

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 26: Advice and Suggestions

Here in **Week 26**, we are internalizing the meditation themes of *Sacred Story Prayer* in a new way:

CREATION – PRESENCE – MEMORY – MERCY – ETERNITY

As we saw in the E&W from Week 25, these themes have begun as “scaffolding” to structure our prayer times. As such, they will become a profoundly personal portal for our heart-felt conversations with the Lord. We have been using a prepared text to reflect on these themes for the past weeks. Now, we are ready to take the next step of making the themes our own. We do this by linking the work we did in the first twelve weeks (the spiritual diagnostic of uncovering our life-story/history) and seeing how the five themes of *Sacred Story Prayer* provide a pathway to insight, healing, and reconciliation for our Sacred Story.

The five themes are universal to human experience. Yet each of us also has an utterly unique life-history experience. So while the Meditation word/theme will stay the same, (Creation, Presence, Memory, Mercy, Eternity), the one sentence statement of the theme can become our own paraphrase.

We want to merge our own life story into that prepared phrase and make it our own: “heart-felt” and specific to one’s own Sacred Story. Once we have written our paraphrases, we do not need to use them exclusively – the exercise of writing them has already born fruit.

The [Week 26 E&W](#) helps us understand how *Sacred Story Prayer* can help us throughout our day, by reminding us about the daily disciplines. We may already be doing some of these practices, but this review will be important for us all to better understand the rhythm of a day, growing out of the experience of our “prayer oasis” moments. These disciplines are not a quick fix, but they are tools that remind of us of our early affirmation: *God resolves all my problems with time and patience*. The Lord is always with us on this journey!