

# SACRED STORY



May 18, 2014

Fifth Sunday of Easter

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 daily to pick up the cross, for it leads to my life.**

Many of us who truly want to grow spiritually have learned a fundamental lesson. What is true about our physical health is also true of our spiritual health. If you exercise physically, you can expect better health. If you exercise spiritually, you can expect to grow in holiness. When we exercise physically, we are working against the effects of gravity and age.

There will never be a time when we no longer need to exercise. The older we get, the more important exercise becomes for physical health in every aspect of our bodies. This same truth applies to our spiritual life. We must spiritually exercise daily to counter that part of our spirit that has been most wounded by original sin. It is never easy and that is why Jesus calls each of us to daily pick up our cross to follow him. Yet, those who daily pick up that cross are the most joyful, hopeful, grateful and healthful! It is one of those supreme paradoxes of the spiritual life.

Lord Jesus Christ, you invite me to have life and have it abundantly. To find this abundant life you invite me to daily pick up my cross and follow you. Never let me be afraid of this cross for it will always bring me to you and to the deepest joy of my heart. When I daily pick up my cross I will find the fullness of *Creation, Presence, Memory, Mercy and Eternity.*



*See, the eyes of the LORD are upon those who fear him,  
upon those who hope for his kindness,  
To deliver them from death  
and preserve them in spite of famine.*

(Psalm 33: 18-19)

