Praying with the Shepherd Within
with Father Anne

MOVEMENT THREE: EMBRACING GREATER FULLNESS OF LIFE | POINTS FOR PRAYER

Take what is helpful, leave what is not: go where your prayer takes you.

1. Reflect on your life *without judgment*: is there a particular habit or behavior that interferes in God's desires for your wellbeing? Peer closely: What leads to your participation in this habit or behavior? What is its impact on you, on those around you, on God? Trace the behavior to its root: when did it start and why? Pray with this reality about yourself not in judgment but through God's liberating love.

2. Imagine what life would be like if you were freed from this behavior or habit. Use all five senses to bring this alternate reality to life in your imagination. What is possible for you, for your relationships with others, for your relationship with God? How would the incarnation principle flow more freely in and through you? Ask God to show you what God desires you to see and understand. Spend more time listening than speaking.

3. What do you need to make this alternate reality of goodness real? What graces do you need from God to let go of what binds you? Ask God for what you need. Allow God to respond. Spend more time listening than speaking.

4. Reflect on the arc of your evening of reflection. Give thanks to God for whatever you feel moved to acknowledge. Allow God the opportunity to respond. Spend more time listening than speaking.

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