



Amoris Laetitia Family
Year 2021 - 2022

Rosary for engaged couples in the Light of Amoris Laetitia



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We prepare ourselves to contemplate how God came to us and became one of us and how He lived as part of a family in Nazareth.

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«The Joy of Love experienced by families is also the joy of the Church. As the Synod Fathers noted, for all the many signs of crisis in the institution of marriage, the desire to marry and form a family remains vibrant, especially among young people, and this is an inspiration to the Church. As a response to that desire, the Christian proclamation on the family is good news indeed». (AL 1)

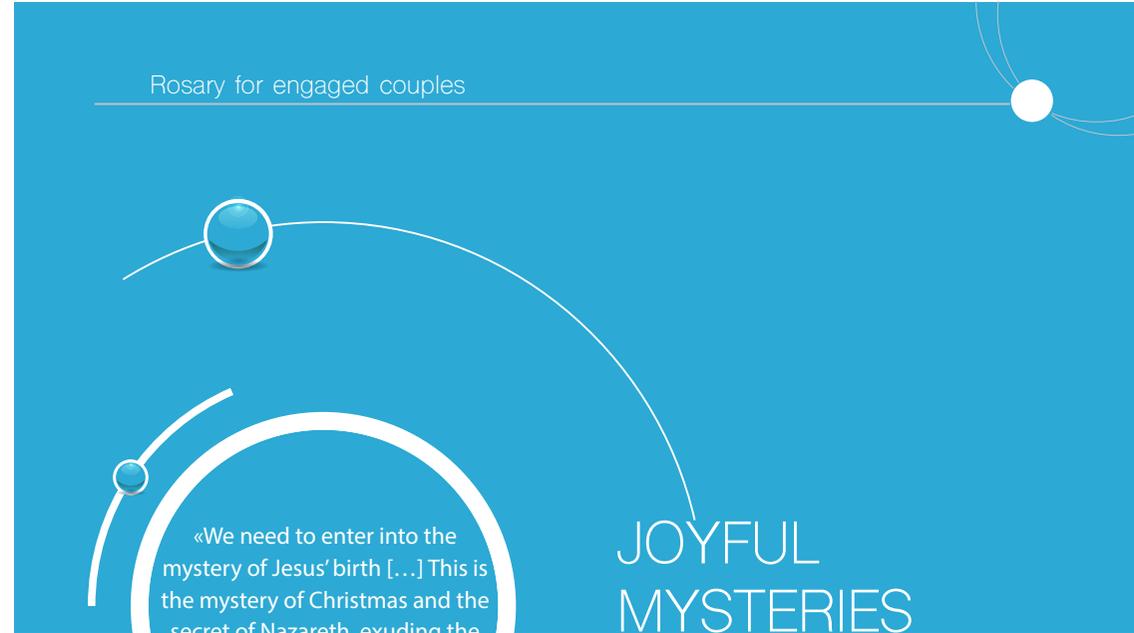
Plenary Indulgence through the Rosary in the Year of St Joseph

In a Decree issued by the Apostolic Penitentiary on 8 December 2020, it is stated that the special gift of the *plenary Indulgence* will be granted to the faithful who participate in the Year of St Joseph in some way, as indicated from the Holy See, including «**the recitation of the Holy Rosary within families or among engaged couples**».

A beautiful gift! Until 8th December 2021, engaged couples will be able to obtain this Indulgence by reciting the Holy Rosary and fulfilling the usual conditions (sacramental confession, Holy Communion and prayer for the intentions of the Holy Father: Our Father, Hail Mary)

St Joseph is inviting engaged couples, even young people who are dating, to pray together turning with trust and love to Mary, his gentle spouse, recreating the atmosphere of communion, love and friendship that was experienced in the family of Nazareth. Mary and Joseph were first engaged and then married, and they show us a specific tangible example of humanity and holyness, that can be achieved in our relationship with God and with those we love.

Rosary for engaged couples in the Light of Amoris Laetitia



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1

From Scripture:

«This is how Jesus Christ came to be born. His mother Mary was betrothed to Joseph; but before they came to live together she was found to be with child through the Holy Spirit. Her husband Joseph, being a man of honour and wanting to spare her publicity, decided to divorce her informally. He had made up his mind to do this when the angel of the Lord appeared to him in a dream and said, 'Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus'». (Mt 1: 18-21)



The First Joyful Mystery
The Annunciation

5



Prayer

Mary, our Mother and Queen, we crown you Queen of our plans, our dreams, our love, and our vocation. May we live our engagement as a gift that leads us to holiness. Protect us, Holy Mother!



Meditation with Amoris Laetitia

«With inner joy and deep comfort, the Church looks to the families who remain faithful to the teachings of the Gospel, encouraging them and thanking them for the testimony they offer. For they bear witness, in a credible way, to the beauty of marriage as indissoluble and perpetually faithful. [...] Nor would it be good for them to arrive at the wedding without ever having prayed together, one for the other, to seek God's help in remaining faithful and generous, to ask the Lord together what he wants of them, and to consecrate their love before an image of the Virgin Mary». (AL 86, 216)



Questions

What does the Lord expect of us, what will our mission be, do we offer it to Mary and crown her as our Queen?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



5

From Scripture:

«A great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet and a crown of twelve stars on her head». (Rev 12: 1)



The Fifth Glorious Mystery

The Coronation of Mary



Prayer

Thank you Holy Spirit for our relationship. We ask you for the gift of wisdom so that we may get to know each other better and think of each other's good before our own.



Meditation with Amoris Laetitia

«The common life of husband and wife, the entire network of relations that they build with their children and the world around them, will be steeped in and strengthened by the grace of the sacrament. For the sacrament of marriage flows from the incarnation and the paschal mystery». (AL 74)



Questions

How did Mary and Joseph experience God's presence in their relationship and in their plans?
Is God present in our relationship and in our plans?
In what specific ways do we make God present?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



2

From Scripture:

«At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear!"». (Lk 1: 39-42)



The Second Joyful Mystery

The Visitation

4



Prayer

Mary, you gave your YES in faith and the Lord did great things through you. May we have faith and trust that God always wills our good. May we know how to put ourselves in God's hands in whatever situation we find ourselves.



Meditation with Amoris Laetitia

«Family prayer is a special way of expressing and strengthening this paschal faith. A few minutes can be found each day to come together before the living God, to tell him our worries, to ask for the needs of our family, to pray for someone experiencing difficulty, to ask for help in showing love, to give thanks for life and for its blessings, and to ask Our Lady to protect us beneath her maternal mantle [...] The family's communal journey of prayer culminates by sharing together in the Eucharist». (AL 318)



Questions

What opportunities do we take advantage of to pray and grow in our spiritual lives together (readings, reflection, films, talks, etc.)?
Do we pray together?
Do I pray for my future spouse?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



4

From Scripture:

«From now on all generations will call me blessed, for the Mighty One has done great things for me». (Lk 1: 48-49).



The Fourth Glorious Mystery

The Assumption



Prayer

Mary, you went in haste to visit the family of Elizabeth and Zechariah while Jesus was in your womb. Come now to us in our relationship and bring with you your Son, so that we might also leap for joy at his presence among us.



Meditation with Amoris Laetitia

«We rejoice at the good of others, [...] If we fail to learn how to rejoice in the well-being of others and we focus primarily on our own needs, we condemn ourselves to a joyless existence [...] Family must always be a place where, when something good happens to one of its members, they know that others will be there to celebrate it with them». (AL 109,110).



Questions

What moments of joy have we had since we met?
 What joys do we share as a couple?
 Do we share the joy of our love with others? (With friends, family, colleagues, etc.)



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



3

From Scripture:

«So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them». (Lk 2: 4-7)



The Third Joyful Mystery

The Nativity



Prayer

Come Holy Spirit. Teach us how to overcome our differences and to recognise what we agree on, to talk to each other with understanding of each other's perspectives and desires.



Meditation with Amoris Laetitia

«Dialogue is essential for experiencing, expressing and fostering love in marriage and family life. Yet it can only be the fruit of a long and demanding apprenticeship. Men and women, young people and adults, communicate differently. They speak different languages and they act in different ways. Our way of asking and responding to questions, the tone we use, our timing and any number of other factors condition how well we communicate. We need to develop certain attitudes that express love and encourage authentic dialogue». (AL 136)



Questions

What are the specific spaces and times that we give to conversation, ever ready to truly encounter each other?

Do I open my heart to express what I truly think and feel or do I only recount the happenings of my day?

Do I open my heart to listen to the thoughts and feelings of my future spouse or do I only listen waiting for the opportunity to express my own?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



3

From Scripture:

«When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them». (Acts 2: 1-4)



The Third Glorious Mystery

The Descent of the Holy Spirit



Prayer

Saint Joseph, custodian of life, thank you for caring for the Christ child and his mother. Thank you for embracing Him, hearing his first Word voiced in his cry, and for worshiping him. We ask that we may always have space to contemplate, to dwell and to adore the Child and his Word by praying together.



Meditation with Amoris Laetitia

«Every family should look to the icon of the Holy Family of Nazareth [...] Like the Magi, our families are invited to contemplate the Child and his Mother, to bow down and worship him. Like Mary, they are asked to face their family's challenges with courage and serenity, in good times and bad, and to keep in their heart the great things which God has done». (AL 30)



Questions

As engaged couples we too are invited to contemplate the Holy Family. What are the family challenges I have faced in my personal life? What challenges do we face together? From now on we can offer them to the Holy Family of Nazareth.



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



4

From Scripture:

«When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him to Jerusalem to present him to the Lord (as it is written in the Law of the Lord: Every firstborn male is to be consecrated to the Lord)». (Lk 2: 22-23)



The Fourth Joyful Mystery

The Presentation of Jesus at the Temple



Prayer

Jesus, you are with us always. May we learn your most important command, to love one another as we love ourselves so that our courtship will be a blessing for us and for the whole of society.



Meditation with Amoris Laetitia

«Learning to love someone does not happen automatically, nor can it be taught in a workshop just prior to the celebration of marriage. [...] Hope is the leaven that, in those first years of engagement and marriage, makes it possible to look beyond arguments, conflicts and problems and to see things in a broader perspective. It harnesses our uncertainties and concerns so that growth can take place. [...] This process takes time. Love needs time and space; everything else is secondary. Time is needed to talk things over, to embrace leisurely, to share plans, to listen to one other and gaze in each other's eyes, to appreciate one another and to build a stronger relationship». (208, 219, 224)



Questions

Do we seek to "learn" to love ourselves?
Are we trying to grow in affective maturity?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



2

From Scripture:

«Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age'». (Mt 28: 18-20)



The Second Glorious Mystery

The Ascension

4



Prayer

Mary and Joseph, in obedience to the law, you went to present Jesus at the temple. We ask you to help us to be aware of the importance of offering our love to God and to show us how it is a value in our society.



Meditation with Amoris Laetitia

«None of this is jeopardized when their love finds expression in marriage. Their union encounters in this institution the means to ensure that their love truly will endure and grow [...] Choosing to give marriage a visible form in society by undertaking certain commitments shows how important it is. It manifests the seriousness of each person's identification with the other and their firm decision to leave adolescent individualism behind and to belong to one another». (AL 131)



Questions

What is the social importance of the engagement?
Do we take advantage of this stage to get to know each other?
Do we share with other dating couples or friends, or do we close ourselves off?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



5

From Scripture:

«Every year Jesus' parents went to Jerusalem for the Festival of the Passover. When he was twelve years old, they went up to the festival, according to the custom. After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. Thinking he was in their company, they travelled on for a day. Then they began looking for him among their relatives and friends. When they did not find him, they went back to Jerusalem to look for him. After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers». (Lk 2: 41-47)



The Fifth Joyful Mystery

The Finding of Jesus in the Temple



Prayer

Risen Jesus, your Life is our joy and with you we fear nothing. Give us the grace to desire to proclaim you within our families and our communities. Thank you Lord for loving us.



Meditation with Amoris Laetitia

«We can be fully present to others only by giving fully of ourselves and forgetting all else. Our loved ones merit our complete attention. Jesus is our model in this, for whenever people approached to speak with him, he would meet their gaze, directly and lovingly [...] This gives rise to tenderness which can 'stir in the other the joy of being loved'». (AL 323)



Questions

On what occasions or in what situations in my life have I felt loved by Jesus?
Do I try to look at my fiancé/fiancée with the eyes of Jesus?
Do I feel that his/her gaze is dignifying?



The Rosary

• Our Father • Hail Mary (10x) •
Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



1

From Scripture:

«Suddenly Jesus met them. 'Greetings', he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, 'Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me'». (Mt 28:9-10)



The First Glorious Mystery
The Resurrection

5



Prayer

Holy Family of Nazareth, we pray for our parents, siblings, grandparents, aunts and uncles, and our whole extended family; they accompany us with their history, the experience of their mistakes, their values, their joys and their love on our journey of courtship.



Meditation with Amoris Laetitia

«Jesus is a model of obedience to his earthly parents, placing himself under their charge, but he also shows that children's life decisions and their Christian vocation may demand a parting for the sake of the Kingdom of God. Jesus himself, at twelve years of age, tells Mary and Joseph that he has a greater mission to accomplish apart from his earthly family. In this way, he shows the need for other, deeper bonds even within the family». (AL 18)



Questions

Have we discussed our links with our families of origin?
What rituals or customs do we have of our own? Which ones would I like to keep? Which ones could be modified?
How are we going to work to shape our family?



The Rosary

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LUMINOUS MYSTERIES

«God's love is proclaimed 'through the living and concrete word whereby a man and the woman express their conjugal love'. The two are thus mutual reflections of that divine love which comforts with a word, a look, a helping hand, a caress, an embrace.»
(AL 321)

GLORIOUS MYSTERIES



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GLORIOUS MYSTERIES

«The reciprocal gift that constitutes sacramental marriage is rooted in the grace of baptism. You will never be alone relying on your own strength to face the challenges that arise. You can always call upon the Holy Spirit»
(Cf. AL 73, 74)

LUMINOUS MYSTERIES



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1

From Scripture:

«As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, 'This is my Son, whom I love; with him I am well pleased'».

(Mt 3: 16-17)



The First Luminous Mystery The Baptism of Christ in the Jordan

5



Prayer

We ask you, Jesus, crucified for love, to accompany us in our preparation for marriage, so that when the time comes to administer the sacrament, we may do so while feeling part of a covenant with your cross that saves and redeems us.



Meditation with Amoris Laetitia

«The married couple are therefore a permanent reminder for the Church of what took place on the cross; they are for one another and for their children witnesses of the salvation in which they share through the sacrament. [...] to see the sacrament not as a single moment that then becomes a part of the past and its memories, but rather as a reality that permanently influences the whole of married life». (AL 72, 215)



Questions

Do I feel that our bond makes me a better person?
What kind of unions does society present today?
What do we want ours to be like?
Have we thought about preparing ourselves to receive the sacrament in a responsible way?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



5

From Scripture:

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, 'Father, into your hands I commit my spirit'. When he had said this, he breathed his last. The centurion, seeing what had happened, praised God and said, 'Surely this was a righteous man'. (Lk 23: 44-47)



The Fifth Sorrowful Mystery

The Crucifixion and Death of Jesus



Prayer

Thank you, Lord, for our baptism. It is by this sacrament that we have become your children and are now journeying toward receiving your grace in the sacrament of matrimony.



Meditation with Amoris Laetitia

«Mutual self-giving in the sacrament of matrimony is grounded in the grace of baptism [...] In accepting each other, and with Christ's grace, the engaged couple promise each other total self-giving, faithfulness and openness to new life». (AL 73)



Questions

Do I remember the day of my baptism? We can share photos, holy pictures or family anecdotes.
Do I value the grace of being baptised?
If I am not baptised, do I feel invited to receive it?
What aspect of our courtship needs to be purified?



The Rosary

- Our Father • Hail Mary (10x) •

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



2

From Scripture:

«A wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine". "Woman, why do you involve me?" Jesus replied. "My hour has not yet come". His mother said to the servants, "Do whatever he tells you"» (Jn 2: 1-4)



The Second Luminous Mystery

The Wedding feast at Cana



Prayer

Jesus, as you carry your cross, you carry our crosses also. We offer up to you all that we find difficult, all that hurts us, and all of our mistakes, errors, and frailties.



Meditation with Amoris Laetitia

«The timely preparation of engaged couples by the parish community should also assist them to recognize eventual problems and risks [...] Couples need to be able to detect danger signals in their relationship and to find, before the wedding, effective ways of responding to them. Sadly, many couples marry without really knowing one another. They have enjoyed each other's company and done things together, but without facing the challenge of revealing themselves and coming to know who the other person truly is» (AL 209, 210)



Questions

Do I know my future spouses' weaknesses?
Do I feel able to accompany them with these weaknesses?
Do I know the weaknesses in our relationship?
Does this relationship, even with its difficulties, treat me with dignity?



The Rosary

- Our Father
- Hail Mary (10x)
- Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



4

From Scripture:

«So the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha). There they crucified him». (Jn 19: 16-18)



The Fourth Sorrowful Mystery

The Carrying of the Cross



Prayer

Mary, we want to do what your Son tells us to do, to love each other and to learn to love each other by knowing each other, respecting each other and valuing each other.



Meditation with Amoris Laetitia

«The marriage liturgy is a unique event, which is both a family and a community celebration [...] It is important that marriage be seen as a matter of love, that only those who freely choose and love one another may marry. [...] ... embark upon marriage as a life-long calling based on a firm and realistic decision to face all trials and difficult moments together». (AL 216, 217, 211).



Questions

What do we put in these "earthenware jars" today?
Do we take advantage of our time together to learn about each other, to dialogue and to choose each other freely?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



3

From Scripture:

«The time has come”, he said. “The kingdom of God has come near. Repent and believe the good news!». (Mk 1: 15)



The Third Luminous Mystery

Jesus' Proclamation of the Coming of the Kingdom of God



Prayer

Jesus, you allowed yourself be vulnerable and you endured mockery for the Truth. Be our strength when our circumstances, the media and society do not help us to live love as your Word teaches.



Meditation with Amoris Laetitia

«As Christians, we can hardly stop advocating marriage simply to avoid countering contemporary sensibilities, or out of a desire to be fashionable or a sense of helplessness in the face of human and moral failings. We would be depriving the world of values that we can and must offer. [...] What we need is a more responsible and generous effort to present the reasons and motivations for choosing marriage and family». (AL 35)



Questions

Jesus, you made yourself vulnerable and endured mockery for the Truth. When facing up to a world that often rejects, mocks and ridicules true love, what attitudes do we take? Do we bear witness to the fact that we want to live with true love?



The Rosary

- Our Father
- Hail Mary (10x)
- Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



3

From Scripture:

«Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews" they said». (Mt 27: 27-29)



The Third Sorrowful Mystery

The Crowning with Thorns



Prayer

Lord, may your message convert us, may we be "converted" from that which binds us to ourselves and may we know how to open ourselves to your Love and find ourselves there.



Meditation with Amoris Laetitia

«In and among families, the Gospel message should always resound [...] Our teaching on marriage and the family cannot fail to be inspired and transformed by this message of love and tenderness; otherwise, it becomes nothing more than the defence of a dry and lifeless doctrine [...] I now wish to turn my gaze to the living Christ, who is at the heart of so many love stories, and to invoke the fire of the Spirit upon all the world's families». (AL 58, 59)



Questions

When I look at our love story, how do I see in it the "good news" and the "love of God"?
Can I give three or four concrete examples?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



4

From Scripture:

«After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light». (Mt 17: 1-2)



The Fourth Luminous Mystery

The Transfiguration



Prayer

Lord, you bear witness to the truth and you are the Truth. Guide our lives together so that we may walk and live in truth and through it hear your voice.



Meditation with Amoris Laetitia

«It is easy nowadays to confuse genuine freedom with the idea that each individual can act arbitrarily, as if there were no truths, values and principles to provide guidance, and everything were possible and permissible. The ideal of marriage, marked by a commitment to exclusivity and stability, is swept aside whenever it proves inconvenient or tiresome. The fear of loneliness and the desire for stability and fidelity exist side by side with a growing fear of entrapment in a relationship that could hamper the achievement of one's personal goals». (AL 34)



Questions

What values would I like us to live in truth?
 What values am I unable to give up?
 What values have I discovered in this relationship?
 Do I know the personal plans of my future spouse that will help him/her grow in the truth?



The Rosary

• Our Father • Hail Mary (10x) •
 Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



2

From Scripture:

«“You are a king, then!” said Pilate. Jesus answered, “You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me”. “What is truth?” retorted Pilate. With this he went out again to the Jews gathered there and said, “I find no basis for a charge against him”. [...] Then Pilate took Jesus and had him flogged».

(Jn 18: 37-38; 19:1)



The Second Sorrowful Mystery

The Scourging at the Pillar

4



Prayer

Lord, we ask you to walk with us so that our love may lead us to your Light.



Meditation with Amoris Laetitia

«Here hope comes most fully into its own, for it embraces the certainty of life after death. Each person, with all his or her failings, is called to the fullness of life in heaven. There, fully transformed by Christ’s resurrection, every weakness, darkness and infirmity will pass away. There the person’s true being will shine forth in all its goodness and beauty. This realization helps us, amid the aggravations of this present life, to see each person from a supernatural perspective, in the light of hope, and await the fullness that he or she will receive in the heavenly kingdom, even if it is not yet visible». (AL 117)



Questions

Have we ever thought of how love can transform and transfigure?
In what situations do I feel that our love brings out the best in me?
Do we recognise what makes us fall in love with each other?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



5

From Scripture:

«While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body". Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. "This is my blood of the covenant, which is poured out for many", he said to them».

(Mk 14: 22- 24)



The Fifth Luminous Mystery

The Institution of the Eucharist



Prayer

Lord, we see you pray in the garden. May we pray together in times of sorrow, may we communicate from the heart and may we always seek God's will.



Meditation with Amoris Laetitia

«Crises need to be faced together. This is hard, since persons sometimes withdraw in order to avoid saying what they feel; they retreat into silence. At these times, it becomes all the more important to create opportunities for speaking heart to heart». (AL 234)



Questions

What moments of crisis or pain have we gone through as a couple? How do we approach them? Can I recognise the personal crises of my future spouse?
Has our approach been one of encounter or flight? At these moments, do I put the good of both of us first or do I focus on my own needs?
Do we strengthen each other in prayer?



The Rosary

- Our Father
- Hail Mary (10x)
- Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen



1

From Scripture:

«Then Jesus went with his disciples to a place called Gethsemane, and he said to them, 'Sit here while I go over there and pray'. He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me'. Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will'». (Mt 26: 36-39).



The First Sorrowful Mystery

The Agony in the Garden

5



Prayer

Jesus, we want to feel that we are invited to your table, to prepare ourselves to join by forgiving and asking for forgiveness for whatever keeps us from your love, and to receive your Word and your Body together as a community.



Meditation with Amoris Laetitia

«The family's communal journey of prayer culminates by sharing together in the Eucharist, especially in the context of the Sunday rest. Jesus knocks on the door of families, to share with them the Eucharistic supper». (AL 318)



Questions

What significance does the Eucharist have in our courtship?
Do we feel invited to go to Mass together?
Is there something I need to forgive you for?
Is there something I need to ask your forgiveness for?



The Rosary

- Our Father • Hail Mary (10x) • Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen





SORROWFUL MYSTERIES

«Today we recognize that being able to forgive others implies the liberating experience of understanding and forgiving ourselves». (AL 107)

SORROWFUL MYSTERIES



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