God I pray that you see: Please see your people around the world. People carrying their own loads of both joy and sorrow. May you see the unthanked acts of service and the giving heart that asks for nothing in return. Sustain and bless those who work quietly and diligently to further your kingdom. God, please see the hidden struggles that we bear alone. Teach us what it means to be loved by the author of the universe. See us, God, for who you made us to be, and help us to see ourselves the same way.

God I pray that you hear: Hear the pleas for healing from the sick and injured. Come with your grace and mercy to those who cry out to you. Be our comfort in times of pain and our restoration when we are broken. Hear the children's voices singing your praises and teach them your ways. Hear the parent's cry for safety and be their peace. Teach us to hear, God, what your voice sounds like in a world filled with noise.

God I pray that you smell: Smell the incense and the candles in the homes of those who burn them to seek your peace. Send your spirit to them. God I pray that you smell the smoke of homes that have been bombed, and bullets that have been fired. Around the world human violence makes a stench. Be our healer and redeemer. Scrub the soot from our clothes and teach us not to spread the flame.

God I pray you taste: You have called us to be the salt of the earth. May you keep us from losing our saltiness through encouragement and blessings as we do your work. In your scriptures Psalm 119 says "How sweet are your words to my taste, sweeter than honey to my mouth!", I pray you help us taste and see your goodness God.

God I pray you touch: Your healing hand is desperately needed in our world. Touch the hearts of leaders to call a stop to war. Wrap your arms around the victims of violence and assault so they may finally feel safe, and loved. Cover us with the blood of Jesus so we may repent and be forgiven. Then stretch out your hand and anoint us with oil so we may be emboldened to do your work, to be your hands, in our own city. Convict us to feed the hungry, house the homeless, and stand up for the marginalized here in Harrisonburg.

Fill our senses, God, as we seek you every day.

I ask all of this in the name of Jesus, Amen.