

Wisdom of Our Catholic Tradition

“Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving of one another, as God in Christ has forgiven you.”

Ephesians 4:30-32

“Only the man who is reconciled with God and with himself can establish peace around him and throughout the world.”

Benedict XVI

Speak, LORD, for your servant is listening.

1 Samuel 3:9

THE BEATITUDES

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.

Matthew 5: 3-10

Prepare for the next session by reading Chapter 5 from **Blessed is Marriage: A Guide to the Beatitudes for Catholic Couples.**

Copyright © 2012 John and Teri Bosio

The BEATITUDES: A Couple's Path to Greater Joy

Session Three

Your Marriage is a Three-Legged Race

Before You Begin

As you enjoy your time together alone, look over this booklet and choose one or more of the activities that you find most interesting to the two of you. If any activity threatens to take the fun out of your time together, set it aside and agree to discuss it at another time.

Run The Good Race

Have you ever run a three-legged race?

To make progress on the race the runners must cooperate. Whatever one does affects the other. If either one acts independently they both fall. To succeed in their three-legged race spouses must move forward as a team.

Consider St Paul's words:

“. . . let us run with perseverance the race that is set before us, looking to Jesus . . .”

(Hebrews 12:1)

Just For Fun

Try to guess your spouse's favorite competitive game when he/she was a child or a teenager.

Your spouse may give you feedback by saying: “cold,” “warm,” or “hot” to indicate how close your guess is to the correct answer. (cold = distant; warm = close; hot = very close)

Stories

Recall with your spouse a situation in your marriage in which you acted as a team and the outcome was positive for your family.

Recall how your parents dealt with conflicts and problems. Is there any resemblance to how you and your spouse deal with conflicts?

***“Blessed are the meek,
for they will inherit the earth.”***

Matthew 5:5

Questions for Your Conversation

- ♥ In your daily life what situations remind you that you’re running a three-legged race?
- ♥ How do you bring up a touchy subject with your spouse? How do you manage your emotions?
- ♥ What couple in your community is a good example of teamwork? What do you see them do that impresses you?

More Questions

See pages 40 and 41 in **Blessed Is Marriage**.

***“Blessed are the peacemakers,
for they will be called children of God.”***

Matthew 5:9

Questions for Your Conversation

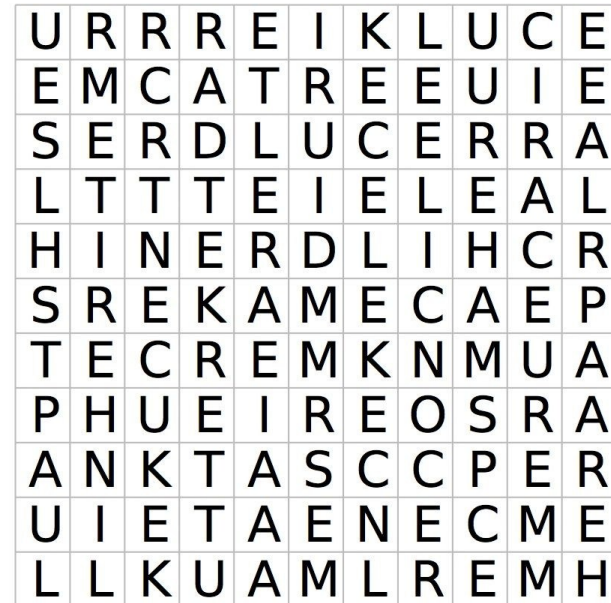
- ♥ What are your typical conflicts? How do you resolve them?
- ♥ Which of you is the one who takes the first step to reconcile?

More Questions

See pages 77 and 78 in **Blessed Is Marriage**.

More Fun

Find the words to the right in this **Word Search**. Words are backwards and forward, in all directions, some words overlap.



Race
StPaul
Run
Peacemakers
Children
Meek
Inherit
Earth
Team
Reconcile

Solution: www.happy-together.net → The Beatitudes

Action for This Week

Put your initials by at least one action that you commit to do this week, then share with your spouse.

I will be aware of timing and my spouse’s stress level when I bring up a touchy subject.	
In a conflict, I will do my best to understand my spouse, and let him/her know that I understand by repeating back his/her point of view.	
When upset I will ask God’s help to calm myself down so that I can be rational and express myself in a way that my spouse can understand.	