

Hello,

It is our hope to provide helpful tools for us to engage with Christ regardless of physical location, while still using our bodies as a catalyst for connection with Christ. Because Christ is within and all around, He has made all of our spaces sacred. This means that you can practice this form of worship by walking through your house, your yard, your neighborhood, or your park.

In the midst of the unknown surrounding us, I would invite you to use this spiritual discipline of contemplative prayer as you engage with Christ who continually seeks to engage with you.

Contemplate Jesus.

Intentionally place yourself in the presence of God.

Become quiet.

Express your intention to be alone with God.

Use all of your senses to receive Christ's love and goodness, to truly intake His grace.

Christ longs to express himself to you and through you.

Sensory prayer is a helpful way to practice contemplative prayer. How is God meeting you in these areas, at this moment, and what is God communicating to you through your senses?

Sight: \_\_\_\_\_

Sound: \_\_\_\_\_

Touch: \_\_\_\_\_

Taste: \_\_\_\_\_

Smell: \_\_\_\_\_

**Christ is all and is in all. - Colossians 3:11**

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***Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.***

—Aidan Readings, Celtic Daily Prayer