

## *Living Life as Sacred Story 2014: FORTY WEEKS*

### Weeks 5: Advice and Suggestions

**Week 5** begins our transition into the “spiritual archeology” that we will be undertaking for next 7 weeks or so. Of the exercises presented this week, the *name for God* is of great importance. We only have two days this week for this theme, but it is worth pondering outside of our scheduled prayer times. Finding the name for God that speaks most intimately to your heart will unlock your prayer life and help you significantly develop a “heartfelt” relationship with God.

As we begin this exploration of our life history, this is a good time to be reminded that we are going through this process with Jesus, the Divine Physician, so we can bring our story to Him for healing in the Whole-Life Confession. Judging ourselves harshly or making corrective plans will not be helpful at this point – the lessons will give us enough to ponder for the week (note that the [Week 5 “Wisdom from the Sacred Story Community”](#) is particularly inspiring!)