

## **United in Prayer: Sensory prayer ideas**

**These ideas may be used together for one prayer event or adapted to suit a variety of contexts**

### **Sight** *Global prayers*

Write prayers for your link dioceses on post-it notes and stick on a blow up globe or other symbol of the world.

Throw a blow up globe of the world to each other in turn. When you catch the globe say a short prayer for your link dioceses. (Remember to include your own diocese.)

### **Sound** *Musical prayers*

Play excerpts of music associated with the areas of the world where your link dioceses are. Have a time of silent prayer as you listen to each piece of music.

### **Touch** *Hands across the world*

Act out this creative prayer using your hands:

Hands on heart to signify our love for God  
Thumbs up to signify our love for each other  
Fingers linked together to signify our unity  
Hands reached out to signify our mutual support  
Hands together to signify our commitment to pray

### **Taste and Smell** *Spiritual food*

Share food together from the countries of your link dioceses. As you savour the aromas and eat the food, pause to pray for the members and work of Mothers' Union in each place.