

Forty Weeks ~ Sacred Story



Week Twenty Nine Encouragements & Wisdom

E & W reflections are additional helps for your Sacred Story prayer journey. Reflect on them ahead of your prayer exercises for the week or outside of your fifteen-minute prayer windows during the week.

Creating Your Own Encouragement and Wisdom File

St. Ignatius' first experience of spiritual discernment was extraordinary in that God focused his attention *in a new way* on his ordinary thoughts and actions. God did not create a new life and history for this purpose. God simply awakened Ignatius spiritually and he saw ordinary events with new eyes. The process of spiritual awakening gained depth and breadth and never stopped growing till the day Ignatius passed to his eternal life.

Sacred Story prayer journey invites you to spiritually awaken to the ordinary events and experiences of your life. Like Ignatius, God will awaken you to see the experiences, people, events, and dreams of your life with new eyes. To help facilitate God's work, we invite you to revisit the work you did in preparing for your life confession. During this early part of *Sacred Story* prayer journey, our goal was to help you see your life holistically. You have been walking this journey for over seven months now. Perhaps you have not been as regular in your practice as you would like. Nonetheless, you have gained greater sensitivity to your life and the spiritual world. You no doubt have understood things about your life in a new way. By having the materials below at the ready, you can add to them as you gain greater understanding of how each element has shaped your past history. Your skill in discernment will be graced with new insight as you look at what "you already know" but with new eyes. In doing this, you will awaken to the wisdom God wishes to give you to find greater hope, peace and freedom in all your thoughts, words, and deeds.

Vices

Pride, Envy, Gluttony, Lust, Sloth Greed, Anger

Commandments

- First:** I am the Lord your God, you shall have no strange Gods before Me.
Second: You shall not take the name of the Lord your God in vain.
Third: Remember to keep holy the Sabbath day.
Fourth: Honor your father and mother.
Fifth: You shall not kill.
Sixth: You shall not commit adultery.
Seventh: You shall not steal.
Eighth: You shall not bear false witness against your neighbor.
Ninth: You shall not covet your neighbor's spouse
Tenth: You shall not covet your neighbor's goods.

