

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 23: Advice and Suggestions

Week 23 shows us the constellation of the first four words of *Sacred Story Prayer*:

CREATION

PRESENCE

MEMORY

MERCY

We have now become familiar with each of these words as unique meditations in our Sacred Story faith journey. We are close to completing all the chapters in our life's prayer book. As before, we are careful to resist anxiety about how we split our time in prayer among these meditation themes. Let us simply quiet our hearts, and bring to the Lord our experiences in the light of these different elements of our day. The Spirit will help us gravitate towards the themes that are most important for us *in the present moment*.

With four of the meditation words now available to us, the links between the four will become more apparent. We will sometimes find ourselves beginning to pray about our lives with one theme, and then find that we are moving towards another. This is a normal part of allowing the Spirit to lead us! To remain focused, we should allow our heart and mind to "hear" the meaning of the word as we move between meditation themes. And because we are unique and the Spirit guides our prayer, our heart might move in a non-linear fashion with the themes. In this case, we will be best served by touching briefly on each theme no matter how they assemble in our Sacred Story Prayer time.

The [Week 23 E&W](#) gives us words of hope and strength direct from our guide on this pilgrimage - St. Ignatius himself! He knew well the Divine Physician who had led him through the depths of his sin to new life, and his insights can aid us as well.