

Week Five: Smelling

Key verses: Psalm 51:1-2

Supplies

Option 1 for candle experience: scented candles and way to light them

Option 2 for smell guessing: small containers (like jars, cups, glass bowls) covered with foil, with six edible elements (for instance lemon slice, cinnamon, coffee grounds, vanilla, oregano, garlic)

Read

“Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin!” Psalm 51:1-2

Respond

Option 1: Light one candle and sit close enough to smell it. Describe the smell. Extinguish the flame and describe the new smell. Repeat with additional candles. Wonder about what it feels like to know that God extinguishes our wrongdoings with great compassion.

Option 2: Invite each person to create one smelling container without letting others know what is in it. Cover with foil, making a small opening. Take turns smelling and describing what you smell even if you can't name it. Share what a container of something “completely clean” might smell like.

Pray

God of all times and all places. God of sight, taste, sound, touch, smell, and service. Grant us your grace in this season of Lent as we ready our hearts and bodies to remember Christ's sacrifice and anticipate the celebration of Christ's resurrection. Provide us with better understanding of new life and unity. Bring us into deeper relationships and greater community, springing from the joy and hope that comes from an intentional walk with Christ. Amen.