

retreat



in your life

for couples

Day 4

It is not about fixing. It is about holding.

Instructions - Find a quiet 15 minutes in your day to come together as a couple. Bring some tissues. Find a candle and some matches. Sit together near each other.

The one partner holds the candle. The other lights the candle. Place the candle in the centre.

Opening Prayer

Dear God,
We light this candle as a sign of our presence with each other. We light this candle and invite God to be with us. We light this candle so that our lives may draw closer.
Amen.



Blessing

Hold your partners palm of their hand in your hand.

Slowly breathe firmly into their hand of your partner and say the blessing

Receive the breath of my life.

Breathe

Receive my life as a gift.

Breathe

God Blesses you my love one.

Breathe

Swap roles

Pause

Close your eyes. Sit together in silence and breath loudly in rhythm with each other 20 times.

Reading

Jane and James had been married for six years. Jane used to get angry towards James quiet often. One day Jane blurted out in an angry tone, "you have not paid the water Bill". James thought, "here we go again". James responded, "ok, ok, I will pay the water Bill". Later that day, James confided in a close male friend John. John responded, "Women want someone they can talk to. Fixing is not always their highest priority".

A week later, Jane and James were off on a holiday. They jumped in their car. They had a 4 hour drive in front of them. About an hour into their journey they got a hole in their tyre. The car stopped. It was easier to change the tyre because Jane read the manual, while James changed the tyre. James felt good as they had achieved something. After changing the tyre, Jane started to talk to James more about how she was feeling. About how James does not listen to her. About how James was busy at work. It was hard, but James just listened. He did not react. At the end of Jane's sharing, James repeated some of the things Jane had been saying. Tears flowed from Janes face and James took Jane's hand to hold.

Weeks after their holiday, Jane said to James, "I really appreciated the effort you put into the holiday". James felt strange, but relieved. He did not fix anything, only listened. James knew a little more about the big picture, while Jane felt a connection. They both decided to go driving together more often.

Question to discuss

Answer 1 of the following questions. Think about this question for 1 minute then discuss –

- When do you feel a connection?
- When do you feel like you have achieved something?
- Why is it important to hold an issue and not fix an issue?

Common Prayer

In turns you are invited to share a prayer.

Say your prayer..."Dear God, I pray for... Lord hear us".

Respond together "Lord hear our prayer"

Conclusion

Say together –

Dear God,

Help us to know our differences. May we respect these differences and learn to hold each other in a loving embrace.

Amen