

# Three Keys

## To Thriving in Your Mixed Marriage



by Lisa Mladinich

**BONUS RESOURCES INCLUDED**

## **Thanks for opting in for my free resources!**

This is the tip-sheet from my conference talk, with the main points, scriptures, and practical ideas for living out the three keys. To hear the recorded talk, please go to the conference website.

**At the end of this document, find BONUS information about**

- The Catholic Homeschool Conference [VIP PASS](#) for all the talk recordings, plus the HUGE goodie bag, with products from many of your favorite Catholic companies
- My new program for families--**WONDERFULLY MADE! Helping Your Family Thrive in Their Natural Talents**
- And some additional resources for using **blessed sacramentals** in your home!



*Three Keys to Thriving in Your Mixed Marriage*

Copyright © 2020 by Lisa Mladinich

All rights reserved. No part of this resource may be reproduced or used in any manner without written permission of the copyright owner except for the use of quotations in reviews.

**Inquiries:** [lisa@mladinich.com](mailto:lisa@mladinich.com)

*All scriptural quotes from the New American Bible*

*Swirl Clipart Courtesy of <http://clipart-library.com/>*

## *Three Keys to Thriving in Your Mixed Marriage*

### **First Key:**

#### **The Best of Us**



**The first key is all about ordinary, everyday acceptance, which requires that we look for the best in each other, every single day.**

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. (Philippians 4:8)*

#### **St. Therese of Lisieux**

- Look for the best in everyone.
- The best parts are the truest parts because they are "of God"
- As we look for Him in others, more and more we image God ourselves
- We find the best in ourselves
- Looking for the best becomes a great pleasure
- Call out, affirm, celebrate the good!
- **ENJOY each other**
- Conflict resolutions are less painful in an atmosphere of affection and trust

#### **Calling out the best... results in a gradual "transfiguration"**

*All of us, gazing with unveiled face on the glory of the Lord, are being transformed into the same image from glory to glory, as from the Lord who is the Spirit. (2 Corinthians 3:18)*

- In moments of grace will they come to the one who always found fault?
- YOU become a BRIDGE because you look for the good and affirm it

#### **Remember:**

- **Look for the good** and ask God to give you "eyes to see" it

- **Thank God daily** for your spouse's qualities and good acts
- **Being fully present:** give over agendas to God and be LOVE to them
- **Active listening:** receptive, open-ended questions, humility, an attitude of learning from each other
- **"Social Distancing"**--be sensitive to their need for space, as well

## Second Key:

### The Little Things



**The second key is about the importance of learning to stay little and letting God be big.**

*Train the young in the way they should go; even when old,  
they will not swerve from it. (Proverbs 22:6)*

- **Our children leave the Church, though we "did everything right"**
- Catholic families are getting hammered
- Overwhelmed and outnumbered by the CULTURE
- Can start to feel **spouse** is the problem
- **Careful-- Don't make your spouse the enemy**

*For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. (Eph 6:12)*

- We all have legitimate gripes in married life
- Keep working on the log in your own eye
- Blame is the enemy's territory
- Stay **loving** to stay strong

## **School of Mary (St. John Paul II's apostolic letter on the Rosary: Rosarium Virginis Mariae)**

- Called the rosary the "school of Mary"
- About entrusting ourselves to our Blessed Mother
- I pray Rosary daily and **enrolled** my family, including myself

## **St. Joseph Consecration: Fr. Calloway**

- School of Mary and St. Joseph
- Enrolling us all in their school, together, brought such peace

## **I still need to keep re-enrolling--remembering to trust them**

- I ask Mary and St. Joseph, silently: "Show me! What are you doing, today?"

## **Practicing letting go and enrolling the family allows me to**

- Get back to what bears good fruit
- Staying small and letting God be big
- Offering all the little things and moments together
- Hidden sacrifices for their conversions and healings
- We are tabernacles--HIS power is hidden in us

## **Lean in to moments that require patience**

- SEE JESUS present
- Notice God's presence in our own self-denial
- And smile at HIM, inwardly
- Offer your least favorite tasks as you do them (laundry, cleaning, paying bills)

## **Make everything an opportunity to practice gratitude**

- Thanking him for all the good things we are called to TEND (Adam and Eve tended the garden)
- Thanking God for so many nice clothes (to launder), so much food (to clean up the fridge, shop, cook), a lovely home to live in (and clean, organize, repair), and so on.
- Thank him for inconveniences
- If you're held up in traffic, he may be saving your life
- People "held up" and lives saved on 9/11

**[Forbes article: 7 Scientifically Proven Benefits of Gratitude](#)**

## **Taking the opportunity to die a little to our own desires**

- Eating a little less than we really want
- Listening more than is comfortable
- Welcoming interruptions with grace
- Detaching from our desires, let go of whatever we'd prefer to be doing
- Release it to God
- In moments of sacrifice, notice His presence and His pleasure
- Pray: "Lord, make up for where I lack as a \_\_\_\_\_"
- Pray: "Lord, I don't have any love in my heart, right now. Give me your love to pour out for (name) \_\_\_\_\_."

## **Stay small and let God be big.**

As David said to Goliath,

*Today the LORD shall deliver you into my hand... **For the battle belongs to the LORD.** (1 Sam 17:46-47)*

### **Third Key:**

#### **The Victory to Come**



**The third key is about maintaining a supernatural perspective about absolutely everything.**

**Wouldn't it be awful if your spouse lived their whole life married to a Catholic spouse and never knew what it was to be truly loved?**

Dr. Popcak and his wife Lisa: **For Better...Forever. A Catholic Guide to Lifelong Marriage**

- Chapter TEN: on MIXED Marriage
- Do all that you would have your spouse do for you--for him (or her)!
- Not because your spouse deserves it
- Your Christian Dignity demands it!

## **Supernatural strength:**

- For me, it's sacraments, scripture, Rosary
- **Pray for wisdom**, every day
- Cultivate purity (watch, read, language)
- JPII "as purity increases, so does the capacity to love"
- Use **sacramentals**: blessed salt, holy water, blessed medals, and images, and candles
- Surround yourself with holy Catholic friendships
- We need the support, people who speak our language
- Avoid comparisons of their lives/marriages/kids to your life, your marriage, your kids, but **especially your spouse**
- When we look at Catholic marriages...
  - They might seem perfect, but it can be a "toxic illusion"
  - They carry heavy crosses, like you, like everyone
  - **Guard your heart**
  - Especially with opposite-sex friendships
  - Temptations are normal--but don't dwell on them

*Resist the devil and he will flee from you. (James 4:7)*

## **Indulging in comparisons creates a fantasy that our spouse can NEVER live up to.**

- When you're faced with what other people have, that YOU don't
- You experience poverty, hunger, desperation at times
- **Offer it for your marriage**
- **Say yes to God**
- **Be heroic**

*I know indeed how to live in humble circumstances; I know also how to live with abundance. In every circumstance and in all things I have learned the secret of being well fed and of going hungry, of living in abundance and of being in need. I have the strength for everything through him who empowers me. (Philippians 4:13)*

## **Life is WAY too short and precious to get mired in illusions**

- Your vocation, your adventure, your holiness, and power, and impact, your legacy, AND YOUR JOY, are being built right where you are, and they point you straight at heaven
- **Caveat**: we don't ignore abuse, addiction, infidelity (get professional support)

## **But our Ordinary, everyday crosses are our treasures**

*I know indeed how to live in humble circumstances; I know also how to live with abundance. In every circumstance and in all things I have learned the secret of being well fed and of going hungry, of living in abundance and of being in need. I have the strength for everything through him who empowers me. (Philippians 4:13)*

St. Joseph, pray for us.

Immaculate Heart of Mary, pray for us.

Sacred Heart of Jesus, have mercy on us.

### **BONUS SECTION**

Includes

**VIP PASS, WONDERFULLY MADE Family Coaching Program, and Tips on Using Sacramentals**



I hope you enjoyed this follow-up to my presentation, *Three Keys to Thriving in Your Mixed Marriage*, which is available through the VIP PASS for The Catholic Homeschool Conference.

[Here's my affiliate link, if you're ready to order:](#)

### **WONDERFULLY MADE FAMILY COACHING PROGRAM**



It would be my sincere honor to help you develop a family plan for appreciating, affirming, and leveraging yours and your children's natural talents for greater mutual understanding, happiness, success, and--above all--God's greater glory.

Drop me a line, and take advantage of a *free* inquiry call, with no obligation and no pressure, to learn more about how your family can start really *thriving* in their natural talents. I'd love to speak with you and answer all your questions. Click my signature image below or contact me by email or text.

You are *wonderfully made*.

In the peace of Jesus, through the Immaculate Heart of Mary,

*Lisa*



Lisa Mladinich  
True Vine Catholic Life Coaching  
phone: 631-760-1551  
email: lisa@mladinich.com



**And finally...**

**Some tips on using blessed sacramentals in your home!**



**First up, from an article at <https://www.sistersofcarmel.com/sacramentals.php>**

### **What is a Sacramental?**

The catechism teaches us that sacramentals are “holy things or actions of which the church makes use to obtain for us from God, through her intercession, spiritual and temporal favors.” A sacramental is anything set apart or blessed by the church to excite good thoughts and to help devotion. It is through the prayers of the church offered for those who make use of these sacramentals, as well as through the devotion they inspire, that they convey and obtain God’s grace and blessings.

Sacramentals are not unlike the sacraments in that they are channels of grace and can obtain for us these benefits:

- 1. Actual graces**
- 2. Forgiveness of venial sins**
- 3. Remission of temporal punishment**

4. **Health of body and material blessings**
5. **Protection from evil spirits**

### **Three Powerful Sacramentals to Have in Your Home**

<https://aleteia.org/2017/07/05/3-powerful-sacramentals-to-have-in-your-home/>

**Here's what to do with a blessed candle:** <https://aleteia.org/2019/02/03/heres-what-to-do-with-blessed-candles/>

#### **Another article, from Catholic Answers:**

<https://www.catholic.com/magazine/print-edition/mind-your-beeswax>

#### **Here is a lovely excerpt:**

"The pale wax of the candle symbolizes Christ's flesh, his sacred humanity. The wick, embedded in the center of the candle, represents his soul. The flame, as it burns down the wick, consumes the wax to give us light. It burns, expending itself, sacrificing itself, just as Christ sacrificed himself. The burning candle is aesthetically pleasing, and it gives a sweet aroma as it burns, another reminder of the presence of our Lord."

**Next up...Dr. Taylor Marshall on blessed salt**, including a prayer of exorcism that any priest can pray: <https://catholic-link.org/stay-salty-know-blessed-salt/>

**From the United States Conference of Catholic Bishops: The importance of and capacity we all have for giving blessings:**

<http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/sacramentals-blessings/index.cfm>

#### **How to Bless Your Children--beautiful!!**

<https://aleteia.org/2017/08/23/this-is-how-to-bless-your-children/>

#### **Great piece on using holy water in your home, office, and car!**

<https://www.getfed.com/8-ways-to-use-holy-water-5699/>

#### **The Brown Scapular**

<https://www.sistersofcarmel.com/brown-scapular-information.php>

This is just a sampling. Enjoy! Put blessed salt and holy water in your family's food, and bless their beds, doorframes, and window frames! Blessings, Lisa