

# Coming back to the Faith and to happiness

A personal look at how we can find our faith through the example of our friends, taken from a DVD about marriage and family entitled “Take a chance on happiness”

26/03/2014

A new video has been released containing very practical teachings of St Josemaría Escrivá on marriage

and parenting which can help many couples living in the 21st Century,

Copies of the DVD can be obtained from [here](#).

---

pdf | document generated automatically from <https://opusdei.org/en-uk/article/coming-back-to-the-faith-and-to-happiness/> (23/02/2026)