

Where Two Are Gathered: Day 3

Father, you know us, you love us and you call us by name as a couple. Holy Spirit, give us your strength to grow strong together. Christ Jesus, make your home with us, as we make ours with you.

Quite rightly, we've had some focus on gratitude. The Ignatian prayer of the examen is clear that we should start there. The examen goes on to encourage us to reflect on the darker side of our lives, not in order to depress us but to let God's light shine there too . . . What one thing on your own part of the relationship are you sorry for? . . . Find something to share that you are able at this time to share . . . it might not be the most painful thing, or, then again it might . . . Take a moment to admit this to God in silence . . . Then, as you each breathe in, let God's love and healing enter your body.

Using breath to pray is as old as Creation and we see Jesus using this way with his friends when they were full of sorrow, guilt and fear, after his death:

It was late that Sunday evening, and the disciples were gathered together behind locked doors, because they were afraid of the Jewish authorities. Then Jesus came and stood among them. "Peace be with you," he said. After saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord. Jesus said to them again, "Peace be with you. As the Father sent me, so I send you." Then he breathed on them and said, "Receive the Holy Spirit. If you forgive people's sins, they are forgiven . . .

Then pause and share whatever it is you are sorry for, with your partner. You might begin by saying: "I'm sorry for . . .?"

After each of you has said your piece, spend a moment in quiet again, breathing in God's love as a couple, breathing God's love out into your partner.

Lord, you know us through and through. You see the light in us and you see the shadow. Give us your healing love to help us through the darker times. In Jesus' name. AMEN.

Glory be . . .