



# Rise Up and Go Forward Every Day Anew

Words from Father J. Kentenich, OME, March 1961

## The Grace to Rise After Falling

*The Catechism of the Catholic Church tells us that Christ is the source of the grace proper to the sacrament of matrimony. Besides the grace to mutually carry the cross, we also receive the grace to rise again after falling (cf. CCC, 1642). This grace can only be effective if we are open to it every single day of our lives—if we are ready to begin anew every day anew. Father Kentenich shared with the couples in Milwaukee ways in which we can rise above our failures every day of our lives.*

### Father Kentenich speak to us!

What shall my spiritual daily schedule include beside other points? Each day a short spiritual reading, a reading from a spiritual book. Second, each day at least ten minutes of meditation. Now the question: Can I do that then as husband or wife? Am I able to reserve time for this purpose? I think if I see the connections, if I have to strive for heroic love for God, then I also have to use the (corresponding) means. You see, meditation consists in uniting more intimately with the loving God. Yes, how do I meditate? Did I ever have a meditation? (...)

- ❖ During this time of quarantine, how can I make use of the time in the best way possible in order to sort through the negative experience in meditation and prayer?

... we cannot live an active spiritual life if we do not strive simultaneously for the contemplative. What does it mean to live a contemplative, tranquil life? To let the loving God look at you, and to look at the dear God. You will say: We are doing that...

Of course, that is one means. Then there is the great question: Is that enough to reach heroic love for God? I think if we are really serious about living a holy married life, then we also have to decide anew to have something on our daily spiritual schedule each day which is directed towards this goal.

- ❖ What kind of schedule do we keep during these days? Do we take time for us, as a couple to rise above the negative experiences and grow in love for God?

Of course, there are various possibilities of meditation, various methods of meditation. I do not want to say more about it today; I only want to draw your attention to it. If we are serious about the goal then we must also be serious about the means. When we deal with a short spiritual reading, I think we should help one another a little. For instance if one has found a good book which is inspiring, especially if it shows modern life as it is, and shows ways to master it, then we should tell one another: this book is useful, or that book is useful. At any rate, you must keep in mind, without special care of a fruitful interior life we cannot learn to love God heroically; we cannot master the difficulties in marriage and live married life in a God pleasing manner.

- ❖ Besides finding good reading material for these days, have we talked about the any specific contribution to the capital of grace that we want to offer for the end of pandemic?

May I now repeat: What can we do to overcome interiorly the stress in marriage which all of us suffer to a greater or lesser degree? (...) We have to take care that our matrimonial love is ultimately deeply rooted in God, and therefore apply corresponding means. If my heart is rooted in God, then I know how to use the expressions of matrimonial love in the correct manner. And if we fail, if weakness of my nature allows me to fall, then it is a matter of course. I must also use these weaknesses again for the growth of love...

- ❖ With the risen Lord, we want to overcome the sting of sin among us. The grace of the sacrament of matrimony will help us. However, we know that we need to cooperate with this grace. What do we need to do or offer in order to help God raise us up above our limitations and failures, every day anew? Individually, and as a couple, think of a distinct deed that will enable the grace to become effective in you.