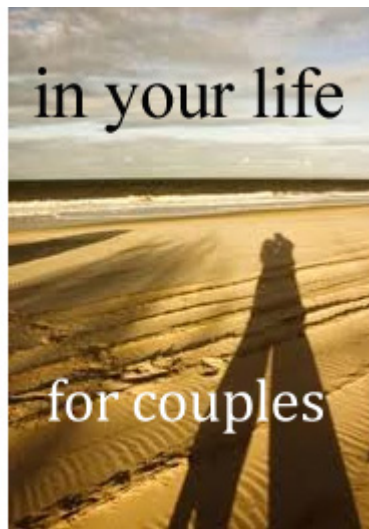


# retreat



# in your life



## Day 1

### *Stop and smell the roses*

*Instructions - Find a quiet 15 minutes in your day to come together as a couple. Bring a flower. 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

Place your hand on your partners face.

Saying the blessing,

May God bless you my love one,  
May God Heal you,  
May you know that you are loved,  
May you know that you are immensely good.  
May you be changed by these moments. Amen"

*Swap roles and repeat...*

### Pause

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

### Repeating Questions...

Each partner completes these sentences to the other.

*I think you are good because...*  
*I think you are beautiful because...*  
*I think you are treasured because...*  
*I think you are a good provider because...*  
*I think you are worthy because...*  
*I do not like the feeling of...*  
*I do not like how you...*  
*I do not like when you...*  
*I do not like where you...*  
*I do not like that in you because*  
*Today I realise that...*  
*Today I now know...*  
*Today I am more aware that...*  
*Today I will consider...*  
*Today I will try to...*  
*I love you because...*

### Reading

When a river in flood was inundated a small mountain village, the house of a certain religious man was covered by the flood. The man climbed up onto the roof of the house and waited as the water continued to rise. When the water reached his ankles, a boat came by and the owner invited the man on the roof to come away and be rescued.

"No thanks", replied the religious man, "God will save me". So the boat moved off. When the water reached his knees, another boat came along and invited him to come on board. Again the man replied: "God will rescue me". So the boat moved off. When the water reached his chin, a helicopter came along and offered help. Again the man declined, saying "God will rescue me". The water continued to rise and the man drowned. When he appeared before the Lord, he asked in confused tones; "Lord, I asked you for help and you did not hear my prayer". "Yes, I did" said the Lord. "I sent you two boats and a helicopter".

### Question to discuss

Think about this question for 1 minute then discuss – "What do the 2 boats and helicopter represent for you?"

### Common Prayer

In turns you are invite 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 thank you for being with us today. May we continue to be open to each other. May you God inspire us to realise my loved one in every moment. Amen.