

**FATHER CAFFAREL, A COMPANION ON OUR PATH TOWARDS GOD
"BUT LOVE IS MY ESSENCE !"**

DAY 2

Living the Sacrament of Marriage

"Your husband's tenderness, your wife's tenderness, they are signs of God's tenderness"

The Source of Christian Love is to be found in God

The source of Christian love is not in mankind's heart. It is in God. To spouses who want to love, who want to learn to love more and more, there is only one good piece of advice: seek God, love God, be united with God, and give Him all the space.

Whoever separates from God, although they do not lose the power to love, nevertheless abandons the best of their love. On the other hand, love grows as the love for God grows. Conjugal union is worth, in human quality and in quality of eternity, what the union of the spouses with God is worth. The more they open up to the loving God, the richer the exchange of love between them. Before them are endless perspectives: their love will never stop growing, since they can open up ever more widely to the gift of God. If they want their love to be a living flame, ever brighter, let them love God more every day.

A greater love of God does not necessarily entail greater conjugal love, but it obtains a more abundant grace which gives the Christian greater ease and strength to fulfil their duties, of which conjugal love is one of the first.

It is through prayer and the sacraments that spouses draw from the sources of divine grace. Penance maintains the transparency of the hearts of spouses, and this spark of fire, which the Eucharist deposits in each person, illuminates and comforts married life. What magnificent meaning confession takes on before marriage and communion during the Mass which follows it, when we look at them in this light.

The decline of so many loves is explained by the forgetting of this fundamental principle that to distance oneself from God and to sin against Him is to sin against love by cutting oneself off from the source of love. To deny oneself to God is to deny one's spouse their daily bread: love. The person who claims to value love lies when they despise Love.

Father Henri Caffarel
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