

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 39: Advice and Suggestions

Week 39 continues our discussion of the second set of discernment rules, concluding the *Guidelines for Integrated Healing and Spiritual Growth*.

As we saw last week in guidelines 1-5, these *integrated* rules are more necessary when we have better learned to resist vices/addictions (sins of “the flesh,” the sins that deal with our physical senses). The enemy then attacks under “good” disguises. In the confusion caused by “evil looking good,” we must keep our heart fixed on the Christ. By awakening our conscience in the present moment, the Lord will reveal to us the authentic paths to holiness, as well as the dead-ends of hidden narcissism. When we become discouraged by our struggles with these deceptions, we remember the inspiring words of Pope Francis: *“God never tires of forgiving us. We get tired of asking for that forgiveness.”*

The [Week 39 E&W](#) presents us with another “case study,” based on Ignatius’ insights on how we experience original sin (especially via family history) in our wounds. We considered these factors briefly at the very beginning of our journey, but there is much more to understand! We will be amazed at the depth available to us, now that we have awakened more deeply to our thoughts, words and deeds in daily life. As always, we want to note what sparks emotional reactions, positive or negative. Bringing these “points of irritation” into our 5-part *Sacred Story Prayer* times will produce much fruit, especially if we combine it with our journal exercises. We are opening ourselves further to the truth of our human nature that the Lord desires for us – and walking in the Spirit’s path to greater hope and healing:

But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming.

(Jn 16:13)