

## WALK OF THANKSGIVING & PRAISE

**Purpose:** Receive God's love-gifts in all of creation — through each of your five senses. Give God the glory.

**Begin as you would any time of prayer:**

- 1) Call to mind God's presence within you and all about you.
- 2) Breathe in deeply. Reflect on how air constantly sustains your life — a reminder of the God who is present, loving you, holding you, and continually creating you.
- 3) Walk slowly apart from others and other distractions. Pause to consciously experience the use of your:

**SIGHT**

Take in and enjoy color, shape, depth, texture, movement, etc., in all that is around you. Reflect upon all that sight has contributed to the enrichment of your life experience: beauty, happiness, pleasure, reading, observing, etc. Try to imagine how different your life would be if you were not able to see. Then, recognizing that all of creation and your sight are gifts from God, let some words and phrases or actions of praise flow from your heart.

**SOUND**

Stop and really listen even perhaps to the silence; notice the sounds — high or low pitch, soft, loud, shrill, gentle — in and all around you. Take some moments to reflect upon how your sense of hearing has contributed to the enrichment of your life experience. Try to imagine how different your life would be if you were not able to hear.

Then, recognizing that all of creation and your gift of hearing are gifts from God, let some words and phrases, or actions of praise flow from your heart.

**TOUCH**

Consciously experience the feeling of the sun, air, or breeze on your skin, textures of clothing, grass, trees, stones, flowers, etc., the awareness of the earth under your feet, the pull of gravity as you walk or jump. Consider the ways the sense of touch has enriched your life experience — gardening, swimming, a massage, typing, playing a musical instrument, giving a greeting of peace. Imagine your life without the sense of touch. Express your words and phrases, your actions of loving praise! If loved ones are accompanying you, share hugs.

**TASTE**

Consciously use your sense of taste to receive, enjoy, caress, revel in the bitter, sweet, sour, in all that is around you. Remember some particular tastes from the past, and all that you remember about them. Note the differences and sameness, etc. What would life be like, without the sense of taste? How would you feel impoverished?

Express your feelings in loving words of praise, in phrases and actions of gratitude for this wonderful sense of taste.

**SMELL**

Consciously smell the various scents about you — grass fresh-mowed, hand lotion, soap, flowers, perspiration. Remember the smells of your past that recall certain images of your grandmother's kitchen or linen closet, blossoms that remind you of the May crowning, etc. Note differences, sameness. What would life be like if you did not have the sense of smell?

Express your feelings in loving words of praise for the gift of smell, in phrases and actions of gratitude.

**BACK AT HOME**

\*Jot down some of your experiences on the walk. Could you write a personal Canticale of the Creatures? Why not give it a try?