



Receiving

Purpose of Presentation:

To explore my ideas, attitudes, and feelings on receiving from others.

Preparation for Meeting by Presenting Couple:

A. Do your personal reflection and dialogue on the following questions:

1. *How do I feel when I receive a gift? A Christmas gift? An unexpected gift?*
2. *How do I feel when I don't receive a gift I expect?*
3. *How do I feel when I receive a letter from a friend?*
4. *How do I feel when someone offers to help me?*
5. *How do I feel about receiving a compliment? A criticism? About taking a joke?*
6. *How do I feel about asking for help from another?*
7. *What feelings keep me from receiving? How do I feel about that? What*

attitudes keep me from receiving? How do I feel about that?

8. *How do I feel when my gift of help, time, friendship, etc., is refused?*
9. *How do I feel about "listening" as accepting the gift of another?*
10. *What were my feelings when I received a prayer letter on our weekend?*
11. *What are my feelings when I receive my spouse's personal reflection and dialogue?*
12. *How did I receive God's gift from His Son? What feelings are connected with this experience?*

B. Telephone questions 1, 5 and 7 to your contact and host couples in advance, so that they can phone them to couples in your Circle to dialogue on before the meeting.

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

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share of yourself and your feelings. If you are open and honest your talk will be terrific! Limit your talk to 20 minutes.

OUTLINE OF TALK

I. Introduction: (*Suggested time, 2 min. each spouse*)

- A. State "purpose" as explained above. You may share how the purpose of this talk makes you feel, (i.e. threatened, excited, embarrassed, imposed upon, etc.) when asked to share your ideas, attitudes and feelings on "receiving" from others.
- B. State qualities that might be needed to be a good receiver and how you feel about them.
- C. What prevents me from receiving and How do I feel about that?

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

- A. In what ways have I experienced "receiving" lately and what were my feelings? Example: A present, help, guest, compliment, criticism, etc.
- B. Have I needed to ask for help recently? How does my answer make me feel?
- C. Have my attitudes regarding receiving helped me or hindered me in any way in my receiving? How does my answer make me feel?
- D. Have I personal experiences regarding receiving at Christmas time that I

would like to share? How does my answer make me feel?

- E. What do I remember from my ME weekend that could be considered receiving, (i.e. prayer letter, etc.)?
- F. How do I receive God, in my daily life, at Christmas, through my spouse, etc. What are my feelings about that?

III. Conclusion: (*Suggested time, 3 min. for each spouse*)

- A. How do I feel about writing this talk? Explain its effect on you?
- B. What are my feelings about dialogue being the reception of a most beautiful gift – my spouse?
- C. How do I feel about the concept, "refusing a gift is depriving another of giving"?

Henri Nouwen in his *With Open Hands*, wrote: "Ultimately, a gift becomes a gift only when it is accepted...Perhaps the challenge of the gospel lies precisely in the invitation to accept a gift for which we can give nothing in return"

The Meeting

Dialogue and Sharing Question: What are my feelings when I receive my spouse's personal reflection and dialogue?

Suggested Scripture Reading: Epistle of James 1:16-19