

## DRINK

Take a sip from your water bottle and thank God for clean water to refresh you and for God to provide for those who do not have fresh water.

## **SMELL**

Notice what you smell in the air around you... flowers?
Thank God for beautiful smells.

# TOUCH

Reach out and touch something around you and thank God for the blessing it is to you. (For example, the ground to stand strong.)

## LOOK

Look around you, what do you see?

#### LISTEN

Listen to the sounds around you, what do you hear? Pray and thank God for sounds that bless you and ask for protection or provision for sounds that worry you.

#### CAR

Pray for safe travel on the roads.

# HOUSE

Pray for the people inside to have a whole life.

# **BUSINESS**

Pray for it to do well and be a blessing to the community.

## TREE

Pray and thank God for nature and its beauty.

