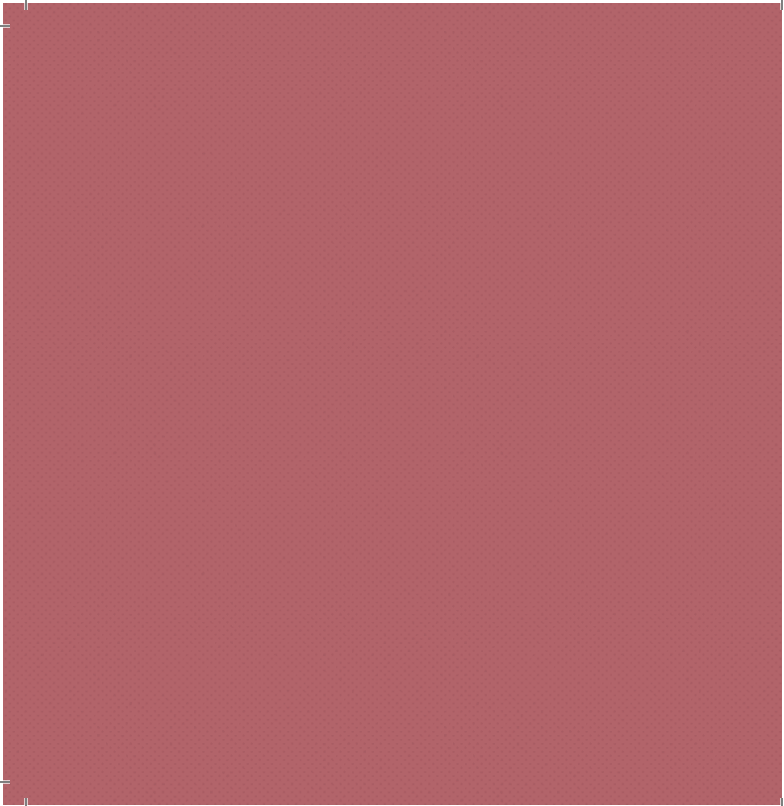





Franciscan


PRAYER

God in all things






Franciscan prayer uses all your
senses to immerse yourself in
creation, through the Holy Spirit.

A person with dark hair, wearing a white long-sleeved shirt, is seen from behind, walking through a vast, lush green field of wheat. The field is filled with rows of wheat stalks, and the person is positioned in the middle ground, walking away from the viewer. The overall scene is peaceful and natural.


Is it
for me?



This might suit people who enjoy experiencing the world through their senses – to find God in all things. You might be someone who takes deep pleasure in nature or who wants to learn to appreciate the small things in life more intensely.

HOW DOES IT WORK?






Bring all of your senses to your
appreciation of the natural
world around you.



*get out
there!*



Gather a piece of fruit,
a favourite creation psalm
(perhaps Psalm 19, given on
the next page) and choose
a beautiful place to walk –
coastline, woodland, meadows,
hills, wherever your soul
feels peace.





Psalm 19, verses 1-6

The heavens declare the glory of God;
the skies proclaim the work of his hands.

Day after day they pour forth speech;
night after night they reveal knowledge.

They have no speech, they use no words;
no sound is heard from them.

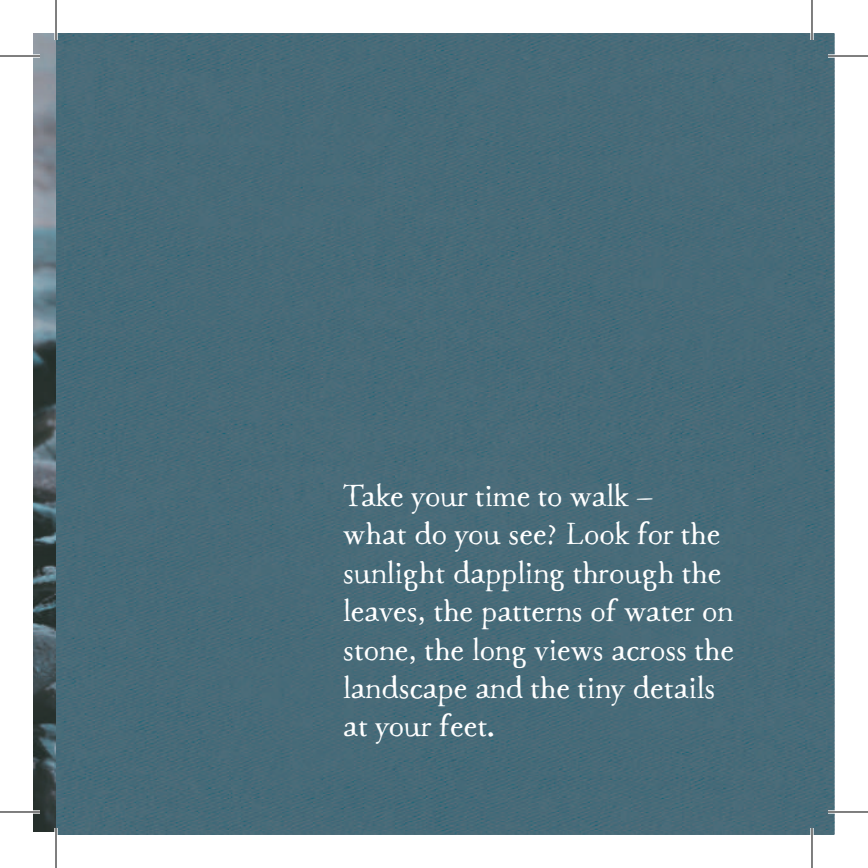
Yet their voice goes out into all the earth,
their words to the ends of the world.

In the heavens God has pitched a tent for the sun.
It is like a bridegroom coming out of his chamber,
like a champion rejoicing to run his course.

It rises at one end of the heavens
and makes its circuit to the other;
nothing is deprived of its warmth.

A photograph of a person's feet and hand on dark, smooth rocks. The person is wearing orange nail polish and a black and red beaded bracelet. The text "open YOUR eyes" is overlaid in white, with "open" and "eyes" in a cursive font and "YOUR" in a bold, sans-serif font.

open
YOUR
eyes



Take your time to walk –
what do you see? Look for the
sunlight dappling through the
leaves, the patterns of water on
stone, the long views across the
landscape and the tiny details
at your feet.


hear the
rhythm
of the
planet



Listen to the birdsong, the rush
of the waves, the leaves moving
in the breeze, the movements of
the insects and animals around
you.

A photograph of ocean waves with the word "breathe" written in white cursive script. The image shows a close-up view of the ocean's surface, with dark teal water in the upper half and white, frothy waves in the lower half. The word "breathe" is written in a large, elegant, white cursive font across the middle of the image. The overall mood is serene and calming.

breathe



Smell the sea salt on the air,
the smell of mown grass, the
deep smell of rain on the soil
and the perfume of flowers
around you.




FEEL

The sun on your back, the
wind blowing across your skin,
the touch of rain on your face
and the pressure of your feet
on the earth. Ground yourself
in this moment.

TASTE



A solid teal background with a thin vertical strip on the left side showing a slice of fruit, possibly a watermelon or cantaloupe, with red and orange colors. The text is centered in the lower right quadrant.

Eat the fruit that you brought.
Smell the scent of the peel and
savour the taste of each little
mouthful of fruit. Think about
the texture and the sensations.



GLORY
TO
GOD

God is the creator, the maker
of heaven and earth and from
him come all good things.
Read the Psalm that you have
brought and know that God
is good.

Want to go further?
gloucester.anglican.org/your-prayer



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