



Video 4: Mini Marriage Healing Retreat: Mercy & Possibility

Wisdom from the Saints: The Power of Mercy

St. Faustina, known as the Apostle of Divine Mercy, received powerful revelations from Jesus about the depth of His mercy. She wrote in her diary:

"A humble soul does not trust itself, but places all its confidence in God. Whatever Jesus did, He did it well. He healed, taught, forgave, and most of all, He showed mercy" (Diary 1507).

Mercy is the key that unlocks new possibilities in marriage. When we extend mercy—both receiving it from God and offering it to our spouse—we create a space where love can grow again. St. John Paul II also emphasized mercy as *love's second name*, reminding us that without it, relationships become rigid and unforgiving.

"Seeing the Mercy Already Here"

Purpose: This activity helps couples shift their focus from what's missing to what's already working. By recognizing the **small signs of progress and mercy** in their marriage, they build momentum and hope for the future.

Step 1: Reflection – "Where Have We Seen Mercy?"

- Sit together and take a deep breath.
- Reflect on the past **week, month, or even year** and ask yourselves:
"Where have we already seen signs of mercy and progress in our marriage?"
 - Have we been more patient with each other?
 - Have we shown more kindness, even in small ways?
 - Have we found moments of joy or laughter together?
 - Have we prayed for each other or with each other?
 - Have we apologized or forgiven, even in small ways?
- **Quietly think for a moment**, then share **one or two signs** with each other.



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Step 2: Create Your "Mercy in Motion" List

Take a piece of paper and write at the top:
"Signs We're Already Moving Forward"

- Together, list **at least five small signs** that show you're on the right track.
 - These can be actions, attitudes, or moments that reflect **growth, love, and mercy** in your marriage.
 - Example list:
 - We had a conversation without getting defensive.
 - We made each other laugh this week.
 - We shared a small act of kindness (a hug, a note, a coffee).
 - We handle stress better than before.
 - We prayed for each other.
- **Big or small, every sign matters.**

Step 3: Gratitude & Hope

- Look at your list together.
- Take turns saying:
"One thing on this list that gives me hope is..."
- Finally, **thank each other** for showing up, trying, and being willing to grow together.

Final Encouragement Mercy is already at work in your marriage. It's not just about where you need to go—it's about seeing where you already are.

- Progress is happening, even if it's in small, quiet ways.
- Keep noticing. Keep appreciating. **Keep moving forward together.**

Closing Reflection & Prayer:

End by praying together: *"Jesus, we trust in Your mercy. Help us to see the ways You are already healing our marriage. Give us the grace to be merciful with each other, just as You are merciful to us. Amen."*

We hope you have enjoyed this retreat.



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