

## One love (find, keep, grow)

A husband and wife were having trouble in their marriage, so they went to see a therapist. After an hour of sharing their problems, the therapist stood up, walked over to the wife, gave her a warm, loving hug, and then kissed her on the cheek. The therapist turned to the husband and said, "Now, sir, this is what your wife needs at least three times a week to feel loved." Delighted, the husband replied, "Great Doc, she can here come on Mondays, Wednesdays, and Fridays."

People who have more than one romantic relationship may say they are happy. Deep down they are looking for "One Love." People without a romantic relationship may ask why they haven't yet found "One Love" or will they ever find "One Love"? Some people have found "One Love" but lost it somehow. Some may have believed they found "One Love" but it turned out not to be – painfully so.

There is One Love. You can **find** One Love, **keep** One Love, and **grow** in One Love.

### Find - Gen 2:18

- Loneliness: "The Lord God said, 'It is not good that the man should be alone.'" If you are bearing the weight of loneliness today, God knows this is not good too. He wants you to help you \*find\* "One Love." Ask God to help you.
- Persevere: I'm not going to make a joke about anyone's dating history, but Adam had to search through animals before finding "The One"!
- Be selective: Do not look for people who behave like animals, who cannot and do not want to control themselves – e.g. anger, bodily urges, tongue.

- Helpmate: look for someone who \*helps\* you become a better follower of Jesus, certainly not an obstacle. Don't just look someone you fancy, can boost your social profile or financial status, but a mate/friend.
- Don't lose sleep: The man fell into a deep sleep before God gave him a helpmate. Don't lose sleep/panic about finding "One Love". Like Adam, be at peace with yourself. The right person may emerge when you're not looking.

**Keep** – Mark10:9: "what God has united, man must not divide." Don't seek division. Try to \*keep\* your marriage. Marriage is incredible! It is a sacrament that shares in God's faithful, fruitful, free, and total love for you. Spouses have the awesome privilege to share that love with each other, displaying to the world that God's love is real!

However, marriages can be tough. Marriages can be so challenging, it is sometimes right to separate. For example, when there is abuse, adultery, breakdown in trust/communication, harmful behaviour, and/or danger to children.

- The church does not recognise divorce in the eyes of God because God will NEVER DIVORCE YOU (cf. Rom 8:39). That's why Jesus said "what God joins, no one can separate." Civil divorce, however, can be necessary for legal reasons.
- Sometimes couples are able to receive an annulment. This is when the church recognises that one/both were not able to give full consent to the marriage, e.g. lack of maturity or pressure from family. This means Catholics were never actually married in the eyes of God. They can be freed to marry in the Catholic Church. If you want to hear more information about this, please, do contact me.
- Separation does not dissolve a marriage bond. You can renew your marriage, e.g. 'the marriage course'; you can reconcile your marriage, e.g. Retrouvaille programme.

- However, if there are irreconcilable differences, you can get spiritual advice about personal healing.

In all, aim to *\*keep\** “One Love”.

**Grow** - Hebrews 2:11: “For the one who sanctifies, and the ones who are sanctified, are of the same stock.” Whether you are looking for love, trying to keep love, or feel like love is lost, Jesus’ love sanctifies you. That is, he makes you and your love *\*grow\**! Put him and his sanctifying love first in your relationship. Otherwise, we put too much pressure on ourselves or the other to satisfy the desire we all have for unconditional love.

What is your highest love? Surrender your “One Love” in the offertory. Ask God to be your “One Love” from now on. In exchange, in this Eucharist, God will give you His “One Love” Jesus. You will be filled with God’s love through the Holy Spirit (Rom. 5:5). Find love, keep love, be saved by Jesus’ love. Share Jesus’ love by loving your spouse, family, neighbour, at work, school, online.

### **Prayer**

Father, thank you that in Jesus we have “One Love”.

Jesus, help us to *\*find\** “One Love”.

Help us to *\*keep\** “One Love”.

Thank you that the Jesus’ One Love *\*saves\** me and us.

Help us share your love to everyone we meet, in Jesus’ name, amen!