

## **Grounding Prayer**

1) Name (out loud) 5 things you can see.

A) God, thank you for your gift of vision to see the things around me.  
Thank you for the \_\_\_(fill in the blank with your 5 things)\_\_\_.

2) Name 4 things you can touch.

A) God, thank you for my hands and the ability to feel the things you have created. Thank you for \_\_\_(fill in the blank with your 4 things)\_\_\_.

3) Name 3 things you can hear.

A) God thank you for my ears and the ability to hear the sounds around me. Thank you for \_\_\_(fill in the blank with your 3 things)\_\_\_.

4) Name 2 things you can smell.

A) God, thank you for my nose and the ability to smell the things around me. Thank you for \_\_\_(fill in the blank with your 2 things)\_\_\_.

5) Name 1 thing you can taste.

A) God thank you for the gift of taste. Thank you for the taste of \_(fill in the blank with your 1 thing)\_.

### **Concluding Prayer:**

God, thank You for my senses. They are a great reminder that you are the Creator of the universe. You are Sovereign and in control. Even when things are overwhelming, I can rest knowing You created me because You love me and You gifted me with my senses to remind me that You are all around me. This reminds me I am safe and I can rest in You. Thank you, Lord.

In Jesus' name, Amen.