

Forty Weeks ~ Sacred Story



Week Four 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.

★ Selecting Your Daily Prayer Time/Place

Finalize this week a decision to take one or two periods of time out of your day. Also, select where these spaces of reflective reading and prayer will be located.

Establishing the ritual is vital to your discipline of prayer. If you decided on one period, you are free at any time to switch to two, and vice versa.

Just commit to the practice. And, as best you can, attune to the spiritual lessons for the week given to you. Remember; let God do the work, but show up, so God can do the work. Ask for God's help. Relax.

★ Sacred Story Affirmations

A vital lesson St. Ignatius teaches is to stay with thoughts, readings, lessons etc., that bring us hope and consolation. Regularly, look over the Affirmations you received in week one. Stay with those that bring you the most comfort and hope. Ask God to inspire you why they bring you hope and peace.

*Keep on going forward, just keeping moving forward with the practice.
You never know what gifts may await.*

