

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 11: Advice and Suggestions

In **Week 11**, we come to the Whole-Life Confession letter. The exercise in writing the letter will bear fruit due to the spiritual archeology of our life with the Divine Physician these past weeks!

This is a foundational spiritual exercise for the *Forty Weeks* program and will be essential for our personal spiritual renewal. The process of writing the letter to Jesus is detailed in the book. Remember, we are not writing a memoir but a brief note of 1000 words or less to Jesus.

It may seem challenging initially, which is why the lesson provides a detailed walkthrough for the whole writing process. As with every lesson, if we become overwhelmed, we pause and take a deep breath. We then slowly re-read the instructions, and do our best. The process of writing the letter by following the outline in the lesson will actually change the way we understand our life history and open us to Christ's healing power. We are allowing Him to transform our lives into sacred story and he takes great delight in our efforts. He tells us: "Do not be afraid!"

If we have not already done so, it will be important for us this week to make a commitment to bring this letter to sacramental Reconciliation. This might be in the context of a parish Whole-Life Confession service, or in a personal meeting scheduled with the pastor.

There are no E&W this week, as the letter to Jesus is our entire focus. We are can always go back and revisit the Affirmations from [Week 1](#) if we start to feel discouraged – the Lord is with us and it is He who is doing the work of our healing!