



Praying with the Senses

How could you enhance the students' prayer experiences with;

Smell - Close your eyes and think of your favourite food, think of the smell of it, what instances do you associate with that smell. Pass around some lavender oil on tissues, what does it remind the students of?

You could also use some incense, frankincense or an oil burner with different oils in. Thank God for the gift of smell. Often when we can't smell we have no sense of taste either.

Taste - Give the students a variety of tastes. Something sweet, something bitter, something oily, something quite dry etc. Thank God for the gift of being able to taste what we eat.

Touch - Close your eyes and imagine stroking a dog, or pass a shell around, feel the its contours and imagine where it has been, the creature that inhabited the shell. Feel the inside of the shell and then the the outside and feel the different textures. Talk about the smoothness, the hardness and then thank God for the sense of touch.

Hearing - Play three or four different types of music. Classical, military or brass band music and some pop music. Ask the students to guess what the sounds are from. Alternatively, you could play some very indistinct conversation and get the students to imagine what it would be like not to be able to hear clearly.

What would they miss?

You can also enhance meditative prayer time with chants or background music.