

retreat



Day 3

When I am weak, then I am strong

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

Place your hand on your partners head and recite this blessing.

I am yours and you are mine.
When we fight we forget who we are.
May we learn from our mistakes.
May our weaknesses be more than what they seem.
May we know the deeper meaning
of our relating.
God guide you,
Amen.

Swap roles

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 don't like...
I am unhappy when...
I fight when...
I argued about...
I get angry when...
I am sad when...
I found this difficult because...
I felt hurt when...
I don't understand when...
I love you because...*

Reading

When I was 14 years old I fought with my dad and mum a lot. One Saturday morning I was arguing with my mum. I did not listen to her. Things got so heated that eventually my dad said, "Jacinta get into the car". He drove me out of town and into the desert. Dad said, "here is a blanket, water and an apple, get out of the car. I will come back when you have calmed down".

I got out of the car screaming. Dad drove off. As he went, I through the water and apple in anger. Then I was alone. I had nothing. I had no one. Time past. The sun moved across the sky. My anger soon changed to tears. I picked up my apple and water and sat down on my blanket.

I began thinking, "Why did dad leave me out here?" I began to realise dad and mum loved me. I began to realise they wanted the best of me. I became very calm. I sat under a tree. Hours past. Dad returned.

In the car trip home I said nothing. But when I returned home I said to my mum, "I am sorry". Today I listened to her more. Things are not perfect, but I realise she loves me.

Question to discuss

Think about this question for 1 minute then discuss –
How can our weaknesses be opportunities? Give some examples.

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,
May we learn from our mistakes. May we not run away from our weaknesses but may we wait until they have taught us their deeper truth. Amen.