

**Praying with the Shepherd Within**  
**with Father Anne**

**MOVEMENT THREE: OBSTRUCTION IN THE LIFE OF GOD  
CREATES HELL ON EARTH | POINTS FOR PRAYER**

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

1. Sit silently before God. Ask God to give you insight into the enormity of God's suffering. Resist the urge to run or shut down. Just be present and witness. Ask God to show you what God wants you to see.
2. How do you feel moved to respond? Take the opportunity to minister to God in God's pain. Share intimately with God. Allow God the space to respond.
3. As you sit with God's suffering, do you hear any new invitations for your life in God? Share with God what you hear. Allow God the opportunity to respond.
4. Reflect on the arc of your evening and give thanks to God however you feel so moved. Allow God the opportunity to respond. Spend more time listening than speaking.

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