

SACRED STORY



February 23, 2014

Seventh 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

I will seek to identify the source of my anger and irritation.

Thomas Merton identifies anger as one of the two capital sins that are the most difficult to purge and control. The other is lust. Many people are disconnected from the sources of what makes them angry (or lustful, for that matter).

The previous Affirmation encourages one to turn to Christ and ask for enlightenment as to the cause of a particular anger one experiences in the present moment. This Affirmation asks one to seek the original causes, where they exist, of present angers that can be triggered by unresolved original wounds in our lives.

This process of spiritual and emotional excavation is something that takes time. It can only be accomplished by God's grace working in union with our openness to ask God to keep us alert and conscious of these original events.

The ultimate goal is to have God help us do the hard work of deep forgiveness that can help us in our daily walk with Christ who builds our Sacred Story. The impact of

Original Sin in our lives is something we will never eliminate but with God's help, we can move toward greater and greater freedom.

Lord Jesus Christ, you are present to us at each moment of our lives and see our entire history. Help us, with your grace to unlock the history of sin and darkness in our history so we can grow in freedom and peacefulness. Give us the grace of forgiveness so that in all our thoughts, word and deeds we can open to your *Creation, Presence, Memory, Mercy and Eternity.*



*As far as the east is from the west,
so far has he put our transgressions from us.
As a father has compassion on his children,
so the LORD has compassion on those who fear him.*

(Psalm 103: 12-13)

