

# 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