

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 34: Advice and Suggestions

Last week, we began considering how our daily experiences reveal the information we need for understanding spiritual discernment principles. In **Week 34**, we reflect on Ignatius' advice for how we are to act when confronting spiritual upheaval in our lives: four principles for *Diffusing Counter Inspirations*.

In Week 33, we began to watch and listen carefully to our “lifestyles” – the environments and patterns that constitute our daily living, manifesting consolation or desolation. This level of attentive listening and watching is a process that needs time to mature, and the enemy of human nature is always looking for our vulnerabilities. Ignatius' insights on how to react in spiritually challenging situations are critical in these times of spiritual confusion. Yet, we are not to fear! The Spirit will use our openness and spiritual attentiveness to guide us and illuminate our conscience, so we can begin to understand the best course of action in the confusion to find our way home.

Our [Week 34 E&W](#) continues our reflections from our fellow pilgrims, this time on “Intimacy and Friendship with God.” This week, let us consider both the comments shared as well as the responses. There is a great deal of practical use for this series of E&W, as we may see ourselves or those we care about in these comments- perhaps we are the ones feeling God's intimacy, or perhaps a response illuminates an issue (or a hope, or a deep desire) that we have been pondering. These E&W are a conversation with brothers and sisters in Christ, speaking from the exact same spot where we now stand in the *Forty Weeks*. They have prayed for us; let us now also pray for them, rejoicing that indeed we are united in the Body of Christ! (1 Cor 12:27)