

# TRUE HEART

A WAY TO SELFLESSNESS



Daily  
Spiritual Record

William M. Watson, SJ

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Seattle, WA 98122

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**Dedicated to Our Lady of the Way**

Jacket and Book Design: William Watson, SJ



# Week 1

## SPIRITUAL RECORD

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Location \_\_\_\_\_ *I did this* \_\_\_( \_\_\_Minutes) No \_\_\_

**2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

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**3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes\_\_\_ No\_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

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**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## Week 5

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### 1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location \_\_\_\_\_ *I did this* \_\_\_(\_\_\_Minutes) No \_\_\_

### 2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location \_\_\_\_\_ *I did this* \_\_\_(\_\_\_Minutes) No \_\_\_

### 3. Day True Heart Time—A Contiguous 45 Minutes

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (if no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## Week 6

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

**1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

**2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

**3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## Week 7

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### 1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location \_\_\_\_\_ *I did this* \_\_\_(\_\_\_Minutes) No \_\_\_

### 2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location \_\_\_\_\_ *I did this* \_\_\_(\_\_\_Minutes) No \_\_\_

### 3. Day True Heart Time—A Contiguous 45 Minutes

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### 1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### 2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### 3. Day True Heart Time—A Contiguous 45 Minutes

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## Week 8

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

**1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

**2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

**3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## Week 9

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### 1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help*

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### 2. As I Lie Down to Sleep—*I offered my heart and dreams to God*

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### 3. Day True Heart Time—A Contiguous 45 Minutes

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



## Week 10

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

**1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

**2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

**3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

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### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ *I did this* \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**

## SPIRITUAL RECORD

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer you day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

### **1. Prayer Upon Waking—*I attuned to the day ahead and invited God's help***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **2. As I Lie Down to Sleep—*I offered my heart and dreams to God***

Location \_\_\_\_\_ I did this \_\_\_ (\_\_\_ Minutes) No \_\_\_

### **3. Day True Heart Time—A Contiguous 45 Minutes**

Location \_\_\_\_\_ I Trained Yes \_\_\_ No \_\_\_ (If no, why? \_\_\_\_\_)

**Desolation From the Day – Write no more than two sentences on a “vain, self-centered” fantasy or action that decreased my faith, hope and love of God and neighbor...**

**Consolation From the Day – Write no more than two sentences on a “holy, self-less” fantasy or action that increased my faith, hope and love of God and neighbor.**



A Note to  
Parish Pastors, Adult Faith Formation  
Directors,  
RCIA Directors, Campus Ministers and  
Vocation Directors

The Sacred Story Institute is working toward a full complement of pastoral resources for the Forty Weeks program. If you would like to help make this happen, please contact us at the email address on the following page. Also, please let us know what type of materials you would find helpful to make this resource more flexible for your use.

In the meantime, you will find very basic resources you need to use *Forty Weeks* for parish renewal, RCIA and prayer groups. Please access these resources at the members site for 40 Week Parish Course at [sacredstory.net](http://sacredstory.net) When you register as a member, you can access the program materials. Membership is free.

Sacred Story Press  
Seattle, USA  
sacredstorypress.com



Sacred Story Press explores dynamic new dimensions of classic Ignatian spirituality, based on St. Ignatius' Conscience Examen in the *Sacred Story* prayer method pioneered by Fr. Bill Watson, S.J. We are creating a new class of spiritual resources. Our publications are research-based, authentic to the Catholic Tradition and designed to help individuals achieve integrated, spiritual growth and holiness of life.

*We Request Your Feedback*

The Sacred Story Institute welcomes feedback on *Forty Weeks*. Contact us via email or letter. Give us ideas, suggestions and inspirations for how to make this a better resource for Catholics and Christians of all ages and walks of life.

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