

Sensory Prayer Walk

As you walk take your time. Try to allow all of your 5 senses to notice what is around you. Take in your surroundings. Use the things you sense to guide your prayers. Here are some examples below to get you started. When you first begin it may feel strange, but the more you do it the more you will find yourself noticing things that can prompt your prayers. These are just a few examples, but literally anything that you can see, hear, touch, smell or taste can be used as a prompt for prayer. It may bring a Bible verse to mind (the Bible is filled with rich imagery) that can help guide your prayers. Begin by asking the Holy Spirit to allow your senses to notice what is around you and to guide your time of prayer. This could also be a helpful and engaging way to teach kids how to pray simple prayers.

What do you see?

- Beautiful scenery/weather: thank God for his creation, for his sovereignty in creating the world. Acknowledge that God can take care of the flowers and the birds so he can take care of us.
- Homes: Pray for people in the homes (if they are friend or neighbours), pray for those who don't have a home, pray for those who may be in vulnerable housing
- People: Pray for them specifically if you know them, pray for moms/dads/grandparents/children
- Schools: Pray for teachers/students
- Govt buildings: Pray for leaders and elected officials
- Restaurants/Food Shops: Pray for jobs, Pray for those who don't have enough to eat, Ask God to help you to come more often to his table, Ask God to show you who you could invite to your table (metaphorically and eventually physically in future)

What do you hear?

- Children playing: Pray for children who are vulnerable or without family, pray for children you know, pray for parents/teachers
- Birds singing: Pray that we would worship God as fully and loudly as his creation does
- Music: Pray that God would give you a heart of joy and worship
- Cars/transportation: Pray for those going through transitions, Pray for the economy/industry and those affected by it
- Gravel crunching underfoot: Pray that your feet would be those that bring good news to others

What do you smell?

- Smoke from a fire or BBQ: Pray that your light would shine, Pray that you would burn hot for Jesus
- Food: Pray for those without, Pray for those who eat alone and suffer with loneliness
- Garbage/Bad smells: Pray against the sin that pollutes us and our world, Pray against the rot that we allow, Pray against injustice
- Flowers/sweet smells: Pray that your life would be a fragrant offering to God

What do you feel?

- If you touch something rough: Pray for those experiencing harsh circumstances, Pray that God would smooth out the rough roads ahead
- If you touch something wet: Pray for baptisms, Pray against those things that would dampen our love for God
- If you touch something sticky: Pray for God's word to stick in our minds and root deeply, Pray for us to know God as a friend who sticks close
- If you touch something soft: Thank God for his love, kindness, grace, Pray for those without a "soft place to land", Pray that God would give you soft words in difficult conversations

What do you taste?

This may be the least used sense as you most likely won't go about licking things or putting things in your mouth, but if you do eat or drink or have any taste sensations here's some examples:

- If you drink water: Pray that you would long for God the way a deer pants for water, Pray that rivers of living water would flow from your life to nourish those around you
- If you taste something savoury: Pray that you would be like salt and light in the world
- If you taste something sweet: Pray that your words would be like honey - sweet and loving to the people around you
- If you taste something sour: Pray against bitterness, anger, envy
- If you taste something minty: Pray that God would refresh your spirit, Pray that God would use you to refresh others, Pray that God would wake you up to his plans and purposes