

SACRED STORY YOUTH



SEVENTH GRADE

MY MEDITATION RESPONSE BOOK

Illustration by Léopold Marboeuf

SACRED STORY PRESS

1401 E Jefferson St., STE 405

Seattle, WA 981222



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We are also exceedingly pleased to be reintroducing back to the world the extraordinary art of Léopold Marboeuf (1916-2006) in the *My Sacred Story Missal* and the *Sacred Story Youth Meditation Response Logs*. Printing of the Missal and images was granted by Templegate Publishers, Springfield, Illinois.



Dedicated to Our Lady of the Way

Dear Friend of Christ Jesus:

This is your personal Sacred Story Youth learning log. You are invited to respond to the daily meditations by writing for one minute, no more and no less. Find a safe and sacred place to keep this learning log.

The SACRED STORY YOUTH program is designed to use a five to eight minute space each day to teach the Ignatian “examination of conscience” in a new rendition called Sacred Story Prayer. Listen to the recorded guided meditation to quiet your mind and guide you to learn how to hear the voice of God in your heart.

This is a meditative experience to help you build sensitivity and awareness of God’s presence in your life and to allow God to shape YOUR Sacred Story according to his will and graces. Ignatius’ life-long examination indicates that conversion is not a single event but a life-long process.

Remember to review each week what you write so you can begin to “see” how the different spirits are at work in your life. The more you review, the more you will learn about God, yourself and what will lead you to happiness and peace. You will learn the art of spiritual discernment Most adults can’t do that!

Sincerely,

Fr. Bill Watson, S.J.

President, President/Founder
Sacred Story Institute

DIRECTIONS

1. Listen to daily meditation.
2. After listening to the daily meditation take one minute to draw or write a response to a Consolation and Desolation from the day's meditation. Let your heart write for you... it doesn't have to be perfect, but rather your meditations should reflect who you are and what you feel.

When you were younger you were asked to write what made you happy or sad. Now you are old enough to understand that what makes you happy and sad are spiritual realities we call consolation and desolation.

Consolations are spiritual movements or events that increase your joy, hope, and faith. Desolations are spiritual movements or events that decrease your joy, hope and faith.

You are a spiritual being and God gave you spiritual radar to sense what is good and bad for you by listening to these consolations and desolations. The more time you take to listen to your spiritual nature, the more you will understand what is true and what is false in your own life and in the world around you.

Spiritual discernment is one of the most important things you can cultivate to increase your joy and fulfillment in life. But you must take time in silent prayer each day and do your meditations so you can "hear your heart!"

CREATION ↔ PRESENCE ↔ MEMORY ↔ MERCY

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WEEK _____

What increased your faith, hope and love?
Be Specific!

What diminished your faith, hope and love?
Be Specific!



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



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THE WEEK'S
MOST
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CONSOLATION



REVIEW
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MOST
SIGNIFICANT
DESOLATION



REVIEW
THE WEEK'S
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SPIRITUAL
LESSON

CREATION ↔ PRESENCE ↔ MEMORY ↔ MERCY

I believe God loved me into life and I commit to the relationship by giving all my mind, heart and strength to God alone and will serve no other god.



WEEK _____

What increased your faith, hope and love?
Be Specific!

What diminished your faith, hope and love?
Be Specific!



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



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