

The Married People's Ten Commandments

Intent of these jottings

- ✓ Meant for a trigger session for married or marriageable people
- ✓ As a starter for a discussion and sharing on how to secure a Happy Marriage.

How to Proceed.

1. Ask the participants to write on what could be the **Ten Marriage Commandments**.
2. Next, they will share their writings.
3. Let them choose from what they wrote the ten most relevant commandments for a happy marriage and compile the final list of the Marriage Commandments.
4. Then, successively discuss each commandment, its relevance, obstacles and how to keep it.
5. Next, invite them to share their lived experiences
6. Finally, give them some time for personal reflection on how in the past, they kept their Ten Marriage Commandments
7. Close the session with a common shared prayer asking God for the necessary grace to keep their Marriage commandments all the days of their life.

APPENDIX

A Sample Formulation of the Marriage Commandments As as Ggiven by a Group of Participants

1 st .	Thou shalt not take your partner for granted
2 nd .	Thou shalt not expect perfection from each other
3 rd .	Thou shalt be patient, loving, kind and understanding
4 th .	Thou shalt accept each other unconditionally.
5 th	Thou shalt trust and be true to your partner always
6 th	Thou shalt not forget your wedding wows for better or worse
7 th	Thou shalt honestly share your true feelings to each other.
8 th	Thou shalt respect each other as children of God
9 th	Thou shalt give your partner privacy and room to grow
10 th	Thou shalt all your days revere God as your only Master