

# SACRED STORY



February 3, 2013

## Encouragement & Wisdom

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

### Presence

Most of us spend a significant amount of time fretting over the past and worrying about the future. It is not easy to stay awake and live in the present where God's grace and Spirit enliven. Yet it is essential because we can't open ourselves to God and God's graces when we fret about the past or worry about the future (Mt. 6:34). We must strive to anchor our attention in the present and invite God to help us accomplish this spiritual goal. It is not possible to achieve this level of attentiveness *without* God's help. God will help us do what we, alone and unaided, cannot do for ourselves. Opening to the graces of the present moment is a life-long spiritual goal that Christ will help you achieve. But it will only be in the kingdom-to-come that we will be *fully present*. Only then will our hearts no longer be divided because they will be made whole by Christ's reconciling love. Let the awesomeness of this truth create wonder in your heart. Ponder its meaning. Give thanks.

Pray this week to stay awake.

Pray to cultivate an attentive heart. Pray for continued mind/heart awakening.

Pray that Christ's Spirit illuminate all your thoughts, words and deeds.

*Awaken to Creation, Presence, Memory, Mercy and Eternity.*



*On you I depend from birth;  
from my mother's womb you are my strength.  
My mouth shall declare your justice,  
day by day your salvation.  
O God, you have taught me from my youth,  
and till the present I proclaim your wondrous deeds.*  
(Psalm 71:6, 15-17)

