

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

MOVEMENT THREE: INVITING RESURRECTION

POINTS FOR PRAYER

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

1. Where are you presently experiencing obstruction in the flow of God's Holy Spirit? Allow insight to surface. What exactly is happening? What is the impact on you, on others, on God? Fully acknowledge the reality, allowing any and all emotions to surface. Share openly and honestly with God. Give God the opportunity to respond.
2. Ask God how God desires to respond to this interference in your life together. Grow still and listen. What is God proposing? Pray with any invitation that emerges. Does God want to take the navigational path? The path of disruption? Sit with what arises.
3. How do you feel about this invitation? Name your emotions to God. What do you have to let go of to say yes? What graces do you need? Share honestly with God. Allow God to respond.
4. Reflect on the arc of your evening and give thanks to God however you feel so moved. Give God time to respond. Spend more time listening than speaking.