

November Food & Faith Devotional

This week we saw our landscape transformed by snow and ice covered lakes. With this change in seasons and the nearness of holidays we invite you to pray with your senses. Allow yourself grace when trying something that may feel odd...God is in the odd. Use and adapt this guide as you best see fit; use it with your family or consider a time for peaceful solitude.

Week 3: Praying with the Senses

Cooking can be a vehicle of prayer; sorting ingredients, blending it all into a tasty combination, using what you already have to make something new, and so on, can lead your thoughts to explore how your life can be better blended into balance and harmony as well. The properties of our five senses are astounding gifts of the Creator. Explore one or all of these activities to engage in creative prayer.

SEE: Get out the crayons. Let yourself experiment. Express prayer by drawing a web of names or places, re-writing scripture, creating designs, and playing colors.

HEAR: Be still and listen. Step outside and breathe a breath of gratitude for the birds singing, the neighbor shoveling, cars driving by, the breeze in the trees. Feel your connection to all the sounds you hear.

TOUCH: While doing the mundane task of laundry make space for prayer when you touch the warmth of fabrics from the dryer, offer thanks when you fold the multiple shirts you own, or even organize a pre-Christmas clothes donation bag.

SMELL: Make a dish that bathes your kitchen in a comforting smell. Reflect on where you first enjoyed this food. Share your recipe with a friend or family member and pray for them.

TASTE: While enjoying dessert repeat the words “taste and see that the Lord is good” (Psalm 34:8). List specific aspects of your life that reflect the goodness of God. They don’t necessarily have to be sources of pleasure; they could be an occasion when you felt supported by friends or immersed in God’s presence.