

Breath of Hope

Today we rejoice with Lazarus and his family as he is invited by his friend Jesus and his community out of the tomb. Having been separated from life, how thankful he must have been to once again be able to smell, taste, hear, see and touch!

Too often, we take our senses for granted. You are invited this week to take a few moments to celebrate each of the senses. If one of the senses is not available to you, or if a sense is diminished, how can you express gratitude for what you *are* able to experience?

Celebrate the gift of smell. Remember your favorite fragrances. What are they? Are they nature's perfumes, like certain flowers? Are they aromas of cooking? Are they smells of a certain place or building? Can you think of a time when your sense of smell helped you to experience God's gifts or Jesus' presence in your life? Take a moment to thank your body for the gift of smell.

Celebrate the gift of taste. Remember ways in which your sense of taste has been a gift. When has your sense of taste brought you joy? Think of your most favorite tastes. Remember salty and sweet. Think of the texture of food on your tongue. Can you think of a time when your sense of taste helped you to experience God's gifts or Jesus' presence in your life? Take a moment to thank your body for the gift of taste.

Celebrate the gift of hearing. Remember ways in which your sense of hearing has been a gift. When has your sense of hearing brought you joy? Imagine now your most favorite sounds. What are they? Think of loud sounds, soft ones, familiar sounds, unfamiliar ones. Can you think of a time when your sense of hearing helped you to experience God's gifts or Jesus' presence in your life? Take a moment to thank your body for the gift of hearing.

Celebrate the gift of sight. Remember ways in which your sense of sight has been a gift. When has your sense of sight brought you joy? Think of your most favorite sights. What are they? Remember colors and contrast. Can you think of a time when your sense of sight helped you to understand God's gifts or Jesus' presence in your life? Take a moment to thank your body for the gift of sight.

Celebrate the gift of touch. Remember ways in which your sense of touch has been a gift. When has your sense of touch brought you joy? Remember textures and shapes. Can you think of a time when your sense of touch helped you to experience God's gifts or Jesus' presence in your life? Take a moment to thank your body for the gift of touch.

