

FORTY WEEKS

Entering Your Sacred Story: Advice and Suggestions

Entering Your Sacred Story begins with the Rules for Engagement. Take your time to read and reflect on them and see which ones speak to your heart. By “speak to your heart” we mean those that make you stand up and take notice. And that “notice” could be encouragement or possibly anxiety. If encouraged, ask yourself “why does this encourage me?” If anxious, ask yourself “why does this make me anxious?” And remember the cardinal Rule of Forty Weeks: “Be Not Afraid!”

You are encouraged before advancing to Week 1 exercises to pick one of the four Gospels and read it from beginning to the end. The book gives you a quick description of how each evangelist approaches the story of Jesus. Pick the one that speaks to your heart and just read it. It won't take long and you will be surprised by hearing the whole story at once, instead of broken into parts over the regular 3-year cycle of readings most parishes use.