

FORTY WEEKS

Week 1 Advice and Suggestions

Week 1 of Forty Weeks begins with The Affirmations. Fr. Bill Watson, SJ, author of Forty Weeks, wanted people to begin the journey by reflecting on statements that contain much of the wisdom on *spiritual discernment* that St. Ignatius offers in his famous “Rules” from the Spiritual Exercises.

Fr. Watson took the many “rules” and condensed them into affirmative statements. His hope is that you will thoughtfully read them and notice which ones bring you encouragement or make you anxious. Again, both emotions can lead to valuable insights. So do with the “Affirmations” what you did last week with the “Rules for Engagement.” If you find special encouragement in one of the Affirmations, ask yourself “why does this encourage me.” And if you find yourself anxious by one of the Affirmations, ask yourself “why does this stir up anxiety. In this simple reflection, you are beginning the great work of *spiritual discernment*!