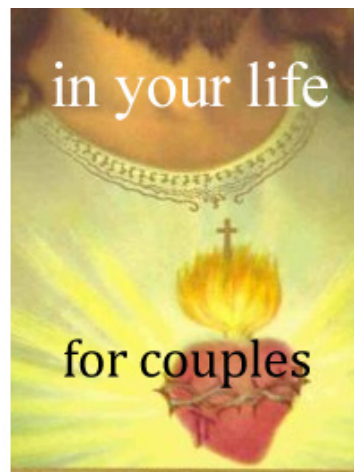


retreat



Day 7

To sacrifice your life for the one you love.

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.

Repeating Questions...

Each partner completes these sentences to the other.

Sacrifice is...
Sacrifice is when I
To risk everything means...
To hand over your life is....
To hand my life over to you means ...
I love you because...

Reading

Everything changed during the Black Saturday fires in rural Victoria in February 2009. Up until that time Sam, 19, did not talk to his dad Brian very much. Not about things that matter. Not about work. Not about relationships. Their conversation was a minimum. "yes dad". "no dad". Brian felt adrift from his son Sam.

On the afternoon of February 7 Brian was trapped inside their family home. The fire had come up so quickly that it had caused part of the ceiling to fall in. Outside the home the fire wall was 20 to 30 metres high. Brian knew that this was probably the end.

Suddenly Sam returned home. Seeing the house on fire Sam thought to himself, "where is my dad"? Sam's intuition told him that Brian was inside. Without a second Brian ran into the burning house. In the centre of the house was Brian on the ground. Sam cleared the debris and picked his father up into his arms and carried him out. Sam quickly placed Brian in his truck and sped off. Sam received 20% degree burns, while Brian received 60% degree burns. Brian spent many months in the hospital.

Sam started to talk to Brian. About life. About work. About girls. Something inside him told him how blessed he was. Sam remembered that death had come so close to his dad. He was not going to waste another moment.

Question to discuss

Think about the question for 1 minute then discuss –

- How does my life call me to sacrifice myself for you?

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.