

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 7: Advice and Suggestions

Week 7 gives us two “spiritual diagnostic” exercises. Through the grace of Christ our Divine Physician, these exercises can help us awaken to our personal story. The first exercise is the *Decalogue Examination of Conscience*. The Decalogue is a code of right relationships that we lost sight of due to the Original Sin. The Decalogue is given to the people of Israel to help them recover their dignity as God’s children. It is also a holy guide so we can measure our own relationships—with self, God and others—in light of the Divine wisdom.

Therefore, the Decalogue is a gift, not a threat, and we must use it as a “code of right relationships” to take the measure of our own relationships. Christ, the Divine Physician, stands by our side so we will not feel confused or inadequate. Christ is with us. If we give Him these prayer times, He will make them fruitful in unexpected and beautiful ways.

The second exercise is no less valuable. Taking time to consider our deepest yearnings, expressed through our tears, brings us close to the Lord’s promise of joy for us. He desires to heal us precisely to fulfill these longings.

The death and resurrection of Christ is a backdrop for this entire “life-history” spiritual diagnostic, so it is appropriate for our [Week 7 E&W](#) to present us with a small but beautiful meditation on the *Pieta* and Easter. Although the E&W are meant to be used outside of the 15-minute prayer periods, we will be greatly rewarded if we can find one additional brief time of quiet to ponder this week’s E&W. We want to make sure we consider the beauty of this image and the words of the blessing of the Easter Vigil fire. This prayer consoles and strengthens us, as it points us towards the reason we are undertaking this journey, and the One who is journeying with us.

We continue to hear from our fellow pilgrims who have been on this journey before us, in the [Week 7 Wisdom from the Sacred Story Community](#). The intimate name for God that they have found reminds us of the many different ways the Lord makes Himself close to us, according to our different personalities and backgrounds. In this we are reminded of God’s utter transcendence and yet utter immanence: truly Savior of All while remaining intensely Savior for Me.