

SACRED STORY



March 30, 2014

Fourth Sunday of Lent

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 not waste time worrying about my sins and failures.

To grow in faith requires of us to put on the mind of Christ when contemplating our sins and failures. First, to “put on Christ” entails that I admit my sin, for to deny it is to “call God a liar” (1 Jn 1: 8-10). Second, to “put on Christ” requires that I have hope and faith in Him to heal me and forgive me. When we constantly fret and worry over our sins and failures, we move away from faith in God. We need to confront this damaging and fruitless type of worry because it destroys our hope and only serves the enemy of our human nature.

We could use humor and remind ourselves that “guilt is the gift that keeps on giving.” Constant guilt is a form of worry that reveals less a “holy conscience” and more a self-centeredness and effort at self-salvation. Although it is rarely conscious, when we constantly feel guilty, we act as though this suffering from guilt is all the penance we need. It is a tragic, twisted pride that enslaves us.

Lord Jesus Christ let me have the honesty to know my sin and the maturity of faith to trust you completely as my hope and my salvation. Break any and all patterns of worry and guilt that block my faith in you so that I can open each day to *Creation, Presence, Memory, Mercy and Eternity.*



*The LORD is my shepherd; I shall not want.
In verdant pastures he gives me repose;
beside restful waters he leads me;
he refreshes my soul.*

(Psalm 23: 1)

