Sexuality and conyugal SPIRITUALITY

An invitation to dialogue

9.

NINTH TOPIC

"Forgiveness *makes tenderness possible*"

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An invitation to dialogue

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1°.-INITIAL REFERENCES: FORGIVENESS FACILITATES OUR ENCOUNTERS.

1- To meet in the festivity of gratitude and generosity we have to look from our heart the needs of our couple.

2- The second step is dressing up properly: "Let your uniform be: endearing, mercy, kindness, humbleness, sweetness, understanding… And more than all, have love which is the bonder of a consummated unity.[1]" With this dress we may understand that God forgives everything, and as an old lady said to Pope Francis who asked her "why were you so sure" and she answered: "If God didn't forgive everything, the world wouldn't exist"… Maybe it helps us to forgive when we think that God never gets tired of forgiving us.

.3- With forgiveness we reach what is important: "to feel we are loved". If between the two of us there are pressures, we can't feel we are loved. Let's ask to be forgiven for thinking only in satisfying our needs, forgetting the needs of our couple. The old lady who met Pope Francis, whispers to us. "If you don't forgive each other for everything, your marriage won't exist",

4- Forgiveness allows us to leave behind the heavy loads of the past and shall open the door to new sexual encounters.

When we live SEXUALITY, maybe we have to ask ourselves for forgiveness for not taking into con-

1.- Colosenses 3, 12-21

sideration that Love is something you don't make, but rather you FEEL and LIVE. What is substantial is lived, what is accidental is done. That is why love as well as sexuality are not done but felt and lived. This is what is really important.

5- And how can we forgive? Being compassionate as the Good Samaritan. Looking with love, being in "the shoes" of the other who suffers profoundly. Being compassionate is feeling with him/her, being a companion in pain and at the same time being able to leave that the other person takes his/her own decisions. Therefore, it is being very close to that person we forgive, without forcing, without conditioning and without claiming anything.

2º.- SOME IDEAS:

Hug of Forgiveness

- With the hug of forgiveness we celebrate our union, we give warmth and feel new.

- "I forgive you" she muttered, feeling her voice faltering- "I just came to say I forgive you" and began to cry.

The young man kept silent but deep inside he felt that those words made him free. As though they had released him from a heavy weight on his back.

- Opening the arms to welcome, caress and forgiving each other, respecting our interiority, until we feel we are loved, is the best gift we can give

each other. Then, closing our arms tightly to get into each other. This is the hug of victory over our isolation, differences and weaknesses.

- Looking with the heart, compassion towards the other and the respect for his/her reality make our forgiveness possible.

- In forgiveness we may also be signs of God's love. Love shall help us enjoy the virtues of the other, if we forgive him/her and don't convert what is anecdotic into something important.[2]

- When we know each other we have the chance of understanding each other, but we can also hurt each other, therefore "denying forgiveness is as refusing to live the present"[3]

Living the sexual hug demands that we learn the science of forgiveness that is born from humbleness and is "a personal election and an option of the heart"[4]

3º.- TESTIMONY:

Carolina and Eduardo are part of OLT. They have 4 children. Not knowing why and not being able to do something different than praying for them,

> *Eduardo's team knew that Eduardo was living a double life. Discovering such reality was very hard for Carolina. She grasped to the sacrament and she prayed, was compassionate, accepted her husband and little by little forgave him.*

2.- "Hombre y mujer los creó" – EL PERDÓN". J. Antonio and Amaya MARCÉN – ECHANDI.
3.- .- Rémi y Florence, OLT BRASILIA 2012
4.- Ibid

When he got aware of Carolina's pain and her fidelity, he reasoned and abandoned adultery. Both of them suffered, they were compassionate, and slowly forgave and made everything possible to love each other. All moved in the magical triangle of compassion, prayer and forgiveness. It was an experience that united the team, helping them to pray intensely and was the chance to live the generosity of forgiveness and feelings of gratitude towards Our Lord. (OLT BRASILIA2012- Rémi and Florence conference).

Example of forgiveness: Do we remember the father that had two children? We know what the youngest did: he went abroad and did many negative things until one day he said "I will get up and go to my father, and will say to him, Father, I have done wrong, and against heaven and in your eyes (…)" But while he was still far away, his father saw him and was moved… Get out the best robe quickly, and put it on him … and let us celebrate have a feast, and be glad… For this, my son, who was dead, is living again…"[5]

4º.- WE WITHDRAW TO PRAY TOGETHER AND ASK OURSELVES FOR FORGIVENESS:[6]

We keep for a while in silence…. We ask our bodies to relax … we keep a comfortable position……

The Wife: We know that you are not a person that gives forgiveness away. You are but forgive-

5.- Lc. 15,11-32
6.- Dots mean moments of silence

ness and mercifulness. You are love, embracing and receiving whoever repents and runs to you. You don't like so much that we ask for your forgiveness but that we forgive each other. As any father, you like that your children love each other, forgive and get along well. .....

Both: Lord, please, receive us as the prodigal son and give us the bravery to recognize, as he did, our limitations. Help us opening the heart so that whoever caused us pain may have a place therein.

The husband: I apologize for my selfishness, only thinking about me, for being more aware of my needs than yours, my wife.

The wife: We know that forgiveness demands compassion, mercy and strength to remain near the person who offends us. Help us in this endeavor, Lord!

Husband: Give us the capability to think in what is good for both and not only in what satisfies one us individually.

Both: We would like to fuse our wounded hearts before any sexual hug. That our sexual experience may be the greatest expression of our love and the best sign of our God's love .....

5º.- WE SIT TO DIALOGUE AND GIVE WORDS TO OUR TRUTH. ¡LET THIS TRUTH LAST!

With the feeling that God is inside us, we sit in our favorite corner. We read the following phrases and individually answer the questions. Finally, we compare your answers with mine and convert the words of both of us into common property. We want those words to be truth, tenderness, forgiveness, compassion and love.

With forgiveness we turn our stone heart into one of tissue, similar to the heart of our God.

¿What is our truth before these questions?

1.-¿Why is it so difficult for me to recognize my mistakes and my lack of tenderness and compassion? What stops me from getting close, look at your eyes and ask you for your forgiveness?

2.- Is it difficult for you to see your couple's wishes and needs? If it is so, why is it?

3.- What do you ask your couple when you ask for respect during intercourse?

4.- ¿What do you admire most in Eduardo's and Carolina's attitude? (Testimony's participants)

5.- Which of the following words (in connection with the sexual experience) reflect the most frequent feeling during our sexual experience? We list them from less to most frequent: insecurity, love, respect, fear, confidence, freedom, joy, communion, and encounter with the other and with God, happiness, violence, compassion ….

Once in order, compare the differences between your lists and discuss them.

6º.- WHEN WE FORGIVE WE RE-MEMBER

(we pass again through our heart) what leaves us upset, what is pending, negative feeling and selfishness … in order to change:

- fear……	…. for love
- imposition …	… for tolerance
- insecurity….	… for confidence
- simulation ….	….for truth.
- and dread …….	… for the joy of the encounter.

We are different and only in forgiveness we can find ourselves, find reconciliation and be aware that our needs are different. Our moods are different, diverse vital rhythms and matching our wishes is not an easy thing. Against us, we have our EGO and self-love that fight to prevent that we meet and forgive ourselves.

7º.-BIBLICAL REFERENCES:

- Be in debt for nothing, but to have love for one another … (Rom 13, 8-10) Let's not leave any pending matter that worries or concerns us.

- "Let him among you who is without sin be the first to send a stone at her." (Jn 8, 7)

- We are different, limited, and selfish and God understands "it is fine, not being well at times" And God saw everything which he had made and it was very good. " (Gn 1, 31)

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