

Becoming ONE

nurturing your marriage



Sin & Forgiveness: Rupture & Repair

In daily life, we sometimes are tempted to say hurtful things to our spouse or act in a way that is offensive or hurtful. Is our marriage such, that we rebound and recover from these ruptures, or do we allow them to fester and become part of the mounting pile of resentments we hold against our spouse? Recovery and repair from hurts in marriage necessarily require the “practice” of forgiveness. What does this practice look like in your marriage?

If repair/recovery from ruptures is becoming increasingly difficult, please seek help from your priest or a qualified marriage counselor.