

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 33: Advice and Suggestions

Week 33 brings us a highly practical application of our study on consolation and desolation: the *lifestyles* of Divine inspiration and counter-inspiration.

Up to this point, we have been moving slowly through these principles of discernment. Now we are ready to address the profound implications of these two benchmarks in Ignatian spiritual discernment. Our emotional (affective) reactions are the key to unlocking how God and the enemy of human nature both “communicate” with us. The spiritual environment of the “transcendent realm” shapes us more than we truly understand.

However, when we “wake up” to the spiritual world, we truly wake up to what is “really real.” When we start applying the insights of discernment, we slowly grow in faith, hope, and love. Most of all, we grow in the *spiritual freedom* that is our birthright as Sons and Daughters of the King.

Our [Week 33 E&W](#) continues our reflections from *Forty Weeks* travelers, with comments on “Gratitude and Healings” and “Peace and Hope.” These words are also a valuable part of our discernment growth, as our reactions (positive or negative) provide the data we need! Let us cultivate gratitude in a particular way this week, remembering our Affirmation from Week 1:

I will give thanks for what angers and upsets me; for identifying their source will help to set me free.