



Soul Walking

God is present in his creation and we can encounter him through our senses when taking a walk. This can become part of our day-to-day life, a habit we practice when walking the dog, journeying to work or for the simple pleasure of it.

As you step outside, take a few moments to be aware of the loving presence of God. Invite Jesus to journey with you, to help you to notice what he desires to bring to your attention.

Take a deep breath and be conscious of drawing in the breath of the Holy Spirit.

Walk slowly with an awareness of your surroundings.

Sight

- Pause for a moment and look around you, what do you see?
- Notice the colours, shapes, textures and movement.
- Where is your attention drawn?
- Linger for a while and enjoy what you are seeing, how does it make you feel and what does it bring to mind?
- Be thankful
- Walk on...

Sound

- Pause for a moment, what do you hear?
- Notice the different sounds or the absence of sound.
- Where is your attention drawn?
- Linger for a while and enjoy what you are hearing, how does it make you feel and what does it bring to mind?
- Be thankful
- Walk on...

Touch

- Pause for a moment, what can you feel?
- Notice the feel of the air on your skin, the textures around you.
- Where is your attention drawn?
- Linger for a while and enjoy the touch, how does it make you feel and what does it bring to mind?
- Be thankful
- Walk on...

Smell

- Pause for a moment, what can you smell?
- Notice the different scents around you.
- Where is your attention drawn?
- Linger for a while and enjoy this sensation, how does it make you feel and what does it bring to mind?
- Be thankful
- Walk on...

As your walk concludes, reflect on what you have noticed, what has enriched you, blessings you have received and turns those thoughts into prayer.