



# Welcome and Introduction

- ▶ **Moderator:** HELEN BYARUGABA, <https://lifecoachhelen.com/>
- ▶ I am honoured to be here with you today to celebrate love on this special Valentine's Day.
- ▶ I am a born, raised and faithfully committed and practising Catholic.
- ▶ With over twenty years of experience in Health Promotion and community engagement, I have dedicated my career to supporting individuals and communities in achieving their health and personal goals.
- ▶ My experience in the role as a Health Promotion Community Engagement and life Coach in the United Kingdom, Belgium and Uganda, has equipped me with the skills to deliver effective and impactful projects supported by the community itself.
- ▶ As a trained Sex and Relationship Counsellor with a Life Coach certification, I am committed to working with couples to navigate their relationships with faith, love, and understanding.
- ▶ Today, I look forward to sharing insights and engaging in meaningful discussions that will strengthen your bonds and deepen your commitment to each other and God.
- ▶ Thank you. Let us embrace our vows with faith and create our own divine love stories.

**LET US SHARE THOUGHTS, SEEK ADVICE AND CONNECT WITH EACH OTHER**

**YES DEAR,  
I DO!**



# The Foundation of Love

- ▶ The Bible serves as a guide for understanding the true essence of love. As it says in 1 Peter 4:8, “**Above all, keep loving one another earnestly....**”
  - This scripture highlights the power of love to heal, forgive, and bring people closer together.
- ▶ Love in the biblical sense is not merely an emotion, but a **deliberate action and commitment**.
  - It's about **putting your partner's well-being above your own** and striving to create a **harmonious and supportive relationship**.

# THE FOUNDATION OF LOVE

- i. Embracing Our Vows
- ii. Building A Strong Relationship
- iii. Overcoming Challenges
- iv. Celebrating Love Daily
- v. Growing Together In Faith
- vi. Writing The Devine Love Story



# Embracing Our Vows

- ▶ Marital vows are a profound promise made to your partner and to God.
  - They are a **commitment to love, honour, and cherish each other for a lifetime.**
- ▶ The famous passage from 1 Corinthians 13:4-8 describes the qualities of true love:
  - "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no..., always hopes, always perseveres. Love never fails."

Embracing these vows means **continually striving to embody these qualities in your marriage**

# YES DEAR, I DO! \_Divine Love Story: Embracing Our Vows with Faith"



- ▶ The Connection Between Valentine's Day and Faith
  - ▶ Valentine's Day is more than just a day for exchanging gifts and enjoying romantic gestures. St. Valentine is a symbol of enduring love and commitment, making this day a perfect opportunity for couples to reflect on our own marital vows and the sanctity of our union.
- ▶ Embracing Love and Commitment:
  - ▶ For Catholic couples, it is a reminder of the deep spiritual and emotional bond that marriage represents.
- ▶ Living the Sacrament of Marriage:
  - ▶ It is another opportunity to renew your commitment to each other and to God. YES DEAR, I DO.
- ▶ Incorporating Faith in Daily Life:
  - ▶ Beyond Valentine's Day, as Catholic couples we are to integrate our faith into our daily lives. This includes regular united prayer, attending church together, and engaging in faith-based activities that strengthen our spiritual bond as a family.



# Building a Strong Relationship

## ▶ Key Elements of a Strong Marriage

### ■ **Mutual Respect and Understanding:**

- Respecting each other's individuality and perspectives is crucial. This involves listening actively and valuing each other's opinions.

### ■ **Effective Communication and Empathy:**

- Open and honest communication helps in resolving conflicts and understanding each other's needs. Empathy allows you to put yourself in your partner's shoes and respond with compassion.

### ■ **Shared Faith and Spiritual Growth:**

- Practicing your faith together strengthens your bond and aligns your relationship with your spiritual values. This includes praying together, attending church, and participating in faith-based activities.



# Overcoming Challenges

## ▶ Facing Challenges Together

- ▶ Every marriage faces challenges, but it is your faith and commitment that will help you overcome them. Remember that tough times are temporary and can strengthen your bond if faced together.
- ❖ Practical tips include **setting aside** time to discuss issues calmly,
- ❖ **seeking guidance** from trusted mentors or counsellors/life coach,
- ❖ and always approaching conflicts with a **mindset of resolution** rather than blame.
- ❖ **Forgiveness and patience** are vital. Holding onto grudges only harms the relationship, while forgiveness allows you to move forward with a clean slate.





# Celebrating Love Daily

## ► Keeping the Spark Alive

- ❖ Expressing love and appreciation daily can significantly strengthen your relationship. This could be through small gestures like leaving a love note, planning a surprise date, or simply saying "I love you."
- ❖ Quality time together is essential. Whether it's a weekly date night or a shared hobby, spending time together helps maintain your connection.
- ❖ Celebrating milestones, big or small, reinforces your commitment and creates cherished memories. This includes anniversaries, personal achievements, or simply making it through a challenging week together.



# Growing Together in Faith

## ▶ Spiritual Growth as a Couple

- ❖ **Praying together** not only brings you closer to God but also to each other. It creates a space for shared reflection and gratitude.
- ❖ **Participating** in church activities and community service as a couple reinforces your shared values and purpose.
- ❖ Strengthening your spiritual bond involves **supporting** each other's spiritual growth and creating an environment where faith is a central part of your life.

# Celebrating Love On the Devine Love Story Road

- ▶ Special Ways to Celebrate Love
- ❖ **Use** Valentine's Day as an **opportunity** to reflect on your journey together. Renew your vows privately or in a small ceremony to reaffirm your commitment.
- ❖ Make the day special by **planning intentional activities** that you both enjoy. This could be a romantic dinner, a day out exploring nature, or a quiet evening at home with heartfelt conversations.
- ❖ Incorporate elements of **gratitude** by writing each other love letters, highlighting what you appreciate about each other and the journey you've shared.



THANK YOU

LET US EMBRACE  
OUR VOWS WITH  
FAITH AND LOVE

