

Living Life as Sacred Story 2014: FORTY WEEKS

Weeks 40: Advice and Suggestions

Week 40 concludes this third section of our *Forty Weeks* journey, as we finish the discernment lessons: *Additional Guidelines on Life Choices*.

This week we have a synopsis of the entire discernment process. This will be a resource for us in the future when we are faced with challenging life choices! What we want to focus on most is the difference in our affect when pondering decisions. We will become aware of our feelings trending towards calm and peace, or trending towards “electrical energy” and urgency. As the discernment lesson says, the calm and peace are a sign of the Divine Inspirer, and the electrical energy and urgency are a sign of the counter-inspirer.

We want to always feel the “energy” being stirred up in our heart and mind. This is the essence of “spiritual discernment.” This awakening will aid us throughout our lives, so we can make choices that will lead to greater freedom and “fruit that endures to eternity.”

The [Week 40 E&W](#) explores a new context for our discernment education: the *relational paradigm*. Understanding the importance of relationship gives us a new perspective on all reality: from God, to creation, to our very selves. We may already know the facts presented in this week’s E&W, but there are many deep insights to be gained by taking the concepts into our prayer time. Indeed, it is important for us to go back and “start again” constantly in our growth! The Affirmation for this 40th week reminds us to not be discouraged, whether we are young or old, experienced pilgrims or beginners:

It is never too late to open my heart to Christ and live my life as Sacred Story!