

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 25: Advice and Suggestions

Week 25 combines all five meditation/words to complete the *Sacred Story Prayer* template:

CREATION

PRESENCE

MEMORY

MERCY

ETERNITY

We know all the meditation words at this point. We have prayed with each meditation, and practiced combining the previous four together. This week, we consciously open our hearts to whichever meditation word the Holy Spirit surfaces in our heart. Adding ETERNITY reminds us that our lives always are framed by the endless love of Christ, and His work of “enduring value” – in many ways, we see now that the ETERNITY theme grounds all the other words as well.

As in previous weeks, we do not need to agonize about giving “equal time” to each meditation/word in our prayer sessions. All we need do is to repeat each meditation/word at the beginning and end of our short *Sacred Story Prayer*. We simply repeat each word slowly and think of what it means. We then allow God to draw our heart to the meditation(s) that seem most important in this particular prayer time.

As we become more comfortable with all the words, we will naturally recognize the Holy Spirit drawing our hearts to the theme that is most meaningful for us in this present moment, and can freely spend the majority of our 15 minutes praying there.

Now that we know the whole prayer form, we have an opportunity to truly make the prayer our own. [Week 25 E&W](#) gives us an idea for how we might do that – this exercise is optional for this week, but we are all encouraged to start read through the ideas and consider how we can internalize the themes. These themes are deep in our hearts – let us strive to truly “pray without ceasing”! (1 Thess 5: 17)