

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 35: Advice and Suggestions

Week 35 brings us from the “how” of last week (how to resist desolation) to the deeper discernment question: why? Ignatius offers us his insights as we consider *Three Reasons for Spiritual Desolation*.

This new lesson will help us to “wake up” and see more clearly the spiritual outlines of our daily journey. We want to be aware of our reactions to these three causes of desolations, especially if we are experiencing desolation right now. As always, we first ask the Spirit to open our hearts, bringing to our consciousness the most important elements needed for our growth and healing in the present moment. The Spirit will bring us what we need – and taking St. Ignatius’ advice, we must *ALWAYS* ask for the graces we seek!

We also remember that although we are now applying these insights to our own lives, we must still move slowly (*I cannot do Sacred Story better by going faster!*)

In addition to our reminder about continuing (or restarting) our journal exercises, the [Week 35 E&W](#) presents us comments on “God’s Love and Mercy” and (particularly relevant!) “The Structure and Routine of Prayer.” These comments direct our thoughts this week to the importance of our regular *Sacred Story* prayer disciplines – our monthly confession and our daily 5-part prayer times specifically. These comments rejuvenate and help us recall our own experiences of healing, so we can say with the Psalmist:

Give thanks to the Lord for He is good, his mercy endures forever! (Ps 118)