



Reflective Worksheet

Experiencing the Story with your senses

This reflective worksheet is designed to help you engage with God through a Scriptural story explored with your senses.

There are many ways to experience God through a story. Usually, an individual finds one or two practices most helpful. After you explore this method, reflect on the experience. If you've found it rich and deep, use the method again with another Scriptural narrative. If the method proved unhelpful, put it aside and try a different approach.

Engaging with God through a story is a prayer practice and we will treat it as such.

Preparing to pray

Take a few moments to settle down; breathe deeply, welcome the Holy Spirit, and invite God to guide you. Trust God to reveal what He desires you to see today.

For our prayer reflection, we'll use the first part of the story of the woman who met Jesus at the well.

Listen to the story

1. Slowly read the story aloud and listen as you do so. Then, do it again. Feel the shape and flow of the story. Circle the words, phrases or images that particularly attract your attention. Try not to analyze, interpret, or apply. The goal is to hear and notice what the Spirit desires to reveal to you today.

"A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." John 7-10 ESV

2. Allow the story to unfold in your mind. This time, use your senses to explore the story. For example; what's the temperature of the air? What sounds fill the space? What smells? Is the scene relaxed, tense, something else? Explore the scene and write down the details you notice?

3. Describe Jesus as you saw him in this story. Be careful to stay within the story itself. What kind of person is he? What's his attitude, his tone of voice? What do you like about him? Is there anything that puts you off?

4. Describe the woman as you saw her in this story up to this point. What kind of person is she? What's her attitude, her tone of voice? What do you like about her? Is there anything that puts you off?

5. How is the woman like you or different from you?

Test your experience

5. How does the story you explored with your senses align with who you know God to be as revealed elsewhere in Scripture? How does it differ from who you know God to be?

6. Does the story you explored with your senses draw you closer to God or further away? How so?

Reflect on the story you explored with your senses

7. What did you notice about yourself, your relationships with others or with God and His relationship with you?

8. Talk with God about what you've noticed.

Close this time of prayer and reflection.

9. Reflect on the experience. Was this method of prayer helpful for you in deepening your relationship with God? If so, what aspects did you find helpful. Remember, there are many ways to prayer with Scripture.
