

retreat



Day 2 *Being a We*

Instructions - Find a quiet 15 minutes in your day to come together as a couple. Bring a photo as a couple. 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 both hands and say this blessing together.

We are one because we act as one.
We are one because we share our lives.
We are one because we respect each other.
We are one because we choose each day to love.
We are one because God is one.
God Bless our actions
God Bless our sharing.
God Bless our love.
God Bless our oneness.

Pause

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

Repeating Questions...

Each partner completes these sentences to the other.

*I feel like....because....
The most important thing in my life is...
It is hard to...
We are strongest when we....
We are weakest when we...
We struggle when we...
I love it when we...
Our love grows when we...
We communicate most when we...
I love you because....*

Reading

John and Kate were best friends leading up to their wedding last year. They would spend lots of time together. Drinking coffee, having dinner, playing sport or visiting friends. They were deeply in love. Everything was perfect.

After their marriage, life got a lot busier. They bought a house with a mortgage and started having kids. John decided to get a promotion to help pay off the house, while Kate decided to spend more and more time with the kids. They spent less and less time together and their relationship suffered. Things were tense and unspoken. They did not know each other. Kate was in tears and John did not understand.

One day a recession hit and John lost his job. He was forced to stay home. John was now helping out with the kids. Feeding, cleaning and playing. Things got tough financially. Kate and John's savings soon dried up. Kate and John were forced to get part time jobs. But now they had time together. They started to go for picnics and play a game of tennis together. Their life became much happier. They fell back in love with each other.

Question to discuss

Think about these questions for 1 minute then discuss –
What does the “we” in relationship look like? How can a busy life affect this unity?

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, Teach us to be a couple. May our love grow as you God guide us through life. May our lives point to the future as we point to each other. Amen.