

Married 4 Life

Some ideas and resources..... if you know of another resource that works for you let us know and we can include it for all Married Couples.

Buying a Bible

The approved translation[s] of the Bible for use in the United States is governed by the United States Catholic Conference of Bishops [USCCB]. They hold the copyright to the English translation of the Bible under the corporate title of the Confraternity of Christian Doctrine. The approved translation is called the **New American Bible [NAB]** translation. (this can be found in the parish bookstore)

The NAB translation also forms the basis for our Lectionary. Since May 19, 2002, the revised Lectionary, based on the *New American Bible* is the only English-language Lectionary that may be used at Mass in the dioceses of the United States, except for the current *Lectionary for Masses with Children* which remains in use.

Other Bibles may be used for there readability and prose, but if one want to study the bible it is suggested you use one of the approved versions.

Other Approved Translations of the Sacred Scriptures: 1991 – Present

Books of the New Testament, Alba House

Contemporary English Version - New Testament, First Edition, American Bible Society

Contemporary English Version - Book of Psalms, American Bible Society

Contemporary English Version - Book of Proverbs, American Bible Society

The Grail Psalter (Inclusive Language Version), G.I.A. Publications

New Revised Standard Version, Catholic Edition, National Council of Churches

The Psalms, Alba House

The Psalms (New International Version) – St. Joseph Catholic Edition, Catholic Book Publishing Company

The Psalms – St. Joseph New Catholic Version, Catholic Book Publishing Company

Revised Psalms of the New American Bible

So You May Believe, A Translation of the Four Gospels, Alba House

Today's English Version, Second Edition, American Bible Society

Translation for Early Youth, A Translation of the New Testament for Children, Contemporary English Version, American Bible Society

Other Resources Catholic and proven

The Word Among Us

The Word Among Us offers [daily meditations](#) based on the Mass readings of the Catholic Church, [inspirational essays](#), [stories of the saints](#) and more! Each issue of the printed version of the devotional is currently read by more than 500,000 people world-wide. To best meet the needs of our readers, we also offer an [online edition of *The Word Among Us*](#) for only \$9.95 per year.

Sunday Missal:

Living with Christ website: www.livingwithchrist.us

Sunday readings and Mass prayers for each Sunday of the Year with a short introduction and questions at the end called Responding to the Word and taking a Closer Look

The Servant Leader from Saint Mary's Press

The Servant Leader is an online weekly resource for Catholic Educators that includes a faith topic, a prayer service, a Breaking Open the Word section and a Saint spotlight. St. Mary Press is known for its resources for youth but they are branching out to Young Adults and Adults. I actually use the Breaking Open the Word each week with our RCIA participants.

<http://www.smp.org/index.cfm> And to the right click on The Servant Leader

Little Rock Scripture Study

The Little Rock Scripture Study has been around for many years. Using both the scripture and a commentary the LRSS guides the participants through certain books of the bible that you can select. There are book selections like The Gospel of Matthew, or Specific studies like Woman of the Old Testament; they also have in depth studies like Parables of the Kingdom. Little Rock also put out a Year of Sundays Gospel Reflections for 2011, a study of the Sunday Gospels. Check out Little Rock at: <http://littlerockscripture.org/en/default.aspx>.

Threshold Bible Study

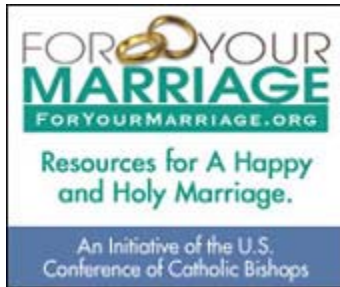
Threshold Bible Study from 23rd Publications is a thematic Scripture series designed for both personal and group discussion. The 30 lessons can be used for daily study or weekly study. Check them out at: <http://www.pastoralplanning.com/TBS/TBShome.html>

Finding Christ in Your Marriage (Six Weeks with the Bible)

By Kevin Perrota (Author), Louise Perrotta (Author) For busy adults who want to study the Bible but don't know where to begin, *Six Weeks with the Bible* provides an inviting starting point. Each guide is divided into six concise, 90-minute segments that introduce one book of the Bible. All biblical text is printed in the guides, which means no additional study aids are required. <http://www.amazon.com/Finding-Christ-Marriage-Weeks-Bible/dp/0829421424>

The United States Conference of Catholic Bishops

Go to the Bishop's website for many online resources about Marriage.
<http://www.usccb.org/>



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<http://www.dailygospel.org/profile/AM/>

Universalis

Universalis is a site where you can find the prayers of the day and choose even just one to pray together whether it be morning prayer or evening prayer. The Liturgy of the Hours (also known as the Divine Office) is the richest single prayer resource of the Christian Church. It provides prayers, psalms and meditation for every hour of every day. It has existed from the earliest times, to fulfill the Lord's command to **pray without ceasing**.
<http://www.universalis.com/Library/index.htm>

Laudate

Laudate is a free download for your smart phone and included daily readings, the Liturgy of the Hours, the Order of Mass, Rosary, Prayers and much, much more; a great free resource to enhance your faith life and your marriage.

A method to breaking open any Scripture: Lectio Divina

Lectio Divina is Latin for *divine reading*, spiritual reading, or "holy reading," and represents a traditional Catholic practice of prayer and scriptural reading intended to promote communion with God and to increase in the knowledge of God's Word. It is a way of praying with Scripture that calls one to study, ponder, listen and, finally, pray and even sing and rejoice from God's Word, within the soul.

How to do Lectio Divina: A Way to Personal Prayer

Get Ready

- Choose a Scripture or use one of the readings or Gospel from the coming Sunday's liturgy.
- Find a place and a quiet time to pray with the Scripture.
- Open the word - find your selected Scripture in your Bible.
- Quiet your heart - breathe deeply and ask God to help you pray this Scripture.

Step 1. Read (listening with the head)

Read the Scripture and reflect on these questions:

What does the Scripture text say? What word, phrase, or sentence speaks to me? What connects to my life?

Step 2. Meditate (listening with the mind and heart)

Read the Scripture again and reflect on these questions:

What does this text say to me? What does God ask of me in this text?

Step 3. Pray (listening with the heart's deepest feeling)

What does the text mean to me? What do I need to do because of God's call?

What prayer does this call me to? Do I need to give thanks? Do I need to ask forgiveness? How do I need to change? Are there things I need to stop doing? Are there things I need to begin doing? Do I need to ask for God's blessings and strength? Conclude this step by praying for courage to act on God's word.

Step 4. Contemplate (listening with the eyes, hands and feet ... all my being)

Read the Scripture again and rest in God's Word-sit quietly and think about and feel this reading.

Reflect prayerfully on these questions: What do I commit to because of God's Word today? What do I need to do? Continue your prayer and give thanks to God for his loving Word.