

Priest Talking Points for NFP

A one-page reference for marriage preparation, homilies, confession, and pastoral conversations. Your role is pastoral encouragement, moral clarity, and warm referral, not technical instruction.

FIVE TALKING POINTS

NFP is about married love, not just avoiding pregnancy.

It helps couples approach fertility with reverence, communication, self-mastery, and shared responsibility.

The Church is not asking couples to ignore real life.

Responsible parenthood includes prayerful discernment, generosity, prudence, and attention to physical, emotional, financial, and family circumstances.

Fertility is not a problem to be managed.

A woman's fertility is a healthy part of her body. NFP begins with understanding how it works.

NFP requires both spouses.

Fertility belongs to the marriage, not just to one spouse. Invite husbands into patience, sacrifice, and shared responsibility.

Couples need real support.

Connect them with trained instructors and follow-up help, especially around postpartum, infertility, miscarriage, irregular cycles, or serious reasons to postpone.

SAY THIS, NOT THAT

Instead: You have to take an NFP class.

Try: The Church wants you to understand fertility and married love before you begin your life together.

Instead: NFP is the Catholic alternative to contraception.

Try: NFP helps couples approach fertility as something meaningful, shared, and worthy of respect.

Instead: Just use NFP.

Try: NFP is something couples learn and grow into. A trained instructor can help you see what it looks like in real life.

Instead: This is mainly the woman's responsibility.

Try: NFP works best when husband and wife both participate, because fertility belongs to the marriage.

SHORT SCRIPT FOR MARRIAGE PREP

"As you prepare for marriage, the Church wants you to understand more than the wedding day. She wants you to understand married love, fertility, and responsible parenthood. NFP is not a rule to satisfy. It is a way of learning how your bodies, your communication, and your discernment fit together. I want you to take this seriously and learn from someone trained to guide you."

CONFESSION AND PASTORAL CARE

- Listen before correcting.
- Speak with clarity, but do not humiliate.
- Encourage the next faithful step, not instant mastery.
- Refer complex NFP questions to trained instructors.
- Refer medical, mental health, trauma, or abuse concerns to qualified professionals.

REFER TO

Find a trained instructor: nfp.fyi/directory/instructors | Methods overview: nfp.fyi/methods | For husbands: nfp.fyi/men/husbands | Catholic course (NFP Life® from The Marriage Group): nfp.fyi/resources/nfp-life

NFPfyi is the broad educational site about natural family planning and fertility awareness. NFP Life® is a separate Catholic-specific course offered by The Marriage Group. · nfp.fyi/catholic/priests