

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 31: Advice and Suggestions

Week 31 defines two of the most crucial benchmarks in Ignatian spiritual discernment:

CONSOLATION



DESOLATION

In any given moment the way we *feel*—our affective state of being—will tell us a great deal about what is happening to us and within us spiritually. This is Ignatius’ foundational insight that we have already applied quite extensively. The aspect that might surprise us is the importance of *context* for those feelings. It is an art to both observe and understand our emotions. Yet, as we progress, we will slowly master it. We have been saying weekly: *I Will Awaken to My Spiritual Nature*. Through this “awakening” we are becoming aware of these spiritual movements of Consolation and Desolation. It is the Holy Spirit who will lead us to all truth (Jn 16:13). We need only persevere in remaining open, utilizing the tools of the *Sacred Story Prayer* disciplines.

Our [Week 31 E&W](#) brings us more reflections from fellow pilgrims, this time on “Difficulties Encountered.” If we invite the Holy Spirit to open our hearts, these words can buoy our hope and bring us great comfort! Difficulties can often yield the greatest spiritual growth. As we remember from the Affirmations: *My life’s greatest tragedies can be transformed into my life’s major blessings!*