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

glouchester.anglican.org/your-prayer