

# PRAYER/ MEDITATION PROMPTS

THESE PROMPTS OFFER OPPORTUNITIES FOR INTROSPECTION, CONNECTION WITH CHRIST, AND MINDFULNESS PRACTICES TO ENHANCE YOUR SPIRITUAL EXPERIENCE. HERE ARE SOME PROMPTS YOU CAN USE.



## 01 GRATITUDE REFLECTION

Begin by thanking God for three specific blessings in your life today. Reflect on how His grace and provision have manifested in your daily experiences.

## 02 BREATH AWARENESS

Close your eyes and focus on your breath as a gift from God. With each inhale, invite His Spirit to fill you with peace, and with each exhale, release any worries or tensions you may be carrying.

## 03 SCRIPTURE MEDITATION

Choose a verse from the Bible that speaks to your heart. Read it slowly, allowing its wisdom to sink in. Ponder its meaning and how it applies to your life journey.

## 04 BODY SCAN MEDITATION

With each breath, invite the Holy Spirit to bring His healing presence to different parts of your body. Release any tension or pain into His care, trusting in His power to bring restoration.

## 05 SILENT CONTEMPLATION

Spend a few moments in silent prayer, listening for the still, small voice of God. Allow His presence to envelop you, filling you with peace and assurance of His love.

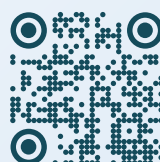
## 06 NATURE CONNECTION

Visualize yourself walking alongside Jesus in the beauty of creation. Imagine the sights, sounds, and smells of nature as reminders of His majesty and care for His creation.

## 07 BLESSING PRACTICE

Reflect on the blessings God has bestowed upon you and your loved ones. Offer prayers of thanksgiving for His faithfulness and grace, and ask for His blessing to be poured out abundantly on those in need.

Learn more about how you can support those with Sensory Sensitivity at [samford.edu/go/sensorsensitivity](https://samford.edu/go/sensorsensitivity)



*These prayer and meditation prompts are intended to deepen your connection with God and enrich your worship experience. May they guide you into a deeper relationship with the Divine as you seek His presence and peace in your life.*