

- We experience God’s mercy today in a special way through the sacrament of Anointing of the Sick.
- Love as comforting and healing is the fifth attribute in the blueprint for a successful marriage.
- Our main obstacle to healing is denial: the denial that we have a problem.
- Among the tools considered in this meeting are the importance of developing the right attitudes, the power of physical touch, and prayer to the Blessed Mother.

Key Points

- Christian marriage needs to be the place where spouses help each other cope with the difficulties of life; they comfort each other and help each other heal.
- Christian marriage, through the example of Jesus and by the power of the Holy Spirit, gives spouses the graces for supporting one another in moments of difficulty.

Meeting at a Glance

Content/Action	Duration	Mentor Guide	Couple’s Book
The content for this meeting is drawn from chapter 5 of the <i>Couple’s Book</i> .			
Welcome and Opening Prayer	5 min.	p. 87	
Setting the Stage: Our Topic in Focus Video 5.1: <i>Rooted in Prayer</i>	10 min.	p. 89	p. 94

The Sacrament of Anointing Brings Us Healing <ul style="list-style-type: none"> • What Catholics Believe about the Sacrament of Anointing of the Sick • What Anointing of the Sick Teaches Us about Marriage • How the Sacramental Graces of Anointing Help Married Couples Video 5.2: <i>God's Healing Grace</i>	15 min.	p. 90	p. 95
Couple Exercise 1: Love Comforts and Heals	10 min.	p. 92	
Group Sharing	10 min.	p. 92	
Learning to Bring Comfort and Healing Video 5.3: <i>When Sorrow Comes</i>	15 min.	p. 93	p. 99
Segment 1: Total minutes	65 min.		
Break	10 min.		
Common Obstacles to Comfort and Healing	15 min.	p. 94	p. 102
Couple Exercise 2: Attitudes and Behaviors	15 min.	p. 95	
Tools for Building a Strong Marriage Video 5.4: <i>Work and Marriage</i>	20 min.	p. 95	p. 105
Takeaways and Next Steps	5 min.	p. 97	p. 109
Segment 2: Total minutes with break	65 min.		
Total minutes for the meeting	130 min.		

1) Welcome and Opening Prayer (5 minutes)

You can again assume the roles of leader and reader, or if any of the engaged couples are willing to lead, invite their leadership. Light a candle, and then you may say words similar to these: "Today's