

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 4: Advice and Suggestions

Week 4 finishes Ignatius' Story, bringing us into the cosmological dimensions of the Lord's desire for us to be united with Him in our *Sacred Story*. This continues and expands the themes of Week 3, and brings us to a very personal moment of surrender: we must be willing to go into deepest parts of ourselves and our histories (think of John Paul II's "Duc in altum!" - put out into the deep!) with the Lord who loves us too much to abandon us to our unconsciousness.

[Encouragements and Wisdom for Week 4](#) give us a word of practical advice, reminding us of the importance of the daily prayer and the Affirmations. At this point in the 40 weeks, we are learning the discipline of **regular prayer times**. Remember to take a look back at the [Encouragements and Wisdom for Week 1](#) which taught us the purpose of this discipline.

These times will be crucial for us as we move forward, and in many ways form the foundation of all the lessons that come later. Some of us get caught up at this point in "doing the lesson right" (ie using our 15 minutes in the precisely intended manner), but the most important aspect is the discipline of the 15 minute routine. If we make the rhythm of quiet prayer a habit, the Lord will teach us.

The Affirmations can be a great help to us in both bringing us consolation and helping us become used to the process of asking God for insight into the *why* of our personality and life-history, a process of awareness which we will learn over these first 12 weeks.

Again, the most important aspect at this point: ***trust and commitment***. Do not become discouraged – take heart, and take the first steps along this path with Christ.