

Marriage Preparation Programs/Processes – Enrichment/Formation

[Catholic Marriage Prep](#) (Agape Catholic Ministries)

A division of Agape Catholic Ministries, dedicated to the building of strong Christ-centered marriages since 2004. Online, interactive, and mentor-led Pre-Cana Program that can also be given in-person by trained instructors. Available anytime from anywhere. Based on Pope John Paul II's Theology of the Body and the teachings of the Catholic Church. Available in **English, Spanish, and French.**

[Better Together](#) (Dynamic Catholic)

You dream about your wedding day, your honeymoon, and growing old together. What about everything in between? Better Together equips you with the tools you need to build a lasting, happy, and faith-filled marriage.

[Pre-Cana: Living Our Faith in Love](#) (The Marriage Group)

[PreCana: Clases católicas de preparación matrimonial](#)

The Marriage Group's online, on-demand courses are enjoyed by thousands of Catholic couples every year, worldwide. Featuring videos from experts and married couples, followed by exercises and discussion guides, these courses are interactive and convenient. The courses are produced in collaboration with several diocesan offices, ministry leaders, and published authors/speakers. Courses available in [English](#) and [Spanish](#).

[EverMore in Love: Marriage Preparation](#)

This mentor-led course helps engaged couples understand the Theology of the Body and practically implement it into their daily lives. It is available at the parish level and live online in both a one-on-one and group setting. When the course is complete, couples are invited to continue their formation with their mentor couple and an online community of other couples striving to live this way of life.

[For Better and For Ever](#)

A parish-based "sponsor couple" approach to marriage preparation. Married couples of the parish are trained to meet the engaged "where they are" to dialogue about the vocation of Matrimony. Sponsor couples host a series of 4-6 meetings with the engaged couple in their own home (or Zoom), then after the wedding, they follow up with the newly married couple through the first year(s) of marriage. Available in English, Spanish, Vietnamese, and French. Training/enrichment of "sponsor couples" on Zoom is a [FREE SERVICE](#).

[Joined by Grace: Preparing for the Sacramental Journey of Marriage](#), (Ave Maria Press, John and Teri Bosio, and Spirit Juice Studios)

Grounded in Church teaching and incorporating the wisdom of Pope Francis' apostolic exhortation *Amoris Laetitia* (*The Joy of Love*), the *Joined by Grace* program allows pastoral leaders and mentors to help couples build strong, life-giving, and lasting marriages. Offering couples the tools they need for life after their wedding day, *Joined by Grace* shows how the seven sacraments can help build marriages that are rooted in Christ by teaching couples to accept and be fully present to one another, give themselves completely, and serve and forgive each other. While developed for use in six sessions by mentors and engaged couples or small groups, the Program Manual offers a weekend retreat format as well.

[Joy-Filled Marriage](#) (Ascension Press)

Includes a virtue-based life skills component (“Living a Joy-Filled Marriage”) and a component focused on the Sacrament of Marriage and the Theology of the Body (“God’s Plan for a Joy-Filled Marriage”). Both components have Leader’s Guides. The two parts can be used separately, perhaps as a supplement to an existing marriage prep program, or together.

[The Picture of Love Marriage Preparation Program](#)

Available for both [Engaged Couples](#) and [Convalidation Couples](#) explores the joys and challenges of living out the Sacrament of Matrimony with a special focus on the importance of inviting Jesus to be the center of marriage and family life. Originally released in 2002, Picture of Love is an officially sanctioned and proven Marriage Preparation Program, currently used in Catholic parishes and dioceses across the nation. The newly revised 2017 version of Picture of Love has received the imprimatur of Archbishop Jose H. Gomez, Archdiocese of Los Angeles.

[Smart Loving Engaged Online](#)

SmartLoving Engaged Online combines psychological insights with the Theology of the Body to equip couples to navigate the joys and challenges of married life. Couples can access the course anytime and from anywhere in a self-directed capacity or invite a married sponsor couple from the parish to accompany them at no extra charge. Flexible and affordable, the course has an imprimatur and is approved for use in many dioceses throughout Australia, the UK, the USA, Canada, Africa, and Asia. If you and your fiancé are separated by distance, you can complete the course separately meeting online after every lesson to complete the activities together.

[TOBET4ENGAGED](#)

This marriage prep program, which Dr. Janet Smith calls a “real contribution to the need for truly useful marriage preparation materials,” gives poignant, refreshing insights into personal growth, communication skills, finances, catechesis, and more, all from the perspective of the Theology of the Body. The unique diagrams and charts—which Dr. Peter Kreeft lauds as “delightful” and “memorable”—flesh out St. John Paul II’s insights, make tough concepts accessible, and offer food-for-thought for discussions by couples. This complete program comes with a slide show presentation with the facilitator’s notes and three downloadable files (Facilitator’s Guide, TOBET Tips for Presenting, and Addressing Tough Issues: A Theology of the Body Pastoral Response). TOB expert Monica Ashour can be brought in to train the trainers. Written by Monica Ashour, MTS, M Hum, and members of TOBET (Theology of the Body Evangelization Team). Available in **English, Spanish, and Vietnamese**.

[Transformed in Love: Building Your Catholic Marriage](#) (Archdiocese of Boston)

Transformed in Love provides the groundwork for engaged couples to begin the noble and holy work of marriage. It was developed by a team of ministry leaders, professionals, and laity who work closely with engaged couples in the Boston Archdiocese. It allows for the transformative power of kerygmatic witness, scripture, and Catholic teaching while engaging couples in activities to practice the skills provided. It can be used in a variety of formats (mentor-led, retreat, or weekly sessions) and has an accompanying *Leader Guide* with downloadable resources to assist with the in-person or virtual gatherings. It is now available in **Spanish** – *Transformados en el Amor*.

Unveiled

Unveiled was created by the Catholic Diocese of Richmond to blend marriage preparation and evangelization. This innovative video-based solution offers a consistent, comprehensive, and captivating approach to marriage preparation. *Unveiled* allows you to ensure the integrity of the theological and practical content, focus your efforts on training facilitator couples to be story-telling evangelists, and implement a dynamic educational methodology that integrates beautiful media. *Unveiled* can be used as an online e-learning course, run at the parish level, or offered on the diocesan scale.

Witness to Love

Witness to Love is a tool for parishes that want to use the marriage prep process to benefit engaged couples by building a support system to accompany them before and after the wedding, integrating them into parish life, focusing on evangelization, and getting the most out of the marriage prep process. This is not just a program but a system that will help enhance the current offerings that a parish, or diocese, already has in place and it is compatible with any PMI or marriage prep program listed on this page. *Witness to Love* was established in response to St. John Paul II's apostolic exhortation *Familiaris Consortio* and operates under the guidance of the Archdiocese of New Orleans. Online or live training for clergy or marriage prep personnel is available. Available in **English** and **Spanish** (*Testimonio de Amor*).

Your Marriage (Liguori Publications)

A parish-based marriage prep resource. It is led by marriage prep leaders in small or large groups or individually, with an emphasis on regular meetings with the parish priest. The program includes a solid and thorough, yet accessible, presentation of Church teaching regarding marriage, as well as practical application to address the needs and challenges faced by couples today. The series includes testimonies from married couples and spiritual direction from Fr. Byron Miller, CSSR corresponding with each chapter, as well as additional resources available through the publisher's website. Available in **English** and **Spanish**.