

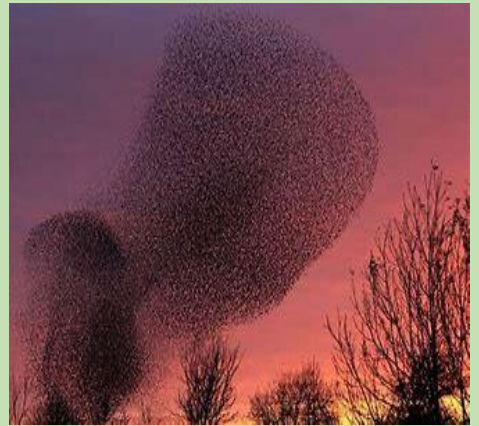


### See...

The clouds in the sky. Take some time to really look at the clouds, if you are able to lie on the ground to look then do. What shapes do you see? Do they inspire you to pray for anything in particular today?

### Hear...

The birds. Sit quietly, breathe slowly and just listen. Can you make out the different types of birdsong? Notice how they are all different but when they sing together it just works! This is how God wants us to work with each other. Think about how you can work better with other people and ask God to help you with this.



### Smell...

The mulchy autumn leaves on the ground. Autumn is a time of change, the leaves change colour and fall from the trees. Change like this can feel sad sometimes, but as you smell the mulchy leaves, remember that they will make the soil rich for the green shoots of spring. What changes are you finding difficult right now? Ask God to help you to look forward to your own green shoots.

### Taste...

The rain as it falls from the sky or the misty air of the morning. As you walk, stick out your tongue and taste the mist or the rain. How often do we moan about the rain? Lots! But we would not survive very long without it, it is a blessing that we sometimes forget to see for what it is. What other blessings do we sometimes misunderstand or fail to see? Can you count your blessing today and thank God for them?



### Touch...

The bark of the trees that you walk past this morning. Notice how each tree is slightly different, the bark has different textures and patterns and each is unique. This is like you, you are unique, God has made you just the way you are and He loves you just the way you are. Think about how God's love makes you feel, tell Him in your prayer. You could tell God why you love Him too.

