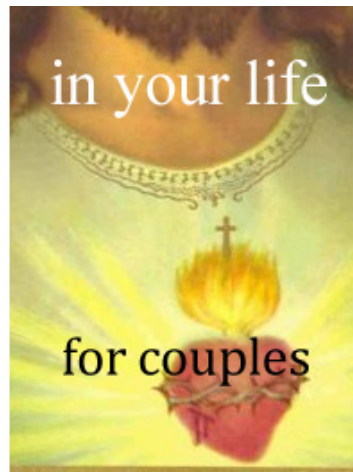


retreat



Repeating Questions...

Each partner completes these sentences to the other.

It was hard to...
It was scary when...
It was uncomfortable because...
We got through this because...
We will get through this....because...
I suffer most when...
I hurt most when...
I love you because....

Day 6

Your heart will be pierced

Instructions - Find a quiet 15 minutes in your day to come together 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

Place one hand over your partners heart.

Say the blessing.

Bless your heart which beats with life.
Bless your heart which longs to love.
Bless your heart which suffers for my sake.
God be with your heart.
God Bless this heart.
God awaken in you a rhythm which beats with my heart.
Amen.

Swap roles

Pause

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

Reading

In June of 2012 Andrew stopped breathing and his heart stopped. He collapsed near the front door of his parent in law home in Sydney. Bo, his wife proceeded to do CPR. The ambulance was called, while their 3 and 4 year old looked on from inside the front door. Andrew was soon revived and said to Bo, "what is going on?" Not knowing why Bo was in tears. The ambulance soon arrived and took him to the hospital.

Different family members reacted differently to great suffering. Some responded quickly. Some froze. Some were in shock.

It was a hard month. Within 2 weeks of Andrew's collapse, his mum and his father were in the same hospital for different reasons. It was hard to again and again to return to the hospital. However, they did it because they loved the people who were there.

Question to discuss

Think about the questions for 1 minute then discuss –

- When has your heart been pieced? When have you suffered greatly? Are there different types of suffering?

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,

Strengthen our lives to live each moment. Show us the rhythm of your being God so that we might be open to a deeper living. Amen.