

Praying an Encounter with an Object

1. Choose an object to sit with.
 - a) an object from nature – a stone, shell, piece of wood, seeds, leaf, fruit
 - b) an art object – a piece of pottery, an instrument, a carving or painting
 - c) a tool or object that symbolizes your vocation
2. With your eyes closed, hold the object and gently and reverently turn it in your hands, feeling the weight, the texture, the angles and curves.
3. Pay attention to your experience.
 - a) What details do your fingers pick up? Which detail are your fingers most attracted to?
 - b) What feeling, image, memory or thought does this detail create in you?
4. Open your eyes and gaze reverently at your object. Bring a child's wonder to this act.
5. Pay attention to your experience.
 - a) What do you notice about this object? What detail captures your attention?
 - b) What feeling, image, memory or thought does this detail stir in you?
6. Ponder the whole. What might God be communicating to you through this encounter?
Journal about the experience.

adapted from *Prayer Practices for Terrifically Busy People*, by Daniel P. Schrock

This combines two of his prayer forms – Touching and Seeing. He also has suggestions for the other senses, as well as many other short, helpful prayer forms, building on ordinary activities as well as more traditional prayer forms.

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