

Loving at a Distance

Daily 40-Day Protocol for Strengthening Marriage

Arrow Marriage Prayer

(Throughout the day, let these prayers fly from your heart to God like an arrow. Memorize them. Pray one line or both.)

May the grace of our Sacrament of Matrimony make us one in Jesus.
Jesus, free and heal us of any forms separation.

Fasting and Acts of Self-Denial

(Choose the spiritual practices to which you are called. You know your life and what you can do. I encourage you to choose more than what you find comfortable. On days when you are able, you can add exercises from those you did not choose as your core practices.)

- Eat once a day. Use Protein Shakes if you need energy and clear thought.
- Fast on Fridays and Wednesdays (*Bread and water or complete fast of only water*)
- Eat only meat.
- Eat only vegetables and fruit.
- Use media only for essential needs
- Limit speech
- Committed to physical exercise
- Avoid negative speech, especially gossip or complaining
- Keep vigil by praying throughout the night.
- Take cold showers
- Attend adoration in the middle of the night
- Waking in the middle of the night to pray
- Sleeping on the floor

Morning Prayer

- Renewal of Covenant
- Confession of Faith
- Daily Focus
- Read Meditation on Marriage
- Prayer of Gratitude
- If possible, go to Mass, incorporating the Daily Focus into your prayer

Noon Prayer

- Review of Daily Focus
- Rosary - Daily Mysteries for Marriage
- Binding Prayers

Evening Prayer (After Dinner)

- Prayers of Protection
- Review Daily Focus and Meditation on Marriage
- Chaplet of Divine Mercy for Spouse

Night Prayer (Before Bed)

- Daily Examen
- Memorare