

SACRED STORY



May 5, 2013

Sixth Sunday of Easter

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.

Memory

In the last four reflections, we have explored the science and the mystery of memory, the challenges presented by a hyper-active culture, and the complexities of Memory's "first level." This week we reflect on Memory's "second level," which extends back into our past.

In order to understand our thoughts, words and deeds in the present, we must have some awareness of how they link to events from our past history. And to understand our past history it is important to understand that our subconscious awareness holds 99.999% of what we have experienced in life. Events in the present trigger our subconscious memories, which can operate at approximately one million times the speed of our conscious awareness. We "unconsciously" interpret our conscious awareness based on past experiences.

When we enter our 15 minute daily prayer, we need to ask for God's grace to remember thoughts, words, and deeds from our past day or half-day, *in and of themselves*, but also in light of our *past history*. We seek God's grace to help us dismantle present sinful, destructive, and addictive thoughts, words, and deeds that have their roots in our early "story."

This daily or half-daily "holy remembering", facilitated by God's grace, can help you begin to *link* your present and your past history. Jesus will make your "holy

remembering” bear fruit. Jesus is the same yesterday today and forever, and He will ensure you find healing and peace for your past, present and into your future.

Oh God, we ask your help for our daily holy remembering of the present and the past.

May we begin to see more clearly, in all our thoughts, words and deeds, that which moves us closer to you and also that which removes us from your presence. We ask a measure of grace each moment so that gradually, all our thoughts, words and deeds are shaped by your

Creation, Presence, Memory, Mercy and Eternity.



*May the nations be glad and exult
because you rule the peoples in equity; the nations on the earth you guide.
May the peoples praise you, O God; may all the peoples praise you!
May God bless us, and may all the ends of the earth fear him!*

(Psalm 67: 5, 6, 8)

