

Meeting at a Glance

Content/Action	Duration	Mentor Guide	Couple's Book
The content for this meeting is drawn from chapter 4 of the <i>Couple's Book</i> .			
Welcome and Opening Prayer	5 min.	p. 72	
Setting the Stage: Our Topic in Focus <i>Video 4.1: Everyone Needs Forgiveness</i>	10 min.	p. 73	p. 72
The Sacrament of Reconciliation Frees Us to Forgive <ul style="list-style-type: none"> • What Catholics Believe about the Sacrament of Reconciliation • What Reconciliation Teaches Us about Marriage • How the Sacramental Graces of Reconciliation Help Married Couples <i>Video 4.2: The Grace of Reconciliation</i>	15 min.	p. 74	p. 73
Learning to Forgive Unconditionally	15 min.	p. 77	p. 78
Couple Exercise 1: Marriage Is Your Treasure	15 min.	p. 78	
Group Sharing	5 min.	p. 78	
Segment 1: Total minutes	65 min.		
Break	10 min.		
Common Obstacles to Forgiving and Reconciling <i>Video 4.3: The Gift and the Challenge</i>	15 min.	p. 79	p. 82
Couple Exercise 2: Attitudes and Behaviors	15 min.	p. 80	

Tools for Building a Strong Marriage Video 4.4: <i>Beyond Conflict</i>	20 min.	p. 81	p. 86
Takeaways and Next Steps	5 min.	p. 84	p. 90
Segment 2: Total minutes with break	65 min.		
Total minutes for the meeting	130 min.		

1) Welcome and Opening Prayer (5 minutes)

Light a candle and begin the opening prayer. Mentors can continue to lead prayer or invite other couples to do so. You may say words similar to these: Today's reading is from St. Paul's First Letter to the Corinthians, which describes love as patient and forgiving.

Leader: The theme for this meeting is about love expressed in forgiveness. In marriage from time to time couples hurt one another, usually inadvertently. This causes a disruption in the relationship that needs healing. Forgiveness is the attribute of married love that helps couples heal. Jesus is our model of forgiveness. Let us quiet our minds and open our hearts, remembering that we are in God's presence.

(Pause)

Let us pray.

† In the name of the Father . . .

We thank you, O God,
for all the gifts you have given us this day.

We thank you especially for the gifts that we are to each other.

Renew in us the grace we received at Baptism,
and help us remember that you are here with us always.

Help us learn to forgive each other as you forgive us.