

Let's try praying like this...

{#4 – Spontaneous/Sensory Prayer}

What's it like?

It's like praying in the moment, using all your senses to take in what's around you and telling God whatever is on your mind. It's like saying out loud whatever you're thinking. It's the opposite of structured prayer (session #1) – it happens whenever it happens. It's sort of like texting your best friend all the time, but you don't even need a phone.

What's it for?

It's for loosening up your prayer life. It's for folks who don't naturally go for structures and lists and routines, who pray whenever it hits them to pray. It's for praying whenever you need to, no matter what's going on. It's for opening you up to the world around you so you don't get too focused on just yourself.

When could I use it?

You could use it literally any time. Or you could “practice being spontaneous” and have a little walkabout. The trick is getting used to praying whatever is on your mind, whenever it happens, so that you eventually just pray all the time without thinking about it.

Where could I use it?

Again, you could use this prayer anywhere. Some folks like to pray like this while they go for a run, or people-watching in the mall – someplace where their mind is free to wander. Pray like this anywhere where you're you. 😊

How it works...

A good way to try this for the first time is to do a walkabout to practice using your senses. Take 15-20 minutes to walk slowly through a building, a trail, a park – either by yourself or in a pair or group. You can either take a pen and paper with you, and write down whatever you see, hear, smell, feel, (and taste?) – and try to resist thinking about writing down *why* you noticed those things. Then gather back together and look at what you wrote down, taking turns to pray out loud to God about a few of the things you wrote down. Or, you can stop and pray in the moment each time you sense or notice something. Let the prayer be spontaneous. However you do it, and whether you're alone or with more people, remember – sound like yourself!

Try it!

What did you think?

Learning goal: This builds on the session #2 where you watched TV/movie/art. The goal is to be open to praying – and listening – to God all the time. To help you practice, go with your five senses, but know that the real goal is to practice being spontaneous – you can pray to God any time, any place, about any thing. Plus, this might be your first chance to pray out loud in front of somebody else.