



How to pick a mentor couple

Requirements:

1. Married 5 years or more in the Catholic Church
2. Active in the Church
3. Have a marriage and family you both admire
4. Go to the same church as you do now OR attend the church you will be married at OR attend the church that you will be attending after the wedding
5. Should not be immediate family members

Steps to discerning:

Make sure to pray about your choice. Who can challenge you to have a better marriage? Do they have a strong relationship with Christ? Are they the couple you would go to naturally if you needed relationship help in the future? Do you like the way their kids turned out? Would you be happy if you had a marriage relationship like theirs? Discuss what it is specifically that you admire about their marriage. It doesn't matter if you know them really well, but it does matter that you trust and admire them. If you get stuck, ask your parish for suggestions but remember that you still need to invite a couple to mentor/sponsor you. Just ask!