



# BECOMING ONE

*Standing United Against the Enemy of  
Your Marriage with*

ONE VISION.  
ONE VOCATION.  
ONE VOICE.

# W E L C O M E

*Hi there dear couples!*

We are delighted to welcome you to Becoming One, a Whole Catholic Marriage Conference. This is an opportunity to strengthen the bond between you and your spouse and work together to create a stronger relationship, fortified against the work of our real enemy, which is in fact, not each other.

During the conference, you will have the chance to hear talks on creating ONEness in your marriage. These talks, paired with purposeful exercises, are designed to help you communicate effectively, understand more deeply the role of your vocation, and foster a greater connection through unified vision. You will also have the opportunity to spend quality time with our Lord in worship and Adoration, and receive healing for yourself and your marriage in the Sacrament of Reconciliation.

We believe that by understanding how and why the enemy is set on attacking marriage, the more intelligently we can fight against his tactics. We hope that after this conference, you will leave feeling more equipped to stand together as ONE, protecting and stewarding the gift of your vocation in marriage for the building of God's Kingdom.

May God bless you richly on your journey together toward heaven.  
Sincerely,

*Jansen & Amanda Bagwell*

## ABOUT US

Jansen and Amanda have been married since September 2000. They have 5 beautiful children, four on earth and one in heaven. They have been involved in ministry of some sort since many years before their marriage and have over 60 years of combined experience in ministry leadership (though neither one of them is that old...yet.)

Together, Jansen and Amanda founded Whole Catholic, a Catholic apostolate and small business, focused on helping people move forward in faith and life through a practical discipleship approach to deliverance and healing.



# A SPECIAL THANK YOU

We would like to express our sincere gratitude for all those who have helped to make this conference possible and successful. For all those who have prayed for this conference and the participants, thank you! For those who have taken on an active role in making the vision for this conference come to life, thank you! To all of you, your heart for people and marriages has helped to make space for many to receive from the Lord and for marriages to be strengthened. Your efforts have directly impacted hearts, lives and souls for the sake of eternity. May God bless you generously for the gifts and prayers you have offered and shared.

## SPECIAL RECOGNITION

*Brian & Cammi Connelly* Praise & Worship, Adoration

*Susan Skinner* Conference Planning & Organization

*Fr. Michael Baltrus,  
Fr. Joel Rogers, Fr. Michael Fye,  
Fr. John Sims Baker,  
Fr. Ed Steiner, Fr. Carlos Garcia* Adoration and Confession

*Greg Walton & St. Philip AV Team* Livestream / Video / Sound

*Noe Gonzales* Altar Server for Adoration

*Lindsey and Rachel Bagwell* AV / Tech / Photography / Conference Set-up

*Copy Solutions, Inc.* Workbook Printing

### BRIAN AND CAMMI CONNELLY *Praise & Worship*

Brian and Cammi Connelly are a musical married couple, sharing their love for God and passion for music in with the world in a variety of ways. Cammi is a Singer/Songwriter from Bloomfield, Indiana who studied songwriting and music performance at Greenville University, and moved to Nashville shortly after graduation. She is a local worship leader, whose voice and worship from behind the piano inspires congregations to worship along. Cammi leads worship at many events, and can regularly be found leading the contemporary young adult Mass at St. Philip, as well as services at Harpeth Christian Church. Brian is a worship leader and songwriter from Springfield, Illinois. After graduating from Greenville University with a degree in audio engineering, he moved to Nashville to pursue a career in worship and CCM. He is a session guitarist, vocalist, producer and engineer, while also spending time on the road playing guitar and doing background vocals for artists such as Francesca Battistelli and John Angotti. Brian and Cammi married in June of 2021 and recently welcomed their first child, Liam, into the world on May 17, 2022.



# CONFERENCE SCHEDULE



## Friday, January 27

5:30 pm - Doors Open  
6:00 pm - Conference Begins  
6:15 pm - Praise & Worship  
6:30 pm - Talk #1: ONE Vision  
7:30 pm - Vision Exercise  
8:00 pm - Adoration & Confession  
9:00 pm - End of Day 1

## Saturday, January 28

8:30 am - Doors Open & Gather  
9:00 am - Mass in Main Church  
9:40 am - Continental Breakfast  
10:00 am - Talk #2: ONE Vocation  
10:50 am - Vocation Exercise  
11:15 am - Lunch Date (Lunch on your own)  
12:45 pm - Praise & Worship  
1:00 pm - Talk #3: ONE Voice  
2:00 pm - Talk by Delaney Dodson  
2:30 pm - Now What?  
2:45 pm - Afternoon Break  
3:00 pm - Adoration & Confession / Rosary for Marriages  
4:00 pm - Closing Remarks  
4:30 pm - Conference End

### WEEKEND MASSES at St. Philip

#### SATURDAY

5 pm

#### SUNDAY

7 am - Bilingual

8:30 am

11:00 am

1 pm - Spanish

5 pm

# ONE VISION

## *Creating A United Vision for Your Marriage*

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## *Creating A United Vision for Your Marriage*

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# EXERCISE

## *Creating Vision to JUST-ly MAGNIFY the Lord.*



We can learn how to set holy vision for our marriage from the models of Joseph and Mary.

*"Joseph, being a just man..." -Matthew 1:19*

*"And Mary said, 'My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me and holy is his name. And his mercy is on those who fear him from generation to generation. He has shown strength with his arm, he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones, and exalted those of low degree; he has filled the hungry with good things, and the rich he has sent empty away. He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity for ever.'"* -Luke 1: 46-55

## **JUST - Creating Vision with Joy, Unity, Sacrifice, and Trust**

"Just" comes from the Greek word "dikaios" (*Strong's 1342*) which "describes what is in conformity to God's own being His will, and His standard of rightness"

Our vision should be "in conformity to God's own being His will, and His standard of rightness."

### **J = JOY**

Joy is from the Greek "chara" which is not simply "gladness and delight," but also "the awareness of God's grace and favor" and "the deep-down sense of well-being that abides in the heart of the person who knows all is well between himself and the Lord."

Romans 15:13 - May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

### **U = UNITY**

Unity is from the Greek "hies," which is the word for ONE. It also means to be "opposed to division." It is an active coming together and defense against any force that tries to separate.

Mark 10:8 - ...and the two shall become one.

### **S - SACRIFICE**

Sacrifice means "the surrender or destruction of something prized or desirable for the sake of something considered as having a higher or more pressing claim." (*dictionary.com*) It is from the Greek "thusia," which demotes "an offering the Lord accepts because it is offered on His terms."

Romans 12:1 - I appeal to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

### **T = TRUST**

Trust is the "confident expectation of something; hope." (*dictionary.com*) It is from the Greek "batach," which means "to throw one down on one's face, extended on the ground."

Think of when seminarians lie prostrate on the floor during their ordination, completely surrendering to the priesthood; it is a death to self and full, trusting submission to their priestly service. This should be our heart's response to the call of our marriage vocation.

Proverbs 3:5 - Trust in the Lord with all your heart, and do not rely on your own insight.



# EXERCISE

## *Creating Vision to JUST-ly MAGNIFY the Lord.*



### **MAGNIFY**

Magnify means “to praise or extol.”

Our vision should give praise to God and glorify the power of the Gospel.

*And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me and holy is his name. And his mercy is on those who fear him from generation to generation. He has shown strength with his arm, he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones, and exalted those of low degree; he has filled the hungry with good things, and the rich he has sent empty away. He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity for ever.” -Luke 1: 46-55*

#### **M - Make Him Your Lord.**

- Scripture - *My soul magnifies the Lord, and my spirit rejoices in God my Savior.*
- Principle - Your vision and mission should testify to His Divinity.
- Questions to Ask - Are we faithfully practicing our Catholic faith? Are we a witness to the Good News of the Gospel? Are we passing the Truths of the faith to one another, our children, and to others? How are we uniquely called and gifted to pass on the faith?

#### **A - Attest to His mercy.**

- Scripture - *for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. And his mercy is on those who fear him from generation to generation.*
- Principle - Your vision and mission should attest to His mercy.
- Questions to Ask - How has God shown mercy to us? How are we called to be a witness to His mercy in the world?

#### **G - Go forth in His strength.**

- Scripture - *He has shown strength with his arm, he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones, and exalted those of low degree;*
- Principle - Your vision and mission should be attainable through HIS strength, not your own.
- Questions to Ask - Are we leaning on the strength of the Lord to speak and bring forth His vision in our lives? Are there areas where we feel weak that we need to entrust more to Him? Are we trying to “take over” and make things happen in our own strength? Are we surrendering our gifts and charisms to be used through His strength.

#### **N - Navigate under His Authority.**

- Scripture - *He has shown strength with his arm, he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones, and exalted those of low degree;* (This scripture not only points to God’s strength, but also to His unquestionable authority.)
- Principle - Your vision and mission should be submitted to His authority.
- Questions to Ask - How are our lives, individually and corporately, a testament to us giving Him the ultimate authority in our lives? Are there areas that we still need to surrender to Him? Have we given Him the right to use us, however He chooses? Have we surrendered the fruits of our vocation to Him? How is He calling us to uniquely surrender to His authority?



# EXERCISE

## *Creating Vision to JUST-ly MAGNIFY the Lord.*



### MAGNIFY

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#### **I - Invest Yourself in His Provision.**

- Scripture - *he has filled the hungry with good things, and the rich he has sent empty away.*
- Principle - Your vision and mission should rely on His provision.
- Questions to Ask - Are we giving all of ourselves and our marriage to Him, fully trusting in His provision? Are we being good stewards of the time, talents, and treasures He has given to us? Are we relying on our own ability to provide or looking to a certain job, investment, degree, etc. to make provisions for us; or are we following God's will, trusting that where He leads, He will provide?

#### **F - Focus on His Goodness.**

- Scripture - *He has helped his servant Israel, in remembrance of his mercy,*
- Principle - Your vision and mission should testify to His goodness.
- Questions to Ask - Are we grateful for the good things God has done in our lives? Do we share testimony to others of His goodness? When good things happen, do we give God the glory or do we attribute it to luck, fortune, coincidence, or the fruits of our own efforts? Do we trust that He is always working for our good? Do we blame God or each other for the things that go wrong in our lives, or do we know how to "hate intelligently?"

#### **Y - Yield to His Word.**

- Scripture - *in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity forever.*
- Principle - Your vision and mission should be guided by His word.
- Questions to Ask - Do we know His word? Do we read and make ourselves familiar with the scriptures, the Catechism, and other important church documents? Are we listening to Him and seeking out His direction for our marriage through prayer, Church truths, and wise spiritual counsel? Do we move and make decisions before we hear Him speak to us or do we wait upon the Lord to guide and direct our lives? When He does speak, do we believe that He will honor His promises and His word?

### VISION & MISSION

Vision - Long term; What legacy will our marriage leave and how will it impact the world for the Kingdom of God?

Mission - Steps along the way; What are the steps we will intentionally take to move us in the direction of our vision?

Greek references and definitions from [www.BibleHub.com](http://www.BibleHub.com) and Strong's Concordance. English definitions from Dicionary.com.

## EXERCISE

*Creating Vision to JUST-ly MAGNIFY the Lord.*

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# ONE VOCATION

### *Meaningfully Encourage and Prayerfully Advocate for Your Spouse*

[illegible]

# ONE VOCATION

### *Meaningfully Encourage and Prayerfully Advocate for Your Spouse*

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# EXERCISE

## *Prayerfully Advocating for Your Spouse*



### Gifts

Prayerfully consider the gifts that God has given to your spouse. Where do you see them shine and operate with ease? When do you see them come alive? If you know them, what are their spiritual gifts? If you're unsure, ask God to speak to you about this. Write them in the space below.

*If you and your spouse are interested, you can take gifts and personality assessments online to gain insight to your spiritual gifts, as well as natural gifts that come with the nature of your personality and temperament. You can find links to these resources in the back of this workbook, on the resources page.*

### Areas of Struggle

Now take time to prayerfully consider the areas of struggle. These are areas where the Lord desires to bring sanctification and/or healing in the life of your spouse. Ask God to speak to you about what these are, not so that you can talk about them or point them out, but so that you can identify ways that you can prayerfully advocate on behalf of your spouse. Notice there is not a space to write these down. Don't. Simply hide them in your heart and take them to prayer.

### Build Your Team

Taking your spouse's gifts and struggles into consideration, it's time to build your prayer team. Who are the saints that can help you intercede for your spouse in both their areas of gifting and struggle? Spend some time prayerfully considering this.

Some names may come to mind right away, others you may have to go looking for through a little bit of research. Ask questions like "who is the patron saint of\_\_\_\_?" or "who is a saint that showed heroic strength/virtue in the area of\_\_\_\_?" or "what saint struggled in the area of\_\_\_\_?" Also consider your spouse's confirmation saint, namesake saint(s) or other saints that are near and dear to their heart.

Also consider titles or apparitions of Mary. Our Lady is known for specific things under different titles, so consider asking for her intercession for your spouse, using one of these names.

Write the names of these saints in the space below:

# EXERCISE

## *Prayerfully Advocating for Your Spouse*



Now it's time to take these things to prayer and become a spiritual advocate for your spouse. This particular prayer follows the model of Mary at the wedding at Cana.

*"On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; Jesus also was invited to the marriage, with his disciples. When the wine failed, the mother of Jesus said to him, 'They have no wine.' And Jesus said to her, 'O woman, what have you to do with me? My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.'"*

-John 2:1-5

### *Be present and notice.*

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Mary was present and attentive. She noticed the need/deficiency.

*"...and the mother of Jesus was there...When the wine failed, the mother of Jesus said to him, 'They have no wine.'"*

Following this example, we are called to be present; physically, emotionally and spiritually, in the lives of our spouse. When we are, we can more readily see and be attentive to their needs.

**I will ask the Holy Spirit to help me to be present and attentive, so that I can recognize the areas of struggle in my spouse.**

### *Commit to prayer.*

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When Mary noticed the need (the deficiency) she did not go and point it out to the wedding host, she did not go spread rumors about the host to others, she did not shame them in any way. She went with confidence and faith, straight to the source of help and hope: Jesus.

*"When the wine failed, the mother of Jesus said to him, 'They have no wine.'"*

When we notice the struggles of our spouse, sometimes we are tempted to give in to irritation. We want to tell them all about how "deficient" they are and what they need to do to fix it. Instead of trusting in the Divine Healer and Redeemer, we rely on our own limited knowledge and ability to try and bring correction in whatever way we see fit. Let us call on Mary to help us, through her own example, to go straight to Jesus, and let us honor and preserve the dignity of our spouse by advocating on their behalf to the Father.

**I will ask the Holy Spirit to help me see the deficiencies in my spouse as opportunities for prayer and sanctification.**

# EXERCISE

## *Prayerfully Advocating for Your Spouse*



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-John 2:1-5

### *Encourage the gifts.*

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Mary, recognizing the gifts in Jesus, encouraged Him to use those gifts by calling them forth into action.

*When the wine failed, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "O woman, what have you to do with me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you."*

We can, and should, call for the help and intercession of others, but how do we do so in these areas without exposing the weaknesses of our spouse? We can call on the saints! The saints can pray in ways that we can't, they are already close to Jesus, and we can trust that they will absolutely "do whatever He tells them."

**I will encourage my spouse in the discovery, development and use of their gifts.**

### *Ask for help.*

---

Still, without exposing the deficiencies of the wedding host, Mary gathered others to help, brought them to Jesus, and simply said, "Do what He tells you."

*His mother said to the servants, "Do whatever he tells you."*

We can, and should, call for the help and intercession of others, but how do we do so in these areas without exposing the weaknesses of our spouse? We can call on the saints! The saints can pray in ways that we can't, they are already close to Jesus, and we can trust that they will absolutely "do whatever He tells them."

**I will call upon Mary and the saints to help me to intercede for my spouse in their areas of deficiency.**



# EXERCISE

## *Prayerfully Advocating for Your Spouse*



### *Pray for spiritual protection*

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God, I pray for You to send angels of sufficient number, rank, power, and authority to surround and protect (*name your spouse.*) I pray that you give these angels charge to do battle on his/her behalf in the spiritual realm; to fight off and away, every principality, power, and demon that may try to come and steal, kill, or destroy them in any way, so that he/she can fully experience the work of the Holy spirit in his/her life.

### *Pray to see with spiritual eyes*

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Lord, help me to see my spouse as you see them. Help me to be present in his/her life so that I can notice and encourage his/her gifts. Help me also to see his/her areas of struggle so that I can intercede and advocate on his/her behalf. Help me to be loud in praise of his/her gifts, and silent to his/her faults, holding them in my heart and bringing them to you in prayer.

### *Pray for targeted intercession*

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I pray for all the angels and the saints to intercede for my spouse, especially those close to him/her in heart, gifts, and struggles. Saints \_\_(*list them each by name*)\_\_, pray for (*name your spouse*).

Mary, our Mother, I ask that you hold (*name your spouse*) in your arms of intercession. Advocate on behalf of his/her deficiencies. Lead him/her to a closer relationship with Jesus, and pray that he/she may be filled with the graces you know he/she needs to do "whatever He tells him/her," so that he/she may fulfill the will of the Father in his/her life. Amen.

# ONE VOICE

## Functional and Common Communication for Your Marriage

This image shows a full page of primary-ruled paper. It contains ten identical sets of horizontal lines spaced evenly down the page. Each set includes a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement in handwriting practice.

# ONE VOICE

## Functional and Common Communication for Your Marriage

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## GUEST SPEAKER

## DELANEY DODSON

Delaney Dodson is a Clinical Mental Health Counselor who works to bring healing to individuals, couples, and groups. Delaney's practice begins with the certainty that every human has the capacity, dignity, and worth to live a fully engaged life. She sees therapy as one avenue in which patients can cultivate their personal gifts as they move towards a richer, healthier life. Currently, Delaney is pursuing her Doctorate in Clinical Mental Health Counseling, with a concentration in Marriage and Family Therapy, from Trevecca Nazarene University. Find more about her practice at [fiathealth.org](http://fiathealth.org).

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

Handwriting practice lines consisting of 20 sets of three horizontal dashed lines.

# BECOMING ONE

## EXAMINATION OF CONSCIENCE

*\*Adapted from the "Examination of Conscience for Married People" from the USCCB  
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### Introduction

God calls most men and women to the married vocation. This is a great honor and an immense challenge. To fulfill this marvelous calling we need Christ's help; we need his Spirit's power.

#### Marriage: God's Great Plan

First, we must be convinced that God is the author of marriage and family life. Many people today consider marriage solely in terms of biology, sociology or culture. When marriage and family life are viewed in a merely naturalistic manner, they lose all reference to God and are no longer rooted in absolute values or founded upon divinely ordained truths. One result is that premarital sex, trial marriage, and cohabitation are commonplace today. Adultery, divorce, and remarriage are treated casually. "Pre-nuptial contracts" are becoming a popular way to take out economic insurance against a likely future divorce. Some go so far as to support homosexual 'marriages.' While this may be the prevailing "wisdom" of the world, we must look to the Bible, the Christian tradition, and the teaching of the Church to discover God's plan for marriage and family life.

Marriage between a man and a woman is at the heart of God's design for creation. In the first creation story we find man and woman as the crown of God's good creation. "Then God said, 'Let us make humankind in our own image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.' So God created humankind in his image, in the image of God he created them; male and female he created them" (Gen 1:26-27). Moreover, God "blessed" them and said, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth" (Gen 1:28). Here God revealed that marriage, sexuality, and family life are not meant to be just biological and evolutionary phenomenon, but are integral to his purposes, part of his plan for the human race created in his own image and likeness.

The second creation story is more graphic. It depicts God forming man out of clay and breathing into him the breath of life (cf. Gen 2:7). When God placed the man in the Garden of Eden, he took note that "It is not good that the man should be alone; I will make him a helper as his partner" (Gen 2:18). We are told very graphically how God formed woman from Adam's rib. Upon seeing her, Adam declared "This at last is bone of my bones and flesh of my flesh; this one shall be called woman, for out of man this one was taken" (Gen 2:23). Woman is man's designated helper, but this in no way undermines her dignity. Having been formed from Adam's rib, she, by design, is close to his heart and, as Adam himself acknowledged, she shares his very own nature. In God's plan, man and woman are complementary. "Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh" (Gen 2:24).

#### Sin, Repentance and the Restoration of Married Life

When Adam and Eve rebelled against God, preferring to be gods unto themselves, they devastated their life together as a married couple. No longer were they faithful and loyal. The effects of their sin have contaminated every marriage and family. Their own family bears witness to this truth. Cain killed his brother Abel (cf. Gen 4). Do we see what transpired because of sin? Marriage and family life, the centerpiece of God's work, became fragmented and broken.

# BECOMING ONE

## EXAMINATION OF CONSCIENCE

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The evil of the Fall should not blind us to God's love. He immediately promised a Savior (cf. Gen 3:15). This great work of redemption was accomplished in Christ Jesus. Our marriages and families can be healed and rejuvenated only if we participate in this new life. Pope John Paul II has stated: "the Church is deeply convinced that only by the acceptance of the Gospel are the hopes that man legitimately places in marriage and in the family capable of being fulfilled" (Role of Christian Family in the Modern World, n. 3).

When a Christian couple enters marriage, they do so in the light of Jesus' death and resurrection. Through faith and baptism, they participate in a new life in Christ, in the covenant which was founded on the shedding of his blood. Thus, when a Christian couple stands before the altar, in company with the priest and witnesses, they are presenting themselves to God in union with Christ, as members of his body. They are saying to God: "We have been cleansed of our sin. As holy members of your Son's body, temples of the Holy Spirit, we approach your throne. As sharers in his covenant, we commit ourselves to one another, with you, Father, as our divine witness, to live together and to become one in heart, mind, and body."

The unbreakable covenant between a Christian husband and wife is possible only because they participate in Jesus' everlasting covenant. As partakers of the Holy Spirit, they can confidently commit themselves to one another, knowing that no sin can destroy the mutual promises.

*Willed by God in the very act of creation, marriage and the family are interiorly ordained to fulfillment in Christ and have need of his graces in order to be healed from the wounds of sin and restored to their "beginning," that is, to the full understanding and the full realization of God's plan (Role of the Christian Family, n. 3).*

Only if we are clear about the greatness of God's call in marriage and family life will we see the importance of our responsibilities, the way sin undermines these, and how the Sacrament of Reconciliation can restore familial relationships. We need not fear. Rather we should rejoice that Jesus has thought us worthy of so marvelous a calling as husbands and wives, fathers and mothers. We can find great strength in his saving presence, power and life.

### Called to Be Holy

The Second Vatican Council has emphasized that "all in the Church... are called to holiness" (Constitution on the Church, n. 39). Christian marriages are an essential means used by God to sanctify the members of Christian families.

"The sacrament of marriage is the specific source and original means of sanctification for Christian married couples and families" (Role of the Christian Family, n. 56). As married couples, we are to examine our lives in light of the responsibilities we have to God's call to holiness. These responsibilities are fourfold in nature: 1) to God; 2) to our spouse; 3) to our children; 4) to society at large. By rooting out sin and through the healing and empowering effects of the Sacrament of Reconciliation, we will be able to attain the holiness to which we are called.



# BECOMING ONE

## EXAMINATION OF CONSCIENCE

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### Responsibilities to God

- Have I gone to Mass every Sunday?
- Have I participated at Mass or have I day dreamed or been present with a blank mind?
- Have I prayed every day (15-20 minutes)?
- Have I read the Bible? Have I studied the truths of our faith and allowed them to become more part of the way I think and act? Have I read any spiritual books or religious literature?
- Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?
- Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent?
- Have I been financially generous to the Church? Have I participated in parish or religious activities?
- Have I held resentments toward the Church or Church authorities? Have I forgiven them?

### Responsibilities to My Spouse

- Have I cared for my spouse? Have I been generous with my time? Have I been affectionate and loving? Have I told my spouse that I love him or her?
- Have I intentionally sought to set a united vision for my marriage with my spouse?
- Have I fulfilled the role of my vocation as a married person with meaning and intention?
- Have I sought to communicate with my spouse in an encouraging and uplifting manner?
- Have I prayed for my spouse? Have I advocated on behalf of my spouse in prayer?
- Have I been concerned about the spiritual well-being of my spouse?
- Have I prayed *with* my spouse?
- Have I attended and participated fully in the Mass with my spouse on a regular basis?
- Have I attended and encouraged my spouse to attend the Sacrament of Reconciliation on a regular basis?
- Have I attended and encouraged my spouse to attend Adoration as regularly as possible?
- Have my words or actions been a near occasion of sin for my spouse? Have I provoked my spouse to sin?
- Have I listened to my spouse? Have I paid attention to his or her concerns, worries, and problems?
- Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these? Have I forgiven my spouse for the wrongs he or she has committed against me?
- Have I been loud in praise of my spouse and silent to their faults?
- Have I been an example of virtue and the fruits of the spirit for my spouse?
- Have I allowed misunderstanding, miscommunication or accidents to cause anger and mistrust? Have I nurtured critical and negative thoughts about my spouse?
- Have I gossiped, complained or talked negatively about my spouse to others?
- Have I manipulated my spouse in order to get my own way?
- Have I tried to bully or overpower my spouse?
- Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way? Have I injured my spouse through taunting and negative teasing? Have I called my spouse harsh names or used language that is not respectful?
- Have I physically abused my spouse?
- Have I undermined the authority and dignity of my spouse through disrespect and rebelliousness?
- Have I been moody and sullen? Have I bickered with my spouse out of stubbornness and selfishness?
- Have I lied or been deceitful to my spouse?
- Have I misused sexuality? Have I used sexual relations solely for my own selfish pleasure? Have I been too demanding in my desire for sexual fulfillment? Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse? Have I refused sexual relations out of laziness, revenge or manipulation?

## Responsibilities to My Spouse (*cont'd.*)

- Have I refused to conceive children out of selfishness or material greed? Have I used artificial means of contraception? Have I had an abortion or encouraged others to have one?
- Have I masturbated? Have I used pornography: books, magazines or movies? Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions? Have I committed adultery?
- Have I misused alcohol or drugs?
- Have I been financially responsible?

## Responsibilities to Children

- Have I cared for the spiritual needs of my children? Have I been a shepherd and guardian as God has appointed me? Have I tried to foster a Christian family where Jesus is Lord? Have I taught my children the Gospel and the commandments of God?
- Have I prayed *for* my children daily? Have I prayed *with* them consistently? Have I advocated on their behalf in prayer?
- Have I taken my children to participate regularly in the Sacraments, including weekly Mass and frequent Reconciliation? Have I taken (or engaged with) my children to religious education and Adoration? Have I taught my children how to fully participate in all of these things?
- Have I been persistent and courageous in my training and teaching? Have I disciplined them when necessary? Have I been lazy and apathetic?
- Have I been loud in praise of my children and silent to their faults?
- Have I been a near occasion of sin for my children in my words or actions? Have I provoked them to sin?
- Have I been an example of virtue and the fruits of the spirit for my children?
- Have I talked with them to find out their problems, concerns and fears? Have I been affectionate toward them? Have I hugged them and told them that I love them? Have I played or recreated with them?
- Have I been impatient and frustrated with them? Have I corrected them out of love in order to teach them what is right and good? Have I treated them with respect? Have I spoken to them in a sarcastic or demeaning way?
- Have I held resentments against them? Have I forgiven them?
- Have I been "of one heart and mind" with my spouse in the upbringing of the children? Or have I allowed disagreements and dissension to disrupt the training, educating and disciplining of our children?
- Have I undermined the role of authority in the eyes of my children by speaking negatively against God, the Church, my spouse or others who hold legitimate authority over them?
- Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?
- Have I been properly generous with my children regarding money and physical and material well-being? Have I been miserly? Have I been extravagant, thus spoiling them?

## Responsibilities to Society

- Have I been a Christian witness to those with whom I work or associate?
- Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?
- Have I lived as an example of the importance of Christ and
- Have I been a good example of a Christian spouse and parent to others?
- Have I spoken ill of my spouse or children to others?
- Have I spoken ill of others outside my family? Have I gossiped or entertained gossip?
- Have I held resentments and anger against those with whom I work, relatives or friends?
- Have I forgiven those who have sinned against me?
- Have I been unethical in my business dealings? Have I stolen or lied?
- Have I allowed the Gospel and Church Teachings to influence my political and social opinions?
- Have I had a proper Christian concern for the poor and needy?
- Have I been honest in my finances, paid my tithe, and paid my taxes?
- Have I fostered or nurtured hatred toward "political" or "social" enemies, either local, national or international? Have I been prejudiced toward others because of race, color, religion or social status?

# BECOMING ONE ROSARY FOR MARRIAGE

*Reflections on the Luminous Mysteries of the Rosary for Your Marriage*

## 1st Luminous Mystery: The Baptism of Our Lord

**Fruit of the Mystery:** Openness to the Holy Spirit

**Prayer:** Jesus, we recognize that a healthy marriage begins with our willingness to submit to Your Lordship and respond to Your calling in our lives. Through the Sacrament of our marriage, may we follow the example of Your openness and obedience to the will of the Father. May we seek the counsel and respond to the promptings of the Holy Spirit in discovering how to carry out the Kingdom purpose of our vocation, through our unique and united vision.

## 2nd Luminous Mystery: The Wedding at Cana

**Fruit of the Mystery:** To Jesus Through Mary

**Prayer:** Mary, through the wisdom of your words and actions at the wedding at Cana, you gave us a beautiful example of how to respond to one another and draw close to our Lord. Intercede for us that we may always advocate for one another in prayer, that together we may draw closer to Jesus through our devotion to you, and that we may ask for and receive the graces to do what He tells us, individually and corporately, so that we may fulfill the will of the Father in our marriage.

## 3rd Luminous Mystery: The Proclamation of the Kingdom

**Fruit of the Mystery:** Repentance and Trust in God

**Prayer:** Lord, may we allow the Holy Spirit to convict of us our sins and may we seek You in the Sacrament of Reconciliation. In the times when we sin against our spouse, may we be quick to repent to one another. May we be slow to anger and quick to forgive. May we hold one another's shortcomings in the silence of heart and trust in the grace and process of Your sanctification to bring about healing and change. We entrust our marriage to You.

## 4th Luminous Mystery: The Transfiguration

**Fruit of the Mystery:** Desire for Holiness

**Prayer:** Jesus, May our marriage be a means of sanctification and holiness on our mutual journey towards Heaven. May we embrace all that it means to be called to the vocation of marriage and may we live out our vocational devotion in a daily practice of faith and prayer together, and frequent reception of the Sacraments.

## 5th Luminous Mystery: The Institution of the Eucharist

**Fruit of the Mystery:** Love For and Adoring of Our Lord in the Eucharist

**Prayer:** Jesus, may the very foundation of our marriage be You in the Eucharist. May we receive You worthily and adore You faithfully. May we place You at the center of our marriage, always seeking Your will and direction. May we live in deep union and oneness with You Lord Jesus, giving birth to a Christ-like, sacrificial love that actively pursues the good of our beloved.

# What's Next?

2 NEW Courses from Whole Catholic, and a NEW way to experience our signature Discipleship Deliverance Course!



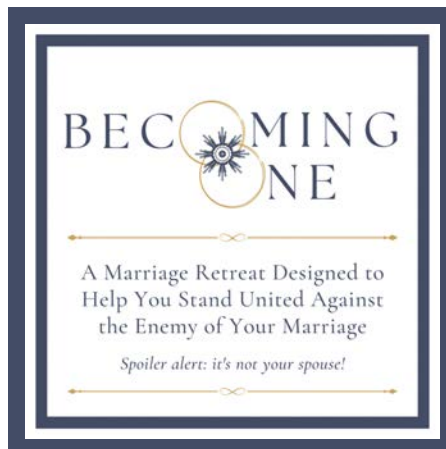
## To Have & To Hold

A NEW four-part video series on how to build and maintain ONEness in your marriage. In this series, you will learn how to:

- communicate and tackle tough issues with covenant relationship principles,
- establish an emotionally safe marriage,
- create connection with your spouse and kids,
- and Infuse GRACE in your marriage.

Sign up this weekend and receive a special 25% discount.

Use code "conference" at checkout.



## Becoming One Online Retreat

All of the Becoming One conference talks, exercises and resources, on demand.

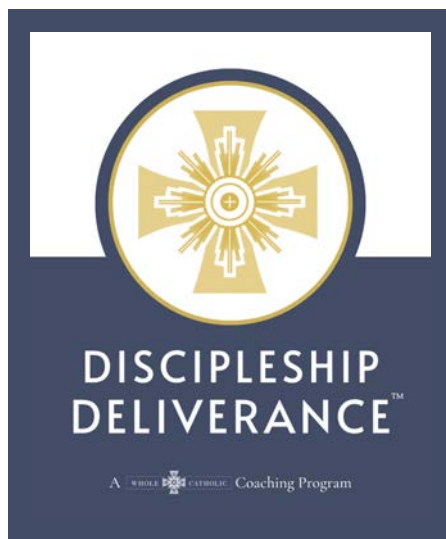
Want to revisit any of this weekend's teachings? Know someone who wasn't here, who would enjoy these talks?

Sign up for the Becoming One Online Retreat!

This retreat is offered online for \$97 to non-attendees.

Conference Attendees Receive  
**One-Year of Access for FREE!**

Use code "attend" at checkout.



## Discipleship Deliverance

Our signature Discipleship Deliverance course, in an all-NEW self-paced online format. This 8-part video series contains all of the teachings from our popular Discipleship Deliverance course, accessible on-demand.

Move forward in faith and life! Learn to recognize, undo, and prevent the covert work of the enemy in your life and family through a common-sense, practical, discipleship style of deliverance and healing, that orients us back to the sacraments. Discover more at [DiscipleshipDeliverance.com](http://DiscipleshipDeliverance.com).

Sign up this weekend and receive  
**\$50 discount off the regular course price.**

Use code "deliver" at checkout.



# Resources

## Whole Catholic Resource Links

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### Whole Catholic Website

[www.WholeCatholic.com](http://www.WholeCatholic.com)



### Whole Catholic Member Community

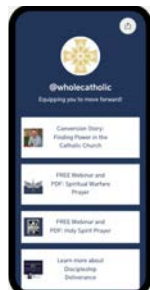
[www.patreon.com/wholecatholic](http://www.patreon.com/wholecatholic)



### Join Our Email List

*Stay up-to-date on all things Whole Catholic!*

<https://lp.constantcontactpages.com/su/qsikE5D/wholecatholic>



### Whole Catholic LinkTree

*Access to all of our freebies, webinars, podcasts, resources and more...all in one place!*

[www.linktr.ee/wholecatholic](http://www.linktr.ee/wholecatholic)



### Becoming One Freebie

*In case you missed it, download the conference freebie,*

**PROTECT: 7 Safeguards to Protect Your Relationships from the Work of the Enemy**



### Expect Great Things

*Amanda's Etsy Shop*

[www.etsy.com/shop/ExpectGreatThings](http://www.etsy.com/shop/ExpectGreatThings)



# Resources

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These are links to some of our favorite Catholic partners, providers, organizations and businesses.  
*They did not pay or ask for this space...we just love them and wanted to share! Enjoy!*



## Fiat Integrative Health

*Family Medicine & Mental Health Services in Franklin, TN*

[www.fiathealth.org](http://www.fiathealth.org)



## CHESTERTON ACADEMY OF THE INCARNATION

*A Catholic Classical High School in Middle TN*

[www.chestertontn.com](http://www.chestertontn.com)



## Just Love Prints

*Maker of the love letter cards in your goodie bag!*

[www.justloveprints.com](http://www.justloveprints.com)



## Magnify 90

*An invitation to pursue holiness through growing in virtue & your own feminine genius!*

[www.mag90.com](http://www.mag90.com)



## Praying for Our Prodigals

*Praying for Loved Ones Who Have Left The Church*

[www.prayingforourprodigals.com](http://www.prayingforourprodigals.com)



## Apostolate for Family Consecration

[www.afc.org](http://www.afc.org)



## Padre Pio Nashville

[www.padrepionashville.org](http://www.padrepionashville.org)





# Resources

These resources are not associated with Whole Catholic or Becoming One in any way, they are simply tools that we find useful and worthy of sharing and hope you enjoy.



St. Austin  
Catholic Church  
Spiritual Gifts  
Inventory

[www.churchdb.com/  
staustinsgi/StAustinIntro.asp](http://www.churchdb.com/staustinsgi/StAustinIntro.asp)



16 Personalities  
Personality  
Assessment

[www.16personalities.com](http://www.16personalities.com)



The  
Temperament  
Quiz

[www.temperamentquiz.com](http://www.temperamentquiz.com)



Novena for  
Marriage to  
Saints Louis and  
Zélie Martin

[www.praymorenovenas.com/  
saints-louis-and-zelie-  
martin-novena](http://www.praymorenovenas.com/saints-louis-and-zelie-martin-novena)



Novena for a  
Happy and  
Faithful Marriage  
St. Josemaria Escriva

[www.stjosemaria.org](http://www.stjosemaria.org)





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