

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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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 ___
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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 your 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.

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Location _____ I did this ___ (___ Minutes) No ___

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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.

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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 your 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.

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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.



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 your 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 your 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.

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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 your 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.

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Location _____ I did this ___ (___ Minutes) No ___

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3. Day True Heart Time—A Contiguous 45 Minutes

Location _____ I Trained Yes ___ No ___

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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.

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Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your 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.

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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*

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.

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Location _____ I Trained Yes ___ No ___

(If no, why? _____)

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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 your 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 your 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.

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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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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 your 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.

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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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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 your 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.

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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.

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 your 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.

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Location _____ I Trained Yes ___ No ___

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Location _____ I Trained Yes ___ No ___

(If no, why? _____)

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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 your 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.

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Location _____ I Trained Yes ___ No ___

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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 your 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.

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Week 10

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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? _____)

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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 your 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.

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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 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.

**For bulk orders and group discounts, contact us:
admin-team@sacredstory.net**