

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

### Weeks 12: Advice and Suggestions

**Week 12** is a continuation of the process of writing a Whole-Life Confession letter. If we did not have time to write the letter in Week 11, we can do that now. If we did write the letter last week, we have time to prayerfully reflect on what we wrote. We want to allow the Divine Physician to work in our writing and reflecting. Surrendering our hearts to Him helps us write and reflect in ways that reveal new dimensions to our Sacred Story.

If we find ourselves becoming anxious or fearful with our letter, we speak to the Lord about those specific feelings. We ask for the grace to see the source of the emotions. Above all, we avoid rushing through the process. We must make room for the Spirit to keep working in our hearts even after we have “completed the spiritual exercise.”

Sometimes we can become bored by the process of *Forty Weeks*. This is usually the result of not having the proper emotional or intellectual access to the information in our own lives. If we experience boredom with the process, we must share that with the Lord: “Lord I am bored with this. Show me what I need to discover so that I can be engaged in this relationship with you. Keep me patient as you work with me, Lord.” In other words, we are always invited to turn over our questions, problems, issues etc., to the Lord Jesus in a “personal conversation and request for help.”

*Forty Weeks* has been developed in the Archdiocese of Seattle with the support of ecclesial advisor Archbishop J. Peter Sartain. As the program was being developed in 2012 with six local parishes, the Archbishop generously wrote a letter supporting the participants in their Whole-Life Confession. Our [Week 12 E&W](#) features this letter – it is indeed a letter for all of us pilgrims in this process of prayer and reconciliation! Many have made this prayer journey (and helped shape it!) More will come after, benefiting from your experience. We are not alone in the Body of Christ, and our faith witnesses to the goodness of God!