

# • HEART TO HEART PRAYER •

For Adults

## 5 SENSES

I CAN SEE



SEEING WITH OUR  
HEART EYES  
Ephesians 1:18

I CAN HEAR



HEARING WITH OUR  
HEART EARS  
Psalm 27:8

I CAN TASTE



TASTING THAT THE  
LORD IS GOOD  
Psalm 34:8

I CAN TOUCH



TOUCHING OTHERS  
FOR GOD'S WILL TO  
BE DONE  
Romans 8:27

I CAN SMELL



SENSING HIS PRESENCE  
& BEING THE  
FRAGRANCE OF GOD  
2 Corinthians 2:14b

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## 5 MINUTES



### A CONVENIENT TIME

Choose a time when you won't be thinking about the next appointment or meeting.



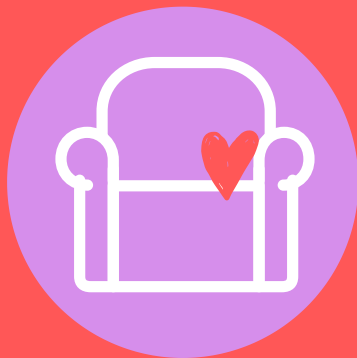
### A QUIET PLACE

A room in your house where you can be without any distractions for 5 minutes.



### A FAVORITE SONG

Put on a familiar worship song that is approximately 5 minutes in length.



### A COMFORTABLE POSTURE

Not just your physical posture but the posture of your heart.



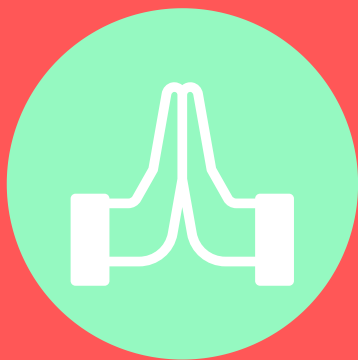
### A DEEP BREATH

Take a deep breath in and out. There is a lot going on in your life.

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## 5 PHRASES



### I WILL BE STILL

We must quiet our hearts, minds and bodies so we can hear and see Jesus.

**Psalms 46:10**



### MEET AND GREET

What do you think it would look like to meet and greet Jesus today?

**Jeremiah 33:3**



### BEHOLD AND BE HELD

Can you see Jesus with your heart eyes? Can you sense His presence and embrace?

**Psalms 145:18**



### LOOK AND LISTEN

Did you know you can ask Jesus questions and hear the answer? Ask Jesus what He wants to show you and tell you today.

**Psalms 119:18**



### PRINT, PAINT AND PRAY

What did God say to your heart today? Write it down in a journal. Draw or paint a picture about what you saw.

**Habakkuk 2:2**