

Sense God's World

I once sent a group of first year theological students out onto the now demolished Cardroom Estate in Ancoats and asked them to note down what they could hear, smell, feel, taste and see. They came up with a whole list of things that we would never normally notice. We then used these experiences as a basis for our theological reflections, moving from experience, to analysis of what we had seen, to thinking of Biblical stories that had something to say to our experience, to asking the questions of where God was in what we had sensed. This prayer uses a similar type of seeing/sensing meditation but without having to go anywhere, although where you are will affect what you experience!

Listen very carefully.
Listen to God's world.
Listen to your breathing.
Listen to your heartbeat.
Listen to the sounds around.
Listen
to God's world.

Breathe in very deeply.
Breathe and smell the world.
Breathe in the air.
Breathe in the smells.
Breathe in the life.
Breathe
and smell the world.

Feel what is around you.
Feel and touch God's world.
Feel your skin.
Feel your toes.
Feel your tiredness flow away.
Feel
and touch God's world.

Taste the joy and pleasure.
Taste how God is good.
Taste your mouth.
Taste your last meal.
Taste your favourite thing.
Taste
how God is good.

Open your eyes and look around
See the beauty of God
See one another
See yourself
See the familiar in new ways.
See
the beauty of God.

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