



## Teams

a Christian movement  
for married couples

Helping couples to deepen their  
faith and grow closer together

## The Sit Down



Equipes Notre-Dame  
Teams

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# The Sit Down

## “Who do you say I am?” Matthew 16: 15

... Remember when we first met? Remember the hours and hours we spent together, talking – there was so much to learn about each other, so much to discover...

Most of us can associate with these words. It was so exciting when we first met each other; it seemed as if we would never stop talking. But then later on in our lives, we began to realise that we just don't talk to each other as we used to do. We talk about the daily running of the household, work and family but do we really listen or talk about our innermost feelings, hopes or concerns?

## What Is The Sit Down?

It is simply a period of time set aside by a couple each month, spent in a calm atmosphere, in the presence of God, looking at their lives together. Today, with the speed and turmoil of a busy lifestyle, it is essential that we make time for each other. It is vital that we sit down, look closely at ourselves and our marriage, to recall the ideal that brought us together and finally, to pray for guidance.

It is important both to recognise and discover the hidden resources that can strengthen our relationship and marriage and make them grow. As there is no such thing as a perfect marriage there is no perfect sit-down; we just need to keep trying in our own way. God calls us to perfection but loves us in our imperfection.

## Example Of A Sit Down

There can be no set pattern to the sit-down, it has to be personal to you as a couple, but here are a few suggestions.

Some people like to set aside a specific time during the month and make a date in the diary. Others often realise just before the team meeting that they haven't found time during the month and so it becomes part of the preparation for the meeting.

Sometimes the sit-down occurs naturally, beginning as an ordinary conversation and ending as a deep sharing.

# The Sit Down

## In Preparation

Make sure this is time for just the two of you. Find a quiet place with no distractions. For some this could be at home; for others it could be a long walk or a car journey.

## Dialogue

Now we have the opportunity to share with each other in the confidence that whatever is said is neither right nor wrong but our own personal thoughts and feelings, and as such will not be ridiculed or criticised.

- One person begins ... talk about where you are at this moment. Consider your relationship with God, your physical health, your material needs, job, career, family, church ... and all the things that make you unique.
- ... the other person ... JUST LISTENS.
- Reverse the roles and follow the same pattern.
- Find God in the other person.
- When both of you have finished your individual sharing it is time to look at where you are as a couple, is this where God wants you to be? Discuss things that you are both willing to change, reinforce or continue in your lives. If one wants to go in a certain direction but the other is not ready then consider praying for God's help and insight ... and then let it go for now.
- If the discussion gets heated and you begin to argue then it's time to stop ... decide if this particular topic should be discussed at another time after a period of reflection and prayer.
- After the discussion take time to pray as a couple, for yourselves and for others in your life.
- End the sit-down by thanking God for your gift of love for each other.