

# FIVE STEPS TO FREEDOM FOREVER

## THE HOLY MARRIAGE BLESSING

### Part 1

## STEP ONE: A Universal Ideal

- Rev. Sun Myung Moon once said, “The Blessing Ceremony is a ritual of **bringing God into one’s own body.**” (CSG 1275)
- This is not science fiction. **God is love.** Love attracts man and woman to each other. No matter what race or religion, they desire to **become one in God’s love.**

## STEP ONE: The Love Revolution

- We experience this as **ecstasy**.
- **Transcendence**.
- **The purpose of living**.
- **As peace, security, fulfillment**.

## STEP ONE: The Love Revolution

- However we express it, this is **our ideal of marriage**, and it comes from our Creator.
- It is a universal hope, achievable by us all, because **it is what God created for us**.
- It's actually God's will **that this be ours**.

# What's holding marriage back?

- If it's something we all want, then one thing we need to answer is: **why don't we have it?**
- If this is the greatest good, then what is preventing it is **the greatest evil.**
- So we have to find how to **get evil out of marriage.**

# What's holding marriage back?

- That's what the **Holy Marriage Blessing** does.
- It releases marriage from evil and unites it with God's perfect love.
- It has five steps: **rebirth, resurrection, purification, liberation, and completion.**

# Rebirth

- The Gospel of John prophesies a **rebirth of husband wife love:**
- *Jesus answered, “The living water I give them will become in them a spring of water welling up to eternal life.” The woman said to him, “Sir, give me this water.” He told her, “Go, call your husband and come back.” (John 4:6-16)*

# Rebirth

- Jesus promised **living water**. He changed water into wine **at a wedding**. He taught that a man goes into his mother's womb, a place of living water, to be reborn. The holy wine represents **husband wife rebirth**, a transformation of love.
- The woman at the well, receiving the living water from Jesus, would have **reversed the human Fall by giving life to her husband**.
- So in our ceremony, **the wife** receives the Holy Wine, **drinks half the cup, and shares it with her husband**.



# Rebirth

- In the womb, your father and mother bring you to life.
- In the desert, the people asked Moses for food. He cried to God, **“Did I conceive this people? Do I have flesh to give this people?”** (Num 11:12-14)
- Moses did not, but **the Messiah does.**

# Rebirth

- The seed that gives us birth is **the Word of God**. (James 1:18, Luke 8:11) Jesus compared the Word of God with food—**the bread of life**. (Mt 4:4, Jn 4:34) The food we eat becomes our flesh and blood. (Jn 6:28-29, Jer 31:33)
- So to receive the Holy Wine means that **your marriage is reborn**.

# Rebirth

- At **the Last Supper**, Jesus gave his flesh and blood, his seed, to the disciples. Jn 15:1-8
- Jesus said of his Second Coming, “...**I will come in and eat with him, and he with me.**” (Rev 3:20)
- Jesus is the vine and his followers are the branches. It means to be reborn from **the same root, to have the same seed, or lineage.**
- This is the meaning of **the Holy Wine Ceremony.**

# Preparation

- You begin by locating a sincere **desire to change and grow** yourself and, if you are a couple, your marriage.
- You talk about this with **a mentor couple**.
- You do something to embody **your desire for purity**.
- On that foundation, your mentor couple, in God's name, will forgive you and open the door to **a new life**.

# Conclusion

- Through the Holy Wine, we change our lineage from that which sprang from sin, to that of God, with **no Fall, no sin**. We open the gate of God's **perfect love with our spouse**.
- These are the facts of new life! The Holy Wine represents God's seed and womb in True Parents, who are one with God. They bring to all people a **rebirth of husband-wife love**.

# THE HOLY WINE PUTS GOD'S WORD INTO YOUR MARRIAGE

- This is the first step. The second is a public ceremony, a formal wedding.
- Thanks for listening.

# FIVE STEPS TO FREEDOM FOREVER

## THE HOLY MARRIAGE BLESSING

### Part 2

## STEP TWO: Resurrection

- The second step of the Holy Marriage Blessing is **a formal wedding.**
- It begins with a **sprinkling with holy water** by your pastor or mentor couple, which symbolizes washing by **the source of divine love.**
- The couple then recites a **covenant** by which they commit to **four ideals.**



## STEP TWO: Resurrection

- One, that **God's divine and perfect love**, the ideal of True Parents, **is the power and glory of our marriage.**
- Two, that **our love** as man and wife **is eternal**, based on our absolute commitment to **God** and **each other.**

## STEP TWO: Resurrection

- Three, that we will **raise our children to be pure** and themselves receive the Blessing.
- Four, that our marriage will be a source of **inspiration** that imparts the Blessing to all people, **beyond race, religion and nation.**

## STEP TWO: Resurrection

- Then comes a **laying on of hands and prayer**.
- God's touch comes from **two hands** —your **father and mother** —through the True Parents, and those whom they have anointed. True Parents **accept, embrace, heal and unite**.
- By the laying on of hands **we receive God's Spirit**, the holy and divine energy of life.

## STEP TWO: Resurrection

- Then your pastor or mentor couple **proclaim the Blessing** on your couple.
- As Jesus proclaimed the kingdom of God on **the foundation of Peter's response** that he was the Christ, they proclaim us a blessed couple by our response that as **True Parents, Rev. and Mrs. Sun Myung Moon and Hak Ja Han Moon are the mediators** of God's marriage Blessing.

## STEP TWO: Resurrection

- This draws a line in the sands of time. This declares **your resurrection as a couple**, in God's eyes, liberated from the world of sin.
- Keep in mind, when Christ proclaimed Peter the Rock upon which he would build his church, **Peter's responsibility was just beginning.**

## STEP TWO: Resurrection

- So too, **the mission of the newly blessed couple** is just beginning. Peter had his times of failure, and so do we all. But Jesus forgave him, and **Peter became a saint.**
- **So will your couple.**
- The next three steps of the Blessing launch your new history. Let's go to **the next step** right now.

# Let the heart catch up

- WE DO NOT START (OR RESTART) MARITAL LIFE IMMEDIATELY
- We **slow down**, because **marriage begins in the mind and heart**. It begins with the right decisions based on your **ideals, hopes and dreams**.
- Our next steps assume **you are ready** to take some time for this.

# Let the heart catch up

- In these steps, you will learn how to **work as a team**. You will share the patience and love.
- You will invite God to **guide your Venus and Mars personalities** —which are very different— to serve as **the living foundation** of your marriage.



## STEP THREE: PURIFICATION

- We dedicate **40 days of sexual abstinence** to God and to each other.
- **Joseph and Mary** had no sexual relations during her pregnancy leading to Jesus' birth. (Mt 1:25)
- The period of 40 days appears often in the Bible, as **a time with God** that leads to a new beginning.

## STEP THREE: PURIFICATION

- Shannon: from the charts, use what is in red.

# STEP THREE: PURIFICATION

Central person	The 40 days	The new beginning
Noah	40-day flood	<b>A purified world.</b> Gen 7:4
Moses	40 days fast	<b>Ten Commandments</b> Ex 24:18, Num 14:33
Moses	40 years in the desert	<b>A new nation</b>
Jonah	40 days of prophecy	<b>Salvation of Ninevah.</b> Jonah 3:4

# STEP THREE: PURIFICATION

Central person	The 40 days	The new beginning
Jesus	40 days in the desert	Public ministry. <i>Mt 4:1</i>
The resurrected Jesus	40 days teaching the disciples	The Holy Spirit and the church. <i>Acts 1:3</i>
My spouse and I	40 days spiritual oneness and sexual abstinence	Your eternal blessed marriage

## STEP THREE: PURIFICATION

- These 40-day periods brought forth **new life**, and our 40-day period brings forth **our blessed marriage**.
- Here are some ideas for how to get the most out of your 40 days:
- Dedicate a **quiet time each day**. If possible, make it the same time each day.

## STEP THREE: PURIFICATION

- Attend a **workshop or retreat** about marriage.
- Read **holy scriptures**.
- Read about **marriage and parenting**.
- **Volunteer** to do a service activity or church work.
- Work on **forgiveness, generosity, gratitude, simplicity**.

## STEP THREE: PURIFICATION

- Pray about dealing with **temptations** and facing **fears**.
- Talk with God and each other about things in your life you want to **change**, about your **goals**, about a personal or family **mission**.

## STEP THREE: PURIFICATION

- Meet individually, or together, with your pastor or mentor couple to **talk about these things.**
- At the start or during the 40-days, **the fourth step** takes place, that we'll talk about next.
- Thanks for listening.



# FIVE STEPS TO FREEDOM FOREVER

## THE HOLY MARRIAGE BLESSING

### Part 3

## STEP FOUR : Liberation

- The fourth step of the Blessing is where you **free your marriage** from the cycle of hurt and pain, and put an end to it forever.
- We face the physical dimension of hurt and pain, through **a physical discipline from God.**
- What is the motive behind physical discipline from God?
- It is **a form of love**, good for our **spiritual growth.**  
(Heb 12:6, Rev 3:19)

## STEP FOUR : Liberation

- **“The one who loves their children is careful to discipline them.” (Prov 13:24)**
- God’s Word led to *physical* creation. Faith is expressed through *physical actions* of love. We seek Heaven on Earth, in our **real life**.
- Sex itself has a **physical dimension**, and so does **sexual purity**.

## STEP FOUR : Liberation

- God sent an angel to wrench **Jacob's thigh** out of joint. He instituted **circumcision**.
- Jesus said to **cut off** a hand or foot, **pluck out** the eye, **cut off** the sexual organs **if they cause** one to **sin**.

# What happens when we strike something for God?

- Moses **striking the river** turned it to blood; **striking the rock** brought forth the water of life. (Ex 17:1-7; 1 Cor 10:4)
- *The Lord answered Moses, “...take in your hand the staff with which you struck the Nile, and go. I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink.” (Ex 17:5-6)*

# What happens when we strike something for God?

- We experience **liberation from anger and guilt** by the husband and wife in turn **striking** each other **three times**.
- Where? **On your bottom**.
- That's **where our first parents covered themselves** in shame. They were ashamed of sex. We liberate from shame or guilt about sex.

# What happens when we strike something for God?

- Before leaving Egypt, **the Israelites struck the doorway three times** to protect their families from the angel of death.
- In the Bible, the doorway represents “*...my mother's house, ... the chamber of her that conceived me.* (Song of Songs 3:4)
- The doorway represents the sexual organ. (*Ex 12:22-23, KJV*) Striking three times represents **separating the sexual organ from the angel of death.**

# What happens when we strike something for God?

- It is **repentance for the sin of the Fall**, by oneself or one's ancestors.
- It is a **release of resentment** toward whatever caused you to sin.
- It separates your body and soul from the angel of death, Satan, and **makes room for God in your marriage.**



# What happens when we strike something for God?

- This act **happens just once**. It *never should be repeated*.
- In fact it is a **pledge *never ever* to strike your spouse**, physically or spiritually.
- This ceremony is a declaration of **the end of abuse**. You are **forever free** from anger, resentment and violence.

# What happens when we strike something for God?

- Therefore, the indemnity ceremony is conducted by the couple with **pure and grateful hearts** submitted before God and each other, **guided by your mentor couple.**
- Thanks for listening. Our next two sessions will be on the fifth step of the Holy Marriage Blessing.

# FIVE STEPS TO FREEDOM FOREVER

## THE HOLY MARRIAGE BLESSING

### Part 4

## STEP FIVE: THE THREE-DAY CEREMONY I

- In the Blessing our marriage has rebirth, resurrection and growth. Our fifth step, the Three Day Ceremony is the completion in **the maturity of love.**
- **God created us to be parents.** Being parents makes us sexual, and sexual love is how we become substantial human beings.

## STEP FIVE: THE THREE-DAY CEREMONY I

- The Three-Day Ceremony opens the gateway to “**absolute sex**,” man woman love that is completely one with the perfect holiness of God—in which in fact, **God is present**.
- To explain it very simply, we point out that God reproduces by **the union of above and below**.

# STEP FIVE: Genesis 1 + 2

<b>ABOVE</b>	<b>BELOW</b>
<b>The heavens</b>	<b>The earth</b>
Darkness	The surface of the deep
<b>The Spirit of God</b>	<b>The waters</b>
The water above the expanse	The water under the expanse
<b>The land</b>	<b>The seas</b>
Man	All the creatures
<b>The breath of life</b>	<b>The dust of the ground</b>

# STEP FIVE: Birth of Jesus, his ministry and the Christian church

ABOVE	BELOW
The power of the Most High	Mary
The Spirit, a dove, a voice	Jesus coming up out of the water
The Spirit	Water, flesh
The Holy Spirit	The disciples
The Holy Spirit, the rushing wind	The disciples

## STEP FIVE: COMPLETION

- **God-centered birth** comes from the union of the “above” and “below,” representing heaven and earth, the spirit and the water. We call this “**absolute sex.**”
- Remember: above and below are not superior and inferior. Both are of God.



**Physical rebirth** begins with God's seed.  
Where do we go to receive it?

- The Bible calls the Word, Principle, Law or Spirit God's seed. **How does this come into us?**
- Jesus said that a man **inherits** the seed of God—the Spirit— **in his mother's womb** —the water.
- How does a man get into his mother's womb?

Physical rebirth begins with God's seed.  
Where do we go to receive it?

- It is through the union of the sexual organs in the marital act of love. Through sexual oneness, **the above and below** become one — **God's creative power** comes alive.
- **The Three-Day Ceremony** is an experience of sexual oneness between God, husband and wife. In it **the sin of the Fall is completely erased.**

Physical rebirth begins with God's seed.  
Where do we go to receive it?

- **Jer 31:22: “For the LORD hath created a new thing in the earth, A woman shall compass a man.”**
- To compass means to **envelope, to surround and to know completely**. This is the sexual oneness of husband and wife.

Physical rebirth begins with God's seed.  
Where do we go to receive it?

- **The bridegroom** gives his life to the bride. **The bride** adds her life to his, and creates **a new life**.
- The husband and wife themselves are completed, perfected, in their sexual union.
- **So this fifth step is Completion.**
- We'll cover the rest in our next session.

# FIVE STEPS TO FREEDOM FOREVER

## THE HOLY MARRIAGE BLESSING

### Part 5

## STEP FIVE: THE THREE-DAY CEREMONY II

- What is **the meaning of “three days”**?
- Israel had three days to **escape Egypt**. They had three days to **enter the Promised Land**. (Josh 1:11) Jesus spent three days to **resurrect from the grave**.
- We have three days to **start our eternal marriage**.

## STEP FIVE: THE THREE-DAY CEREMONY II

- The prophecy of the Second Coming explains what happens in the three days.
- **The Bride descends from above to meet the bridegroom, who is below.**
- This happens not once, but two times. Rev 21:2, Rev 21:10 This is the model for **the first two days** of the Three-Day Ceremony.

## STEP FIVE: THE THREE-DAY CEREMONY II

- **After the bride comes down twice, the Lamb dwells in the center of the Holy City. Rev 21:22-23, Rev 22:3**
- This is the model for **the third day**.
- God teaches us more through the story of Noah and the dove.



## STEP FIVE: THE THREE-DAY CEREMONY II

- After the flood judgment, Noah and his wife entered a world washed from evil. **Noah released a dove** to see whether the earth was ready to receive **Noah and his wife**, who were the **new Adam and Eve**, like the **Messiah and his bride**. (EDP, p. 202)
- On the first and second day, the dove returned.

## STEP FIVE: THE THREE-DAY CEREMONY II

- On **the first flight**, the dove returned with no sign of life. There was **no place for God's Word and Spirit** to land upon the earth.
- This represented **Adam**, by whose Fall the Word could not land on earth, but returned to God.

## STEP FIVE: THE THREE-DAY CEREMONY II

- The first day of the three-day ceremony is the first flight of the dove.
- By his going into her womb, the bride as mother gives her husband **rebirth as a restored Adam**, an immature son.

## STEP FIVE: THE THREE-DAY CEREMONY II

- On the **second flight**, the dove returned with an **olive branch**.
- This represents **Jesus**: by the crucifixion the Word returned to God with the olive branch of Jesus' forgiving love.

## STEP FIVE: THE THREE-DAY CEREMONY II

- On the second day of the three-day ceremony, by his going into her womb, the bride as mother gives her husband **rebirth as a restored Jesus**.
- Jesus was the prepared bridegroom—a man who is prepared to receive the bride and be her husband.

## STEP FIVE: THE THREE-DAY CEREMONY II

- On the third flight, the dove did not return. **God's ideal found its dwelling place** in the new heaven and new earth.
- Noah and his wife—the new Adam and Eve—could **descend to the earth from the Ark.**
- This represents **the third day** of the three-day ceremony, with us as the new Adam and Eve.

## STEP FIVE: THE THREE-DAY CEREMONY II

- The husband is reborn as the bridegroom who receives his true bride from God.
- In the position of the Lord, he gives **rebirth to his wife** as his bride, without stain or blemish.
- We inherit the perfection of love, free of sin, as God designed in **the Garden of Eden**.

## STEP FIVE: The 3-day ceremony

- The sexual act begins with **individual washing** of their sexual organ with a cloth infused with Holy Wine.
- Husband and wife then **bow to God and each other, pray**, disrobe, enter upon and complete **the holy act of love, bow** and close in **prayer**.



## STEP FIVE: The 3-day ceremony

- On the first day, the wife gives **birthing love**, positioned *above* with her husband *below*. She births him as a **new Adam**.
- On the second day, the wife gives **birthing love**, again *above* with her husband *below*. She births him as a **new Jesus**.

## STEP FIVE: The 3-day ceremony

- On the third day, the husband in the position of Jesus, God's only-begotten Son, positioned *above*, gives birth to his wife positioned *below*, as a **new Eve**.
- This is the completion. The gate to **God's direct dominion** is opened, in which husband and wife are **governed by God's love alone**.

## STEP FIVE: The 3-day ceremony

- After the three days, naked and not ashamed, God, husband and wife say **it is very good**.
- **The curse upon marriage is removed forever.** The Holy Marriage Blessing is complete and God's dominion over your marriage, **the dominion of truth, beauty and goodness is yours forever.**
- May God bless your couple. Thank you for listening.