



**FIVE**

**SENSES**

**PRAYER**

**WALK**

# FIVE SENSES PRAYER WALK



The Five Senses Prayer Walk is one lap around the quarter-mile prayer path. Our senses allow us to experience the world around us. They can also help us to experience the presence of God. You will be guided to find, hear, and feel God in meaningful ways. You can do this walk alone or with a partner. Be honest and authentic with yourself, your walking partner, and God. Plan to bring a drink and snack or meal to enjoy during a specific section of the walk. This walk will likely take an hour.

**SEEK TO HEAR, SEE, FEEL, TASTE, AND SMELL  
THE GOODNESS OF GOD DURING THIS WALK.**

## EXPERIENCING GOD

As you start the Five Senses Prayer Walk, sit on the bench on the right-hand side of the trail. Share with your partner or with God how and where you best experience God? What helps you see, hear, and feel God's presence?

Continue on the trail towards the patio with the eight blue chairs. Take in all the sights, smells, sounds, and textures of the Prayer Path as you go.

## SEE GOD AT WORK

Sit on one of the blue chairs and look at the globe.

*See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. -Isaiah 43:19*

- **Reflect** on how you see God at work in your world. What new things is God doing around you that you might not have perceived happening?
- **Pray** a prayer of gratitude for the new things God is doing.

# LIFE IN FULL COLOR

Continue on the trail towards the volleyball courts.

- **Read Matthew 6:28-30.**

Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you.

Reflect on the lilies as you walk. Go slow and pay attention to all the beauty of the garden. Notice the colors, shapes, and wildlife all around you.

- **Share** one to three things you are worried about with God or your partner.
- **Reflect** on how God cares for you and commit to trusting God with these things.

# THE FRAGRANCE OF CHRIST

As you continue, you'll turn at the far west end of the path and turn back towards the church building. There are several large boulders lining this section. Pause and sit on one of the large rocks.

- **Read 2 Corinthians 2:14-15.**

Now God uses us to spread the knowledge of Christ everywhere, like a sweet perfume. Our lives are a Christ-like fragrance rising up to God.

These large boulders are surrounded by bright, fragrant flowers. Take a moment to smell the various flowers.

- **Share** with God or your partner how we can be the sweet perfume of Christ wherever we go.
- **Reflect** on one rocky relationship or location where you want to be the fragrance of Christ.
- **Pray** God will use you to spread the knowledge of Christ in that situation.

## FEEL JESUS' HEALING TOUCH

Continue up the hill until you reach the two tree stumps. Reach out and feel the different rings of the tree. Some are rough, some are smooth. Some rings are thick, while others are broken apart. Each ring tells a story of the tree's life during that season.

- **Share** with God or your partner about a time when you experienced Jesus reaching out and healing you physically, emotionally, spiritually, or relationally.
- **Pray** a prayer of gratitude for that ring of your story.

## TASTE GOD'S GOODNESS

Make your way to the picnic table. Take a break to enjoy the snack or meal you brought with you. Pay attention to the different flavors as you eat.

*Taste and see that the Lord is good. Oh, the joys of those who take refuge in him! -Psalm 34:8*

- **Share** with God or your partner three ways you've tasted God's goodness lately.

Take a sip of your water or other drink.  
Savor it as you **Read John 4:13-14**.

Jesus said, "Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."

- **Reflect** on how God satisfies our spiritual thirst.
- **Pray** that God will satisfy you with living water as you take another sip.



**EXPERIENCE A  
FLAVORFUL LIFE**

## SEEING IN THE DARK

Continue along the trail. You'll come to a path lined with tall cedar trees. This shaded section is the darkest part of the trail.

- **Read Matthew 6:22-23.**

The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness.

Focusing our eyes on the wrong things can make our lives darker. In the dark, it gets harder to find God. There are many things demanding our attention that can make it harder for us to recognize God; sin, distraction, fears, money, etc.

- **Share** with God or your partner what you are focusing your eyes on that is making it harder for you to see God.

Pause at the bench in the middle of the path. There is a clearing here that allows more light to come in.

- **Pray** about what needs to be cleared out of the way so more light can come into your life.

## LISTENING AT THE FOOT OF THE CROSS

Sit at the bench in front of the cross. Listen to the sounds all around you. In the stillness, we can hear things we might have otherwise missed.

- **Sit** quietly for a few minutes. Quiet your mind. Focus your eyes on the cross. Listen for what God has to say to you in this moment.
- **Share** with God or your partner about what you are hearing from God.

HEAR THE VOICE  
OF JESUS CLEARLY



## GOD IN ALL THINGS

Make your way back down to the patio and globe firepit.

*For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse for not knowing God. -Romans 1:20*

Walk slowly, taking in everything around you. Use all your senses to experience God's creation. Notice the colors. Feel the texture of the plants. Listen to the wildlife. Smell the flowers. As you admire the beauty of the Prayer Path, reflect on how creation displays the invisible qualities of God's goodness and power.

## GOD AWARENESS

Sit in one of the blue chairs on the patio. This walk has invited us to be more aware of how God is all around us.

- **Pray** that as you head back into the world, you continue to be intentionally aware of God's presence and action.

## NEXT STEPS

Walk on the concrete trail to complete the prayer path. Sit on the bench at the beginning/ending of the trail, use one of the picnic tables in the park shelter, or talk on the way home.

- **Reflect** on how you experienced God.
- **Share** one way you plan to intentionally seek to experience God again this week.



**A picture is worth a thousand words.**

**Touch is the most powerful form of connection.**

**Smell is the memory that never fades.**

**Taste tells a story.**

**Sound has the power to stir the soul.**





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