

*Join us this Lent as we challenge you to dialogue daily throughout Lent. What a wonderful way to grow in your relationship with your spouse, as well as with Christ.*

### **First Sunday of Lent Week:**

**First Sunday in Lent** - Today's gospel reading made me feel \_\_\_\_\_.

**Monday** - What is your favorite food? HDMAMMF

**Tuesday** - What are my hopes and dreams for us as a couple? HDIFSTWY?

**Wednesday** - What is one thing that you do that makes me feel loved? Describe how I feel when that happened?

**Thursday** – What is my strongest feeling today? HDIFSTWY?

**Friday** - What is a meaningful sacrifice for me to make that will enrich my spiritual life? HDIFA making this sacrifice?

**Saturday** - Our lifestyle is a reflection of our values. HDIFA our lifestyle?

### **Second Sunday of Lent Week:**

**Second Sunday in Lent** - Today's gospel reading made me feel \_\_\_\_\_.

**Monday** - HDIFA how we play together? Describe those feelings fully.

**Tuesday** - Our sexual intimacy is prayer. HDIFAT?

**Wednesday** - How have I encouraged or affirmed you today? How did that feel to me? Describe in details the feelings.

**Thursday** - HDIF when we pray together, just the two of us?

**Friday** - HDIF when we attend Stations of the Cross?

**Saturday** - What can we do to enrich our relationship with each other this Lent? HDIFAT?

### **Third Sunday of Lent Week:**

**Third Sunday in Lent** - Today's gospel reading made me feel \_\_\_\_\_.

**Monday** - If I could try a new job for one day, I'd try \_\_\_\_\_? WAMFAMA?

**Tuesday** - What will we be doing when we are 80 years old? HDIFAMA?

**Wednesday** - How would I describe you to a blind person? HDMAMMF?

**Thursday** - HDIF when we attend Stations of the Cross?

**Friday** - God already knows my heart. HDIFAT?

**Saturday** - HDIFA fasting? Describe those feelings in detail.

## Fourth Sunday of Lent Week:

**Fourth Sunday in Lent** - Today's gospel reading made me feel \_\_\_\_\_.

**Monday** - If we could go anywhere for a romantic weekend, I'd take you to \_\_\_\_\_? WAMFAMA?

**Tuesday** - Dialogue can be a daily 'date'. HDIFAT?

**Wednesday** - What quality in you do I admire most? WAMFAMA?

**Thursday** - HDIFA praying together? Describe those feelings.

**Friday** - Will I take advantage of the Sacrament of Reconciliation this Lent? HDIFAMA?

**Saturday** - HDIF about giving and receiving the 'Sign of Peace' at Mass? Described those feelings.

## Fifth Sunday of Lent Week:

**Fifth Sunday in Lent** - Today's gospel reading made me feel \_\_\_\_\_.

**Monday** - What would I give you an 'Oscar' for? HDIFAMA?

**Tuesday** - When was the last time that our love as a couple touched someone else's life? WAMFA recalling that time?

**Wednesday** - In what areas do I listen, or not listen, to you? HDIFAMA?

**Thursday** - Do I follow or lead in our couple prayer? HDIFAT?

**Friday** - HDIF when I hear the words: "My God, my God, why have you abandoned me? Describe those feelings

**Saturday** - How has our Lent prepared us for Holy Week? HDIFAT?