

Your vows are lived in everyday life.

Marriage is a lifelong covenant lived through ordinary days and changing seasons. The Marriage Formation Flywheel brings practical education, IRL connection, and intentional accompaniment together to help you live your vows with greater intention and continue growing as husband and wife.

Each part strengthens the others. Couples can experience all three at the same time, and momentum builds as one experience leads naturally into another.

You can enter the flywheel anywhere. A course, conversation, gathering, or check-in can become your next step. Each experience can lead naturally to another, creating an ongoing rhythm that supports your marriage over time



EDUCATION

Learn something useful for the marriage you are living now.

Mini courses, workshops, videos, articles, and practical tools help you understand one another better and put what you learn into practice.

ACCOMPANIMENT

Receive encouragement that helps you keep going.

Regular check-ins, guided conversations, reflection questions, and trusted support help you notice where you are, talk about what matters, and determine your next meaningful step.

IN REAL LIFE

Make meaningful time for your marriage and connect with other couples in real life.

Date nights, gatherings, workshops, local experiences, and shared activities create opportunities to enjoy one another, build friendships, and grow within a genuine community.



Marriage
Every Day®

[MARRIAGEEVERYDAY.ORG](https://marriageeveryday.org)

BECOME THE HUSBAND AND WIFE YOU'RE CALLED TO BE.

Best relationship advice that I was ever given, is that you find that person who is your missing puzzle piece and that you always wake up and chose that person. Good days are abundant, but the bad days come too but you always wake up and **choose that person** to do life with.

DAKOTA C. • LONGWOOD, FL

Create time for more connection and **turn toward and not away from each other.**

ANDREW S. • ASTON TWP, PA

The best relationship advice I've ever been given was by my Grandfather. He told me you have to **laugh a lot, love a lot, and swallow your pride.** To add to that I was told that the two most important words in my vocabulary are "yes dear." He was definitely a wise man. His relationship with my Grandmother was beautiful and one I aspire to emulate. **Nice to meet you all! Wishing you a happy, healthy and love filled marriage.**

LOUIS C. • NORTHPORT, NY

Always remember that you're on the same team. **Communicate openly, give each other grace, and never stop choosing each other.**

MOLLY K. • JUPITER, FL

Hello everyone, my name is Zayra. **My fiance and I have been together for 13 years and have had two children together.** My advice is that God has the right timeline for us. We can plan and plan and plan but he always knows the time line needed. **We plan to walk into this next sacrament united and ready for our next chapter.**

ZAYRA L. • OJAI, CA

The best relationship advice I've been given is that not everything that happens between your marriage should be spoken to friends and family. That is where outside forces can start making their way into negatively impacting ones relationship. **The marriage should center itself to God when in need.**

WENDY L. • LOS LUNAS, NM

Listen and communicate effectively with your partner and **never ever go to bed angry at one another.** Support your partner and always talk things out. It's you and your partner against your problem(s).

ISABELLA C. • NERIMA-KU, JP

Always stay best friends. Spend time together alone. And don't get caught in the motions of your daily life that you forget to **show appreciation and desire to your partner.**

GABRIELLA S. • CLINTON, MO

Lasting couples still argue, but they always **find a way to reconnect afterward.**

ANNIE B. • OCALA, FL

See why thousands of husbands and wives love Marriage Every Day®

