

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

### Weeks 9: Advice and Suggestions

**Week 9** gives us a new theme for each day as we look for the “two plotlines” in our lives. We each have only two choices in everything we ponder—choosing thoughts, words and deeds that move us closer to God or choosing those that move us away from God.

One or two of the daily exercises this week might engender strong emotions in us. Other daily exercises may provoke hardly any emotion. This is an opportunity to practice the discipline that Ignatius insists on: to remain consistent in our prayer regardless of the emotions.

Even if we don't feel much of anything in response to one of the days, we are urged to remain with the Lord in prayer for 15 minutes. Much of the Spirit's work is hidden from our immediate view. Remaining constant in prayer whether it be enjoyable or dry will bear tremendous fruit. Always talk with the Divine Physician about where you are most engaged or least engaged. When the time is right, He will enlighten you and give you insights.

God's grace helps us uncover the spiritual elements in our “affective” movements. As we progress in this work, it is valuable for us to engage the wisdom of Ignatius' foundational insights on “discernment of spirits.” Part 3 of our *Forty Weeks* journey will deal exclusively with discernment, but we can benefit at this point by learning some basic concepts in the [Week 9 E&W](#). We must be content with a deliberately slow learning process for it really takes a lifetime to become a spiritual master – and that is how it meant to be!