

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 6: Advice and Suggestions

Week 6 gives us a chart to fill out, for the ten most important persons, events, or issues that generate or evoke gratitude/hope/love or anger/fear/grief. This is a very thought-provoking exercise. First, we may have never taken the time to list significant events. It is fine if we can only remember four instead of ten. We simply take the opportunity to ask the Lord to gently show us these things we have “disremembered.” Second, we may find it fearful or painful to remember the negative persons/events/issues. The Lord is especially present in these memories. As Divine Physician, Jesus wants to bring hope and healing where we need it the most! We are not judging (or punishing, or rewarding) ourselves in this exercise and neither is the Lord – it is slow and intentional spiritual archeology of our life-stories, with the Lord Jesus guiding us to His healing light.

Week 6 can often be a moment of discouragement for us in the journey, as we are far enough in that we may wonder “what if it doesn’t work for me?” The [Week 6 E&W](#) here are particularly helpful, as Fr. Watson shares a powerful anecdote from his own life. Week 6 gives us another “bonus” E&W, with the [Week 6 Wisdom from the Sacred Story Community](#) reminding us that despite our anxiety and doubt, we *are* capable of making this journey – and many other pilgrims are with us in spirit! We read these E&W outside of our prayer times, and it can be helpful to “refuel” by reading a few of these pilgrim comments whenever we feel discouraged.