

SACRED STORY



November 17, 2013

Thirty-Third Sunday in Ordinary Time

Encouragement & Wisdom

*E & W reflections are additional helps for your Sacred Story prayer journey.
Reflect on them at week's beginning or outside of your 15-minute prayer periods.*

The Affirmations

**Times of difficulty and stress always give way
to times of peace and hope.**

Anyone who has been sick with the flu or a severe cold knows how sickness diminishes one's perspective and limits it to the present misery. When we try to recall the feeling of health in the midst of our sickness, it seems completely foreign! Just as physical misery destroys our perspective, so does spiritual distress. When we suffer a loss of faith, hope and love, we can feel like life has ended—that it was never good and will never be good again.

The enemy of our human nature seeks to instill fear during these times of spiritual desolation. He knows we will be susceptible to rash judgments and he wants us to lose hope. So during these times of "spiritual desolation" we must consciously turn our hearts and minds to God. We must make an act of faith that grace, light, hope and peace *will return* and that God has not forgotten us. We must activate our spiritual energies and even though we don't feel hopeful, we must make a firm act of faith that hope, peace, and joy *will return*.

Lord Jesus, let us know that you walk beside us in times of trial and temptation. When our hope has fled, be our stronghold. Make us turn our hearts to you and give us the conviction that you will give us a future of hope and peace. Even though we may feel a loss of faith, hope and love, let us remember that you have never allowed us to be tested beyond our strength. May we turn our hearts to you in all our troubles, you who are our *Creation, Presence, Memory, Mercy and Eternity.*



*“Be still and know that I am God!
I am exalted among the nations, exalted on the earth.”
The LORD of hosts is with us;
our stronghold is the God of Jacob.*

(Psalm 46: 11-12)

