Here are eight ways to express gratitude for the gift of your marriage and to let the light of your married love shine out in your community!

- Light a candle at dinner, and reminisce about your wedding with your spouse.
- Is there an area of compromise in your relationship? Give a little extra today, without expecting anything in return.
- Find an opportunity to praise or lift up your spouse in front of others, especially extended family.
- Dig up a couple photo that brings warmth to your heart, and give it a prominent place in your phone, office, or your home so that you are reminded of your spouse frequently. (Make sure your spouse sees it!)
- Take turns naming one blessing your marriage has brought into your lives, and close in a prayer of thanksgiving together!
- Reflect together: “What does a holy marriage look like for us?” Then ask each-other this question, “How have you seen me grow since we got married?”
- Text or email another couple you know, with words of prayer and encouragement.
- Do you know anyone who could benefit from the gift of your marriage? Think about someone you know who wants to get married eventually, or a couple in your life who is struggling. Pray for this specific person or couple together, and ask the Lord what next step you should take.

“Christian marriage, like the other sacraments, whose purpose is to sanctify people, to build up the body of Christ, and finally, to give worship to God, is in itself a liturgical action glorifying God in Jesus Christ and in the Church. By celebrating it, Christian spouses profess their gratitude to God for the sublime gift bestowed on them of being able to live in their married and family lives the very love of God for people and that of the Lord Jesus for the Church, His bride.”

Familiaris Consortio, 56