

Five Senses Prayer Walk

Holy Trinity, Landcross to Holy Trinity, Weare Giffard

Welcome

Mechanics of the day !

Reading from Luke 24 – The Road to Emmaus

Reflection and the walk

Song - I bind unto myself today the strong name of the Trinity.

Prayer

Bless to us O God,
Our souls that come from on high.
Bless to us, O God,
Our bodies that are of the earth.
Bless to us, O God,
Each thing our eyes see.
Bless to us, O God,
Each sound our ears hear.
Bless to us, O God,
Each odour that goes to our nostrils.
Bless to us, O God,
Each taste that goes to our lips,
Each note that goes to our song,
Each ray that guides our way. Amen.

In the name of the Father, the Son and the Holy Spirit, let us go forth.

A way in to the imaginations ...

In each contemplation, use all your senses. Imagine the tastes, smell, sounds, feel and sights in the story. Choose where you will be in the story – maybe imagine yourself as one of the participants – as a bystander – or maybe a disciple. Let what is around you enter into your contemplation and draw you deeper in – and then as we walk – let the scene unfold for you as it will. As you walk along your road to Emmaus – let Jesus speak to you – let yourself speak to him – ask him questions – answer his – talk to him as you would a friend – let him explain the scriptures. Notice your responses and reactions – is God speaking to you through them? May your hearts burn within you as you walk along with him.

Touch

Stand still, feel the air upon your face.
The breath in your nose.
The feel of your clothes touching your skin.
The earth beneath your feet, created by God, supporting you.
The air around you, breathing the life of the Holy Spirit, sustaining you,
Close your eyes, feel your hands, feel Jesus leading you along the way.

For imaginative contemplation - Mark 5 - Healing the woman with issue of blood

Seeing Jesus, Jairus fell at his feet and pleaded earnestly with him, "My little daughter is dying. Please come and put your hands on her so that she will be healed and live." So Jesus went with him.

A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, "If I just touch his clothes, I will be healed." Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?". "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' "

But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."

Smell

Notice this time your breathing – celebrate the fact that you are alive – be aware of breathing in life and breathing out all that is not life giving – and smell the smell of spring ...

For imaginative contemplation – John 12 Mary anoints Jesus with perfume

Six days before the Passover, Jesus arrived at Bethany, where Lazarus lived, whom Jesus had raised from the dead. Here a dinner was given in Jesus' honour. Martha served, while Lazarus was among those reclining at the table with him. Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

Sight

Jesus looked at him and loved him (Mark 10.21)

Look around – imagine you are to paint a picture – perhaps of the whole view – perhaps of a flower – a leaf – a tree – look at that thing – understand its colours, its shape, its texture, its temperature – how would you capture its mood – with broad brushstrokes or tiny details – just look ...

For imaginative contemplation – The Road to Damascus

"Brothers and fathers, listen now to my defence." When they heard him speak to them in Aramaic, they became very quiet.

Then Paul said: "I am a Jew, born in Tarsus of Cilicia, but brought up in this city. Under Gamaliel I was thoroughly trained in the law of our fathers and was just as zealous for God as any of you are today. I persecuted the followers of this Way to their death, arresting both men and women and throwing them into prison, as also

the high priest and all the Council can testify. I even obtained letters from them to their brothers in Damascus, and went there to bring these people as prisoners to Jerusalem to be punished.

"About noon as I came near Damascus, suddenly a bright light from heaven flashed around me. I fell to the ground and heard a voice say to me, 'Saul! Saul! Why do you persecute me?'

'Who are you, Lord?' I asked. 'I am Jesus of Nazareth, whom you are persecuting,' he replied. My companions saw the light, but they did not understand the voice of him who was speaking to me.

'What shall I do, Lord?' I asked. 'Get up,' the Lord said, 'and go into Damascus. There you will be told all that you have been assigned to do.' My companions led me by the hand into Damascus, because the brilliance of the light had blinded me.

"A man named Ananias came to see me. He was a devout observer of the law and highly respected by all the Jews living there. He stood beside me and said, 'Brother Saul, receive your sight!' And at that very moment I was able to see him.

Sound

Speak Lord, your servant is listening (1 Sam 3.10)

Listen to the sounds around – loud, quiet, regular, irregular, just listen to all the different sounds around ...

Listen to the sounds within yourself – listen to your body – listen to how you feel ...

What do you hear in the silence of your heart?

For imaginative contemplation - Mark 7 – Healing the deaf and dumb man

Then Jesus left the vicinity of Tyre and went through Sidon, down to the Sea of Galilee and into the region of the Decapolis. There some people brought to him a man who was deaf and could hardly talk, and they begged him to place his hand on the man.

After he took him aside, away from the crowd, Jesus put his fingers into the man's ears. Then he spit and touched the man's tongue. He looked up to heaven and with a deep sigh said to him, "Ephphatha!" (which means, "Be opened!"). At this, the man's ears were opened, his tongue was loosened and he began to speak plainly.

Jesus commanded them not to tell anyone. But the more he did so, the more they kept talking about it. People were overwhelmed with amazement. "He has done everything well," they said. "He even makes the deaf hear and the mute speak."

Taste

Psalm 34 verse 8 Taste and see that the Lord is good – blessed is he that takes refuge in him.

From the Song of Solomon chapter 2

Like an apple tree among the trees of the forest
is my lover among the young men.
I delight to sit in his shade,
and his fruit is sweet to my taste.

My beloved spoke and said to me,
"Arise, my darling,
my beautiful one, and come with me.

See! The winter is past;
the rains are over and gone.

Flowers appear on the earth;
the season of singing has come,
the cooing of doves
is heard in our land.

The fig tree forms its early fruit;
the blossoming vines spread their fragrance.
Arise, come, my darling;
my beautiful one, come with me."

Hear Jesus speak these words to you ...

Lunch (to follow) - as you eat and drink savour every bite – take time to enjoy all the different flavours – chew slowly – give thanks for the gift of nourishment on all levels in your life – and reflect – what does the goodness of God taste like to you?

Prayers

Free prayer – silent or aloud

Concluding with ...

Sensual life giving God – you have created us wonderfully. Awaken us through our five senses. Surprise us, entice us. Draw us into gratitude and awe. Thank you for these gifts of our bodies and for all they teach us about you.

Did not our hearts burn within us as he explained the scriptures to us.

Blessing

May the eye of God be dwelling with you
The foot of Christ in guidance with you
The shower of the Spirit pouring on you
Richly and generously,
May we all be blessed in the name of the Father, the Son and the Holy Spirit, with
power to go forth and proclaim the holy and life giving gospel of the Lord.
Amen

Epilogue - Luke 7:22 - So he replied to the messengers, "Go back and report to John what you have seen and heard: The blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised, and the good news is preached to the poor.

