

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 16: Advice and Suggestions

Week 16 is a new beginning. We have built the foundation of our relationship with Jesus and now we learn the daily spiritual discipline to keep that relationship alive and growing. This week we learn the structure of the daily *Sacred Story* prayer itself! It is the core prayer discipline for *Forty Weeks* – how to pray daily like St. Ignatius did. As such, all the spiritual work we have done thus far will be useful in solidifying our daily 15 minute prayer exercise habit.

The most important advice for Week 16 is to *not become overwhelmed*. This week's lesson gives us all the different "beats" for the rhythm of prayer throughout the day, but we are *not* trying to apply them all this week! Instead, we need to trust the lesson guidelines and break the concepts down into manageable pieces. Each day of the week, we take our 15 minute prayer time to ponder another part of the rhythm. Again – we are *not* applying the all concepts this week! We are simply acquainting ourselves with each element and will gradually combine the parts. We remember the Affirmation from the first week – "I cannot do *Sacred Story* better by going faster!"

The [Week 16 E&W](#) encourages us to commit to a habit of monthly Reconciliation by sharing experiences of those who have gone through the Whole-Life Confession process. It is deeply moving to hear of the joy and healing, and it will be the same for us if we persevere in asking for the Lord's mercy. We remember Pope Francis' great words of hope from November 2013: God "never tires of forgiving! We must never tire of going to ask for forgiveness."