

Day Two: Fabella Divina (Divine Story)

Stories matter. Humans have been telling and listening to stories since we first gained the ability to speak. The storied nature of our existence is universal. Stories encourage us to imagine and explore our world. They help us understand ourselves and others at a deeper level, and they help us make sense of our world. Stories matter; even more so when our world has been turned upside down.

In the midst of grief, we find God in our stories.

As we journey through the valley of grief, you are invited into the practice of Fabella Divina, Divine Story.

Entering into Fabella Divina

This is a way of praying that starts with our silence. We often make the mistake of thinking prayer is only about what we say to God when it is actually a two way street. God wants to speak to us. Don't worry about what to say or if this process of silent listening feels strange and new. God is with us and is patient with us. God is near, waiting to speak to you.

Make sure you are sitting comfortably.

Breathe slowly and deeply.

Ask God to speak to you through the passage that you are about to read.

Listen

Begin by reading the short description of this week's stage of grief: denial, anger, bargaining, depression, or acceptance. Take a few moments and call to mind a time when you felt this way. Allow the story of this grief to grow in your mind. Sit in silence, pondering the story.

Ponder

When you are ready, put pen to paper and write the story of your grief. Allow the story to take you where it will. Don't worry if details fall away, or if you find yourself lost in the details. Allow yourself to write whatever story comes to you.

Pray

After you write your story, pause in silence for a few moments. Now, return to your story and try to read it with fresh eyes--it can be helpful to read it aloud. Ignore any grammatical errors, instead allowing yourself to hear your own story with a compassionate heart. As you read, listen for God's presence in your story. When you finish reading your story, sit in silence and pray for the grace of the Spirit to plant this story and God's presence in it in your heart today.