

# SACRED STORY



March 9, 2014

First Sunday of Lent

Encouragement & Wisdom

*E & W reflections are additional helps for your Sacred Story prayer journey.  
Reflect on them at week's beginning or outside of your 15-minute prayer periods.*

## The Affirmations

**I will strive to listen, watch and pray; listen, watch and pray.  
I will listen, watch and pray!**

I believe Jesus' request for the disciples to stay awake in Gethsemane and pray and St. Paul's exhortation to the Romans to "wake from sleep" are spiritually linked.

*"So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak."  
(Mt 26: 40-41)*

*You know the time; it is the hour now for you to awake from sleep. For our salvation is nearer now than when we first believed.  
(Rm 13: 11)*

Jesus invites his disciples to stay awake to "see" their salvation being accomplished in his surrender to the Father's will. He wants the disciples to stay awake and watch so they will have an example to imitate in their own lives. Despite its importance, it can be very difficult to "stay awake." It is hard for us to "see" the truth of our lives and

our need of the Lord's love and our surrender to God. Sin and the burdens of life can weary us and cause us to fall asleep.

St. Paul therefore exhorts the Romans to awake from sleep so that they can see the nearness of salvation. St. Ignatius' daily Examen (which we pray as Sacred Story prayer) is a call to "wake up." Ignatius wants us to see our lives, the world, and the Lord Jesus with clear eyes. We are invited daily to listen, watch and pray. In our simple daily prayer, we can respond to the exhortation of Christ, echoed by Paul, that we may be more fully *awake!*

Lord Jesus Christ, give me a persevering spirit so that I can always listen to your voice, watch your example and pray for your help. Help me always to listen, watch and pray so that I can fully awaken to  
*Creation, Presence, Memory, Mercy and Eternity.*



*Give me back the joy of your salvation,  
and a willing spirit sustain in me.  
O Lord, open my lips,  
and my mouth shall proclaim your praise.*

(Psalm 51: 17)

