



## *The Beatitudes for Couples*

*Blessed is the couple who welcomes Divine Presence into their midst, for they shall know Eternal Belonging, grace, and love.*

*Blessed is the couple who embraces all seasons of life, the perennial cycles of spring, summer, autumn, and winter, for they shall know wholeness.*

*Blessed is the couple who welcomes the stranger in each other, for they will find wonder and encouragement on their growing edges.*

*Blessed is the couple who confronts their own shadows, for they shall be freed from blame and projection.*

*Blessed is the couple when they listen deeply to each other, for they shall be seen, understood, and met.*

*Blessed is the couple who practices compassion, for they shall honor the Spark of the Divine in all of their brothers and sisters.*

*Blessed is the couple who cares about the other's needs as much as their own, for they shall enjoy the fruits of mutuality.*

*Blessed is the couple when they extend tender care to one another when suffering, diminished, wounded, or shamed, for you shall be comforted.*

*Blessed is the couple who recognizes the Indwelling Spirit in all of life, for they shall encounter the Mystery and see the Light in all beings.*

*Blessed is the couple who dance with the tension between “me” and “we,” for they will know companioning without loss of self.*

*Blessed is the couple who openly and humbly address conflict, for they shall find truth, reconciliation, and freedom from violence.*

*Blessed is the couple who practices Sabbath through the daily bread of devotion, mindfulness, and prayer, for they shall find Home.*

*Blessed is the couple who extends mercy and forgiveness, for they shall be relieved of resentment and harsh judgment.*

*Blessed is the couple who offers a beneficial presence across the generations, for they shall leave a legacy of love.*

*Blessed is the couple who celebrates life with the Spirits of tomfoolery, shenanigans, creativity, and play, for they shall know humor and mirth, and have some really good times.*