

Praying with the Shepherd Within
with Father Anne
Lent: The crucifixion principle

MOVEMENT TWO: THE SUFFERING OF GOD WITHIN
POINTS FOR PRAYER

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

1. Call to mind a specific time you experienced the crucifixion principle. Peer closely before God: use your five senses to bring this experience to life as if it is happening in the present moment. What happened? What did you suffer—in your body, your heart, your spirit? Share openly with God.

2. The crucifixion is a touchpoint of unity between Creator and creature. Ask God to share God's experience of this event. Listen fully to God's perspective.

3. Spend time in gratitude to God. For example, thank God for any insights you received or for God's continued commitment to loving kindness. Allow God the opportunity to respond. Spend more time listening and receiving than speaking.

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