

Living Life as Sacred Story 2014: FORTY WEEKS

Summary

Forty Weeks has three primary goals:

1. Help participants develop a personal relationship with the Lord Jesus
2. Unlock the graces of sacramental Reconciliation
3. Learn the art of spiritual discernment in the large and small choices of one's life

Forty Weeks offers three spiritual exercises to accomplish the above goals:

15 Minute Daily Prayer

The daily element of *Forty Weeks* is intended to help individuals develop a daily relationship with Jesus. To help you toward this relationship we propose the lesson for the week, including 15 minute times of prayer that you chose to do once or twice daily.

Whole Life Confession

The heart of the first third of the 40-week journey is the Whole Life Confession. Participants have found this to be one of the most important spiritual events in their lives. There will be several opportunities for experiencing this you will learn about and you should move toward week 11 with this holy goal in mind.

Faith-Sharing Group (Optional)

Some previous *Forty Weeks* participants have told us how helpful it was to share the prayer journey experience with others. Parishioners are encouraged to arrange a faith-sharing group amongst themselves if they so desire. Groups can meet weekly or monthly, adjusting the schedule to suit their desires.