAT?
- ii. How do I feel about the poet's advice when I think about our spousal relationship?
- iii. Share one particular area which you feel calls for improvement in our spousal relationship. HDIFSTWY?

- LOVE - By Roy Croft

*I love you,  
Not only for what you are,  
But for what I am  
When I am with you.  
I love you,  
Not only for what  
You have made of yourself,  
But for what  
You are making of me.*

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*I love you  
For the part of me  
That you bring out;  
I love you  
For putting your hand  
Into my heaped-up heart  
And passing over  
All the foolish, weak things  
That you can't help  
Dimly seeing there,  
And for drawing out  
Into the light  
All the beautiful belongings  
That no one else had looked  
Quite far enough to find.*

*I love you because you  
Are helping me to make  
Of the lumber of my life  
Not a tavern  
But a temple;  
Out of the works  
Of my every day  
Not a reproach  
But a song.*

*I love you  
Because you have done  
More than any creed  
Could have done  
To make me good  
And more than any fate  
Could have done  
To make me happy.*

*You have done it*

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*Without a touch,  
Without a word,  
Without a sign.  
You have done it  
By being yourself.  
Perhaps that is what  
Being a friend means,  
After all.*

- GOD ANSWERS PRAYER – By Anonymous

*I know not when He sends the word  
That tells me fervent prayer is heard;  
I know it cometh soon or late,  
My part is but to pray and wait  
I know not if the blessings sought  
Will come in just the guise I thought.  
I leave all care with Him above,  
Whose will is always one of love.*

- HOW DO I LOVE THEE? (SONNET 43) - By Elizabeth Barrett Browning

*How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of being and ideal grace.  
I love thee to the level of every day's  
Most quiet need, by sun and candle-light.  
I love thee freely, as men strive for right.  
I love thee purely, as they turn from praise.  
I love thee with the passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints. I love thee with the breath,  
Smiles, tears, of all my life; and, if God choose,*

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*I shall but love thee better after death.*

- SONNET 18: SHALL I COMPARE THEE TO A SUMMER'S DAY?  
– By Shakespeare

*Shall I compare thee to a summer's day?  
Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer's lease hath all too short a date:  
Sometime too hot the eye of heaven shines,  
And often is his gold complexion dimm'd;  
And every fair from fair sometime declines,  
By chance or nature's changing course untrimm'd;  
But thy eternal summer shall not fade  
Nor lose possession of that fair thou owest;  
Nor shall Death brag thou wander'st in his shade,  
When in eternal lines to time thou growest:  
So long as men can breathe or eyes can see,  
So long lives this and this gives life to thee.*

- SONNET 116 – By Shakespeare

*Let me not to the marriage of true minds  
Admit impediments. Love is not love  
Which alters when it alteration finds,  
Or bends with the remover to remove:  
O no! it is an ever-fixed mark  
That looks on tempests and is never shaken;  
It is the star to every wandering bark,  
Whose worth's unknown, although his height be taken.  
Love's not Time's fool, though rosy lips and cheeks  
Within his bending sickle's compass come:  
Love alters not with his brief hours and weeks,  
But bears it out even to the edge of doom.*

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*If this be error and upon me proved,  
I never writ, nor no man ever loved.*

6) From Magazines or Newspaper Articles

- Listening goes beyond hearing the words. We are talking about listening with our hearts. We need to try to listen to experience the other person and what they are feeling, not to understand and agree with what they are feeling. That is not just hearing words but accepting inside of us the person we are listening to. This listening is a choice, a decision to love. Listening with our hearts enables us to experience being listened to and cared about. Listening with our hearts means allowing ourselves to be affected by what our spouse is saying and who our spouse is. Listening with our hearts isn't dependent on what is being said but the importance of who is speaking. It is making what the person is saying as important to us as it is to them. (Source: Unknown)

**Suggested Dialogue Question:**

**Share a time when you felt listened to by your spouse? Describe your feelings in loving detail?**

- Catholic News
- Reader's Digest
- Straits Times
- Young Parents

7) From Other Sources

Suggested Dialogue Questions:

- Recollect some crossroads, or areas of importance in your life, where your spouse had exercised major influence or contributed in shaping your decision or direction. Write this as a love letter, or a tribute to your spouse expressing your feelings of appreciation. HDMAMF?

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- Recall an incident when you were able to make a decision to love your spouse. HDMAMMF?
- When was my most recent romantic moment with you? Have our relationship grown since then? HDMAMMF?
- Share one old habit you would like to break and one new habit you would like to inculcate this year to enhance your spousal relationship. How do I feel about this change?
- What was the best present that I can remember getting from you? HDIFAMA?
- Do my selfish behavior /desires create obstacles in our relationship? HDIFAT?
- Describe how a positive attitude of yours has helped you take actions that are loving or affirming in your marriage. HDMAMMF?
- How have we been Christ-like to our spouse in the last year, and what are our hopes for each other in the year ahead? How do I feel sharing this with you?
- How do I feel when we travel together? HDIFSTWY?
- If I have to describe you to a blind person, what I would say? How do I feel sharing this with you?
- What was the nicest thing you (my spouse) have done for me this week? HDIFAT?
- Areas where I am thankful that we had risked change are \_\_\_\_\_. How do I feel as we move on together in life, sharing the years ahead?
- If I were to give an Oscar Award to my spouse, what would it be for? How do I feel telling you this?

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- Love as a way of life consists of these characteristic traits – kindness, patience, forgiveness, courtesy, humility, generosity and honesty. Which of these (select 1) characteristic traits do I resolve to work on this year, and how do I plan to carry this out for you? How do I feel sharing this with you?
- In what ways have I become more patient in my love and consideration for you, my spouse? HDIFTYT?
- What new things am I discovering about you? What are my thoughts and feelings? HDIFSTWY?
- If you have limited time, what changes would you make today that would make a difference for you, your spouse and your family? HDMAMMF?
- How can I take responsibility and live out my decision to love my spouse in our daily lives? HDMAMMF?

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