

Praying with the Shepherd Within
with Father Anne
Easter: The resurrection principle

MOVEMENT ONE: THE RESURRECTION PRINCIPLE

POINTS FOR PRAYER

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

1. What struck you in what you heard? What resonates, what causes resistance? Why? Let any movements or insights surface.
2. Select one prominent movement or insight and bring it fully into your prayer, allowing it to unfold in the light of God. Ask God to show you what God wants you to see. Spend more time listening than speaking.
3. Before you close your prayer, give gratitude to God. For example, offer thanksgiving for any insights you received or for the experience of silence or for the gift of companionship with God. Once you thank God, allow God the opportunity to respond. Spend more time receiving than speaking.

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