

# A PRAYER WALK

This is 'A Walk of Thanksgiving and Praise' through which we seek to remind ourselves of the unique gifts of God's goodness and love given to us through each of our five senses. It is suggested you give about half an hour to the walk.

The first step is to offer the time of the walk to God to use. Give thanks for the places where you will be walking, and for the opportunity to spend time with God's creation. Ask to encounter God and open yourself to the working of the Spirit.

As you step outdoors, take a deep breath of fresh air..... Reflect on how rarely you take notice of the air you breathe and realise it as the sustainer of life, day and night, the never-ending gift of God whose love holds you in existence and is continually moulding and making you.

When you have walked far enough to be out of earshot of anyone, pause to consciously experience the use of your:

## SIGHT

Use your vision to revel in, enjoy, caress and discern the colours, shape, depth, texture, movement, etc. ... in everything around you. Think of all that sight has contributed to your experience of life to enrich it - beauty, non-verbal communication, knowledge through reading and observation, protection, happiness, pleasure, etc. ... Try to realise how different your life, and you, would be, had you been born without this sense-gift, or had you lost it. Recognising in all these reflections the loving gift of God, express **aloud** to him your thanksgiving and praise.\*

## HEARING

Stop for a moment and really LISTEN, even to the seeming silence which is actually teeming with sound. Again, reflect on all that this sense of hearing has actually contributed to your experience of life to enrich it - the sound of human voices, music, etc, ... and how different your life would be without it. Recognising in all these reflections the loving and personal gift of God, express **aloud** to him your thanksgiving and praise.\*

## TOUCH

Consciously experience the feeling of the wind, or sun, or rain on your skin; the texture of clothing, grass, trees, stones, etc. ... Be aware of the pull of gravity through the pressure of the ground beneath your feet. Reflect on the use of touch in expressing affection, in physical work, in playing an instrument, games, or activities of any kind. Imagine your life without this sense - without being able to feel touch. Express **aloud** your thanksgiving and praise for this gift.\*

## TASTE AND SMELL

Do the same sort of exercise for both these senses.

**NOTE:** It is more important to be aware of your senses, to 'feel' them and be conscious of them than to think about them. 'Reflecting' on them is imagining them, or their absence.

\*If you are unable to express aloud your thanksgiving and praise today, do it on another occasion.

