**3-Day Ceremony Check List**

The 3-Day Ceremony contains great significance. It should be approached with a sincere heart. It is the final step in the Blessing Journey by which a couple leaves the family that was initiated by the human fall and becomes a member of God’s family. Through this ceremony you will become a Blessed Couple. When you give birth to children, beginning from their birth, they will naturally belong to God’s family.

This ceremony includes several steps. Each step is important. Please read through together and review this entire check list before you begin the ceremony.

**WHAT TO PREPARE:**

1. It is important to sanctify/purify the room in which you will conduct the ceremony.
   1. This includes a thorough cleaning.
   2. In addition we encourage you to sanctify the room according to the tradition of your religious faith. In the Family Federation we sanctify a space using Holy Salt. If you would like, you can request that a member of the Family Federation sanctify your room. They would be happy to do so.
   3. Bedding: It is not required, but if possible it is good to have new bed sheets
2. Two Holy Handkerchiefs provided by Family Federation (their purpose will be explained)

They should be clearly identified, one for the husband and one for the wife.

1. Clothing (wear something that you feel in your heart shows honor and respect to heaven)

It is not required, but if possible new night clothing and underwear

1. Two basins or bowls – clearly labeled, one for the wife and one for the husband
2. Mineral water
3. A photo of Father and Mother Moon, and you may also want to include a picture of Jesus, that are to be placed on a small table/cabinet/nightstand on the side of the bed.   
     
   In addition, although it is not required, it is nice to enhance the atmosphere with flowers on the bedside table. You may also want to place a candle there, that can be lit at the beginning of the ceremony each day. If you would like, a member of the family federation would be happy to provide you with a special candle for this purpose.
4. **THE CEREMONY**

**OPENING PRAYER**

The couple who officiated over your blessing ceremony up to this point, (Or, if for any reason they are not available, another representative blessed couple) to pray with your couple to initiate the 3-Day Ceremony.

**DAY ONE**

1. Cleansing with Holy Handkerchiefs

While the husband waits prayerfully in the room, the wife takes a shower or bath. She then puts a small amount of the mineral water in her basin/bowl – just enough to dampen her holy handkerchief. With the holy handkerchief she washes her entire body from head to toe, paying special attention to her love organs.

This represents the purification of the body.

When she is finished, she dresses in the clothes she has prepared.  
She then prayerfully waits in the room while the husband does the same thing.

1. After husband and wife have both washed and dressed, together they stand in the bedroom in front of the table with Father and Mother Moon’s photo. The husband stands on the left side of his wife. Together they offer a bow (can be a full bow or from the waist) of greeting.   
     
   The Blessing Ceremony, which makes it possible for a marriage to be blessed by God, would not be possible if Jesus and the Holy Spirit and Father and Mother Moon had not responded to heaven’s call. Motivated by God’s parental heart, they passed through a long and painful course in order to reveal God’s original plan for marriage. By fulfilling the responsibility they were given, they were able to stand in the position of True Parents. In doing so, they opened the doorway for all couples to receive God’s blessing.   
     
   Through this greeting bow the couple expresses gratitude and respect.
2. Next, the wife sits with the picture of Father and Mother Moon behind her. Her husband stands in front of her, facing her. She represents the position of a true mother who, through the first two days of the 3-Day Ceremony, is to give new birth to her spouse so he can stand in the position of a true husband.

The husband offers three bows to his wife.

1. He then sits in front of his wife. She then stands, places her right hand on his head, and offers a prayer.   
     
   ***Content of the wife’s prayer:*** *Expression of gratitude for the Blessing and for having been forgiven and redeemed of sin. Prayer of thanks for having been given the position of "new bride" of the Messiah. Praying from the mother’s position, “Please help my husband to have rebirth and resurrection into the position of a sinless Adam at the first stage through this ceremony.” She desires that her husband be reborn as a son who inherits God and True Parents’ heart and tradition.*
2. **Act of Love**

At this point it is recommended that the couple change into their nightclothes.

In addition, they can proceed naturally in the act of love-making. **However, at the time of intercourse, the wife is to be in the top position.**

*Definition of fulfilling the sexual act.*

* *Even if ejaculation is not possible, the ceremony is still valid.*
* *Some form of penetration is required. If an erection is not possible, the wife must guide her husband’s sexual organ into her sexual organ as much as possible – so that some penetration takes place, even if it is minimal.*
* ***Word of caution*** *– during the 3 days of the ceremony, do not engage in sexual relationship outside of the content of the ceremony.*
* ***Timing is important.****Timing is important because the couple should not use contraception during the ceremony.   
  In addition, if menstruation begins during the 3 days, the couple will need to re-do the entire ceremony.*

1. **After the Act of Love**

* After lovemaking, husband and wife wash their love organ with a towel and get dressed.
* They return to their former positions in which the wife is sitting with the photo of Father and Mother Moon behind her, her husband facing her.
* Husband offers a bow to his wife – expressing gratitude that she, in the position of mother, has given rebirth to him.
* She offers a prayer of gratitude that her husband could be reborn in the position of Adam.

**DAY TWO**

For day two, repeat everything in day one.   
  
**The difference is in the purpose**. In Day two the wife prays for her husband to take the position of sinless Adam in the next stage, representing Jesus.

***Changes to the Content of the Prayers.*** *In the prayer before the act of love, the wife should pray that her husband receives rebirth as a sinless Adam at the second stage level (that of Jesus).*

*After the act of love, the wife should offer a prayer of thanks for giving rebirth to her husband as a sinless Adam at the level of the second stage.*

**DAY THREE**

This day, the husband stands in the position of the “restored Adam.” He will lead the ceremony.

1. They bathe as they did in days one and two, **however, this time the husband goes first.**
2. When they greet Father and Mother Moon with a bow, **this time the wife stands on the left side of her husband.**
3. After their greeting they turn and face each other and offer three bows to each other.
4. Next, the husband offers a prayer.

***Content of the husband’s prayer****: Express gratitude to be able to restore man's dominion of true love. "Thank you for having me reborn as sinless Adam through the first two ceremonies. I pray that through the ceremony today we may become an eternal couple and that each of us can have the relationships of love with each other and our Heavenly Parent that were originally intended. I pray that I may restore all the conditions that the first Adam lost."*

***Wife’s Prayer****: The wife is no longer in the mother's position. She offers a response to her husband’s prayer. She prays in gratitude for her husband as a true father, husband, brother and son.*

1. **Act of Love**

* This time the husband takes the lead. They can make love with the same freedom of the first two days. However, **at the time of intercourse the husband is to be on top**.

He is God’s channel to give new life to his wife as a true daughter, sister, wife, and mother.

1. **After the Act of Love**

* **This time, the couple wipe their sexual organs with their holy handkerchief.**
* Do not wash the holy handkerchiefs. Let them air dry and then carefully store them in a safe place.

1. **Concluding Bow and Prayer**

* After getting dressed, the couple stand in front of Father and Mother Moon’s photo, the wife on the left side of her husband.
* They are now to turn and face each other.
* Next, the husband sits and the wife offers one bow to him.
* They then stand and face each other, Holding hands the husband offers a prayer.

***Contents of his prayer****: He reports the successful completion of the entire Three-Day Ceremony. He offers thanks for having been able to be reborn as the original Adam and Eve and for having been able to have the relationship as an eternal husband and wife. The couple pledges to absolutely never fall, to be eternally faithful to each other and to do their utmost to realize a true ideal family. They express a thankful heart that the Three-Day Ceremony was successful.*

1. **Report**

Finally, report to your pastor or the couple who officiated over your blessing that you have completed the 3-Day Ceremony

Congratulations! You are now a Blessed Couple!