



Personal Liberation

Purpose of Presentation:

Marriage spirituality is the quality or state in marriage where the relationship provides an animating or vitalizing force to give life to each partner. Society has defined roles which limit us in becoming a whole person. Every human has male and female components. The more both components are awakened and developed in any given individual, the more fully alive that person will be. "The glory of God is man fully alive." (St. Igenaeus) Reference: "The Secret of Staying in Love" by John Powell, pages 10 and 62.

Preparation for Meeting by Presenting Couple:

A. Write personal reflections and then dialogue on the following questions:

1. *What do I consider feminine traits and How do I feel when I act in a traditionally feminine way? How do I feel when I don't act in a traditionally feminine way?*
2. *What do I consider masculine traits and How do I feel when I act in a traditionally masculine way? How do I*

feel when I don't act in a traditionally masculine way?

3. *How do I feel our traits complement each other?*

- B. Use the outline to organize the feelings and experiences you have discovered in your dialogue.
- C. When writing your talk use feelings and experiences from your own marriage to make your talk real and belonging only to you. Make your examples simple.
- D. Remember that the most important part of the talk is you! and what you share of yourself and your feelings. If you are open and honest your talk will be terrific!
- E. Limit your talk to 20 minutes.

OUTLINE OF TALK

I. Introduction: (Suggested time, 1 min. each spouse)

- A. Give "purpose" as above.
- B. We are each sharing on our own "masculine" and "feminine" traits, our feelings about them, and especially on how

Marriage Encounter



my spouse is helping me to develop my potential in becoming a whole person.

II. Body of Talk: (Suggested time: 5 min., each spouse.)

- A. Society and family have stated what is proper as far as being a male and being a female. A set role limits a person's development because we expect ourselves and each other to behave and feel in a certain manner. What did my family and friends expect of me, as to what was proper behavior and appropriate behavior and appropriate feelings for the sex I am?

Example: Expressing feelings, talents and skills, expressing sexual needs. How did I feel when I didn't fit the mold? How do I feel now?

- B. In what ways do I continue to break the traditional role for my sex? How did I feel about this at first? How do I feel now?
- C. The attitude of looking at myself as a total person with all sorts of potentials liberates me to become freer in exploring who I am and what I can become.

III. Conclusion: (Suggested time, 4 min. for each spouse)

- A. Marriage can be a search together. What potential(s) have/has my spouse helped me develop? How does this make me feel? How does this affect our unity?
- B. What potentials do I want to develop? What do I need from you, my partner, to help me in this process?
- Example: Praise, encouragement, patience, other.
- C. What fears do I need help to overcome?

The Meeting

Dialogue Question: What potentials have you helped me develop. How does this make me feel?

Sharing Question: Ask couples to share experiences and feelings on this subject and questions they reflected and dislodged on.

Suggested Scripture Reading: Genesis 1: 26-27 and Genesis 2:7.