

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

### Weeks 10: Advice and Suggestions

In **Week 10**, we invite God's assistance to help us weave together the inspirations and ideas that have surfaced in our life story. To do that, we take the fruits of the spiritual exercises from the past several weeks and ask God to help us see the big picture. We ask God to help us rise up and look at things from a higher vantage point, so we can "see" the trajectory of our life story in a new way. The charts are provided so that what was hidden can become visible. With these tools, we can, with God's grace, begin to see what may have eluded us up to this point in life.

God invites us to do this holy work peacefully and slowly. We are learning the importance of our early Affirmation: "I cannot do *Sacred Story* better by going faster." If our insights are not sufficient to fill out a complete chart for each exercise, we fill in the inspirations we do have. If we start to become anxious or panic, we will stop and take a deep breath. We ask the Divine Physician to transform our anxieties and panic by grace, into illumination and hope. The goal this week is seeing, by grace, the *connections* between persons, experiences, challenges, temptations and the patterns of our failings and sins. They are all part of a tapestry that God wants to help us see more completely—so that we can find the path to hope and healing. Each day, we want to be mindful of both the "trees" and the "forest," (the micro and macro perspectives) and ask the Lord to show us things we have never seen before in our life history. "Lord, amaze me by helping me see my life more completely so that I can have hope in you!"

The [Week 10 E&W](#) is simple. Most importantly, it invites us to surrender to God and hear God say again and again: "be not afraid!" The Whole-Life Confession is a foundational moment in the *Forty Weeks* journey. We will not be re-confessing sins that we have already confessed. To do that is neither sacramentally appropriate nor practically helpful. We are bringing our entire life story to God. We are inviting the Lord to illumine and continue to heal the ancient wounds and patterns of sin that rob us of hope, peace and freedom. It is essential that we surrender to God and abandon the unholy fears that keep us in chains. We are invited, by Christ, to commit to allowing the Divine Physician to transform our history, by the experience of a Whole-Life Confession, into Sacred Story.