



Thursday Prayer of the Senses – and Awareness Walk

John 12:34-36 New International Version (NIV)

³⁴ The crowd spoke up, “We have heard from the Law that the Messiah will remain forever, so how can you say, ‘The Son of Man must be lifted up’? Who is this ‘Son of Man’?” ³⁵ Then Jesus told them, “You are going to have the light just a little while longer. Walk while you have the light, before darkness overtakes you. Whoever walks in the dark does not know where they are going. ³⁶ Believe in the light while you have the light, so that you may become children of light.” When he had finished speaking, Jesus left and hid himself from them.

We are invited, like the psalmist, to *“taste and see that God is good ... to look towards God and be radiant.”* (Psalm 34)

In our Bible reading today Jesus says *‘Walk in the Light’*. With this in mind our prayer today will be about going for an awareness walk either physically outside if we are safely able to do so, or in our own home walking around or sitting in your chair using your imagination or an online walk.

Like a potter with the clay, we can find God’s fingerprints in everything we see, hear, feel, smell and even taste. Using our senses can help us realise our Lord’s presence in everyday life.

Take a ‘walk’ in one of the ways mentioned above.

Pause as you are about to begin your walk and look around you. What are your immediate impressions? Are they of colour, scent, sound, touch?

Walk quite slowly and notice how creation looks, sounds, smells, feels, stopping whenever something catches your attention. If something takes your eye, linger over looking at it, examine it, touch it ...

You might want to have a conversation with God or with Jesus as you go. Imagine they are walking with you. You might be connecting without the need for words.

At the end of your ‘walk’ thank God for his creativity and his abundant love and all his good gifts around us.

*“I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.”*

Psalm 139:14 New International Version (NIV)

“Your word is a lamp for my feet, a light on my path.” Psalm 119:105
