

Week 1: Making Water into Wine

Through the process of Cana90, we encourage you and your spouse to meditate on the Scriptures and reflections for the betterment of not only yourself but for your marriage and your family. This is not a solitary endeavor. Our calling to grow through our chosen commitments is oriented to helping us become a greater gift to others. As you begin Cana90, turn towards your family; your spouse, your children, and make a commitment to grow with them through this process. Let us begin again.

Messy Family Podcast Resource for the Week:

MFP111: Made for Family

MP096: Building a Family Culture

Monday

TODAY IS THE FIRST DAY OF THE REST OF YOUR MARRIAGE:

On the third day there was a wedding in Cana, in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding.

JOHN 2:1-2

We begin at the start of Christ's public ministry, at the wedding feast in Cana. If you can, as a couple read these first two verses from the second chapter of the Gospel of John in your personal Bible and reflect on them. Ask yourself how you can invite Mary and Jesus into your marriage. Ask Mary and Jesus in prayer how they desire to be present to you in your marriage, then reflect with your children on the presence of Jesus and Mary in your family. Ask your children for some ideas on how as a family you can be more aware of the Holy Family in your daily life. Talking about the presence of Jesus and Mary in your home, and inviting your children to speak to them, makes this spiritual reality more real.

Tuesday

YOU ARE OUT OF WINE SOMEWHERE... DO YOU KNOW WHERE?

*When the wine ran short, the mother of Jesus said to Him,
"They have no wine."*

JOHN 2:3

In your marriage and in your family where have you run out of wine? Where do you need some maternal intervention of grace for your marriage and family?

As you reflect on where you are needing grace in your marriage, place yourself in the shoes of the bride and groom at the wedding of Cana. Are you "white-knuckling it," trying to pretend that you have got this, or that there is nothing wrong, or not admitting that you don't know what to do?

As you become more aware of the presence of the Blessed Mother and Jesus in your home, allow them to convict you, gently and compassionately. This can be a challenge, but as we go through this process we will see it bear fruit in our marriages and families.

Wednesday

WHAT IS HE TELLING YOU?

*His mother said to the servers,
"Do whatever He tells you."*

JOHN 2:5

Mary gives us an example, and direct insight into how to increase what we find lacking in our marriage; "Do whatever Jesus tells you." These are the last words she speaks that are recorded in the Scripture, and it could be argued that these words sum up her entire mission.

We are a full week underway! Are you earnestly seeking and giving yourself time to listen to what Jesus is “telling you” or are you too mixed up in the hustle and bustle of trying to serve wine from empty wine flasks?

Are you making space for your spouse and children to listen to the instructions Jesus may be giving them today? Remember to turn to Mary for guidance if you are still discerning how to hear His voice. She always listens to the prayers of those who are trying to follow her Son.

Thursday

NOT MY PROBLEM

*Jesus said to her, “Woman, how does your concern affect Me?
My hour has not yet come.”*

JOHN 2:4

I know we are a bit out of order here; it is deliberate. As you were reflecting yesterday on what Jesus is calling you too, did a time come to mind when you felt like He had this same attitude towards a situation in your life?

Do you trust that Jesus’ hour has come and He is working exactly as He means to in your life, marriage, and family? Even if He seems to be saying no to you, can you trust that He knows His plan for you?

If you are not in that place of trust, go back to yesterday’s reading and reflection. Again, ask Mary to help you enter into the sacred place of “doing whatever He tells you.”

Friday

EMPTY TO FULL: DO YOU TRUST?

Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, 'Fill the jars with water.' So they filled them to the brim. Then He told them, 'Draw some out and take it to the head waiter.' So they took it.

JOHN 2:6-7

This is a longer Scripture today so the reflection is short and sweet.

There were "six stone water jars there for Jewish ceremonial washings" In other words, these were jars used for the washing of feet.

Meditate on this Scripture and reflect on whether or not you have the docility to fill up foot washing jars with something as simple as water and let Jesus transform the contents into the best wine your marriage and family has ever tasted.

Weekend: Grow Your Family Culture!

DISCUSSION

- Why is our family life important to you? What do you love about our family? What would you like to change?
- Do you ever feel like mom and dad ask you to do things that make no sense? Do they turn out well when you do them?
- How does fasting, prayer and mercy help us to become better listeners and servants for Jesus? How can this make the world a better place?

HANDS ON

- Take some extra time before or after Mass to look around your church and see if you can find any images/icons/art/trappings of a wedding.
- Visit (via video) the Church of the Wedding at Cana in the Holy Land at [Jerusalem Experience.com](http://JerusalemExperience.com). Questions from the video:

- What stood out to you about the Church?
 - Is the stone water jar anything like you had imagined? How was it similar/different?
 - Did you notice all the prayers scattered around the Church?
 - What prayers for yourself or our family would you like to write down?
- Wedding at Cana coloring page at Ministry-to-Children.com
- Talk about your own wedding with your kids. Look at your family wedding album or video. You can take a picture from your wedding and convert it to a coloring page with this tutorial at cnet.com.