



# **8 senses**

**A GUIDE TO DEEPEN YOUR CONNECTION  
WITH THE HOLY SPIRIT**

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## Understanding the 8 senses

The concept of **8 Senses** came about when God asked me to write him a *love letter*. Verbal language cannot fully capture how we experience God because our encounter with the Holy Spirit transcends words. Inspired by this, I have created this guide for anyone looking to deepen their connection with God. This guide is designed to help you activate all eight sensory systems<sup>1</sup> to cultivate a deeper awareness of God's presence and awe in your life.

1. **The Visual System (Sight):** The visual system revolves around the eyes, which sense light and turn it into signals the brain can understand.
2. **The Auditory System (Hearing):** The auditory system is centred on the ears, which pick up sound waves, turn them into vibrations in the eardrum, and then change them into signals processed by the brain.
3. **The Tactile System (Touch):** The sense of touch, or tactile system, works through sensors in the skin that feel pressure, temperature, and pain.
4. **The Interoception System (Internal Sensations):** Interoception is the awareness of internal body feelings, like your heartbeat, hunger, or breathing, sensed by special nerves inside the body.
5. **The Olfactory System (Smell):** The sense of smell, or the olfactory system, works through the nose, where scent molecules connect with receptors. These send signals to the brain's limbic system, which handles memory and emotions.
6. **The Gustatory system (Taste):** The sense of taste depends on the buds on the tongue, which can identify five basic flavours: sweet, sour, salty, bitter, and umami.
7. **The Vestibular System (Balance):** The vestibular system, found in the inner ear, helps detect balance and the body's position in space by using fluid-filled canals that sense movement and gravity.
8. **The Proprioception System (Body Awareness):** Proprioception, or body awareness, comes from sensors in muscles, joints, and tendons that give information about the body's position and how it moves.

By engaging these senses, you can develop a holistic worship experience that strengthens your intimacy with Yahweh. Let each sense remind you of His faithfulness, His love, and His transformative power.

## Experiencing God through the 8 senses

### 1. The Visual System: Experience God's Majesty through Sight

Your sense of sight allows you to experience God's majesty and draws you closer to him. Pause to gaze upon the sky, the stars, the ocean, animals, plants, or people you come across, recognising that these are declarations of God's glory. A beautiful sight to behold.

*"But ask the animals, and they will teach you, or the birds in the sky, and they will tell you, or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the LORD has done this? In his hand is the life of every creature and the breath of all mankind." Job 12:7 (NIV)*

*"The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes." Psalm 19:1-3 (NIV)*

#### *Practice:*

- **Observe sunrises and sunsets.** Take some time to notice the vibrant colour and transitions of light, reflecting on God's beauty. Each new day is a blessing of his mercy and faithfulness.
- **Connect with nature.** Take a hike, go on a prayer walk, or tend to your house plants or garden. As you pass by the park and riverside, pause to honour the details around you - the rustling leaves, flowing water, chirping birds, or sprouting seeds you nurture.
- **Observe the beauty in people.** Notice their kindness, passions, and unique journeys. As you interact, pause to honour the details - a warm smile, a thoughtful gesture, or the resilience reflected in their stories.

#### *Reflection:*

- *Holy Spirit*, how can the beauty I see around me today remind me of Your glory and creativity?
- Are there things You want me to notice or focus on in my environment to draw closer to You?

## 2. The Auditory System: Hearing God's voice

Your sense of hearing allows you to connect with God on a deeper level. The Bible encourages us to listen with intention and discernment.

*The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind, there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came to a gentle whisper." 1 Kings 19:11-12 (NIV)*

*In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him, nothing was made that has been made. In him was life, and that life was the light of all mankind." John 1:1-4 (NIV)*

*"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it." Isaiah 30:21 (NIV)*

### Practice:

- **Immerse yourself in Christ-centred music.** Allow the tune of instruments to flow through your ears, the tempo of emotions to travel through your mind and the harmony of words to permeate your soul, inviting God's presence into your atmosphere.
- **Hear God through his word.** Imagine the word of God coming alive to you as you read it. What are the words you are reading echoing to you?
- **Listen to Nature's symphony.** Pay attention to the wind rustling through trees, the sound of rain, and the heartbeat of the ocean whilst reflecting on God's magnificence.
- **Embrace the stillness.** Carve out time in silence and enjoy a quiet moment to hear the still small voice of God, according to 1 Kings 19:12 (NIV): *"And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper."*

### Reflection:

- *Lord*, how are You speaking to me through the words of Scripture, worship, or the sounds of creation?
- Are there distractions I need to silence so I can hear Your voice more clearly?

### 3. The Tactile System: Experience God's presence through touch

Your sense of touch is a profound gift that connects you, grounding you in the present moment. It serves as a reminder of God's tangible presence in your life. Feel the warmth of sunlight on your skin, the coolness of water flowing through your fingers, or the firmness of the earth beneath your feet. Every texture, sensation, and gentle breeze whispers of His creation, inviting you to recognise His nearness in the ordinary and extraordinary moments.

*"As Jesus was on his way, the crowds almost crushed him. And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped."* Luke 8:42-44 (NIV)

*"When my glory passes by, I will put you in a cleft in the rock and cover you with my hand until I have passed by."* Exodus 33:22 (NIV)

#### *Practice:*

- **Mindful prayer posture.** Be intentional about your prayer postures. Include kneeling in humility, standing in reverence, lifting hands in praise, hands on your chest for connection, bowing your head in respect, walking for connection, or lying down in trust.
- **Embrace others:** Give or receive a hug from someone. Feel the closeness and warmth as a reminder of God's love and the connections He creates among His people.
- **Art or crafts:** Engage in something creative with your hands, whether it's painting, pottery, or even baking. In the process, reflect on how God's presence can be experienced through your creative touch.
- **Engage with nature's textures.** Feel the calming textures of nature with sand or soil, notice the smoothness of a pebble, the crisp edges of a leaf, or the cool touch of flowing water. Allow these experiences to ground you.

#### *Reflection:*

- *Holy Spirit*, how can I open myself to feel Your touch in my heart, even in moments when I feel distant from You?
- How can I be more attuned to Your presence?
- When I feel disconnected, how can I remind myself that Your love is always near?

#### 4. The Interoception System. Sensing God's presence within

Your interoceptive sense allows you to tune into your body. By being mindful of your heartbeat, breath, or internal states, you can draw closer to God and experience his presence in the rhythms of your being.

*"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own." 1 Corinthians 6:19 (NIV)*

*"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be." Psalms 139:13-16 (NIV)*

##### *Practice:*

- **Practice breathing prayers.** Pay attention to your breath. As you inhale, feel the life and peace God has given you. As you exhale, release worries and surrender to God's care. For example, pray using Philippians 4:13 (NIV): **(inhale)** *I can do all things* **(exhale)** *through him who gives me strength.*
- **Tune into your heartbeat.** Acknowledge God's presence within. Listen to the rhythm of your heartbeat and let it be a reminder of God's constant nearness.
- **Release tension through prayer.** Scan your body and identify areas of tension or discomfort. Pray for God's healing touch to fill you with peace and strength. For example, pray using Philippians 4:7 (NIV): *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*
- **Honour your body's need for rest.** Trust that God, the creator of your body, invites you to honour it by resting in his love.
- **Recognise God's Prompting.** Notice how emotions or physical sensations may reflect God's prompting or calling. When you feel anxious, ask God for peace and direction; when you feel joy, thank him for his goodness.

##### *Reflection:*

- *Holy Spirit*, what are my internal sensations revealing about the areas where I need healing or peace?
- How can I better listen to the signals within me to discern where You are leading me?

## 5. The Olfactory System. Sensing God's sweet aroma

Smell is a powerful sense that can evoke deep emotions, memories, and associations. Just as a pleasant aroma uplifts the spirit, God desires to fill you with the sweet aroma of his love, peace, and grace.

*"For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing. To the one we are an aroma that brings death; to the other, an aroma that brings life. And who is equal to such a task? Unlike so many, we do not peddle the word of God for profit. On the contrary, in Christ, we speak before God with sincerity, as those sent from God."* 2 Corinthians 2:15-17 (NIV)

*"And walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God."* Ephesians 5:2 (NIV)

### *Practice:*

- **Explore Nature's Natural Fragrance.** Step outside and inhale the freshness and fragrance of earth's scent. Notice the sweetness of blooming flowers. Just breathe. Breathe in the warm, sunny aroma of summer herbs like basil, rosemary, or mint. Let the fragrance of fruit trees and the sweetness of ripening berries fill the air. Whether it's the rain's refreshing scent, the sweetness of flowers, or the earthy smell of autumn leaves, take a moment to step outside and reflect on how natural fragrances connect you with the Creator.
- **Fragrance of Home.** Appreciate the inviting smell of food cooking or bread baking, essential oils, and scented wax candles. The fragrance of fresh laundry, the inviting scents of fresh-brewed coffee, or the simple comfort of familiar smells around the house. Reflect on aromas that connect us to the nurturing presence of God and His provision whilst expressing gratitude for the ability to smell.

### *Reflection:*

- *Lord*, how can my life become a sweet aroma that pleases You today?
- *Holy Spirit*, how can I pause today to notice the ways You speak to me through the scents of the world around me?

## 6. The Gustatory System. Savouring God's goodness

Taste is one of the most intimate senses, directly connecting us to the world in a way that speaks deeply to our bodies and souls. It's a gift from God that enables us to experience the richness of His provision through the foods we eat. Every flavour, whether sweet, salty, sour, or bitter, can be seen as an invitation to savour the goodness of His creation and to reflect on His love and care for us.

*"Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'" John 6:35 (NIV)*

*"Taste and see that the Lord is good; blessed is the one who takes refuge in him." Psalm 34:8 (NIV)*

*"How sweet are your words to my taste, sweeter than honey to my mouth!" Psalm 119:103 (NIV)*

### Practice:

- **Savour the flavours.** As you enjoy your meals, take time to savour the flavours. Let the richness of the taste be a reminder of God's provision, the depth of His love and the satisfaction He offers you. Pay attention to the delicate details of the flavours; the herbs, the aroma and the uniqueness of the meal. Use this time to thank God for the gift of food, for sustaining your body, and for His daily provision.
- **Sweetness:** The taste of sweetness, whether from fruit, honey, or dessert, can remind us of the sweetness of God's love, grace, and mercy.
- **Salty:** Salt enhances flavour, and it is also a preservative. Similarly, God's presence in our lives brings depth and preservation to our souls.
- **Sourness:** While sourness might seem unpleasant, it too has a purpose, often stimulating our taste buds and awakening our senses. In a spiritual sense, sour experiences; those of hardship or correction can help us grow, refine our character and deepen our dependence on God.
- **Bitterness:** Bitterness may be a more difficult taste, but it can remind us of the trials and suffering that are a part of life. Yet even in these moments, God's goodness remains.

### Reflection:

- *Lord*, what does the variety of flavours teach me about your richness?
- *Father*, thank You for the spiritual food You provide through Your Word. Help me to hunger for it, to savour every moment spent in prayer and reflection, and to experience Your goodness more fully through these practices.
- How can I share the goodness of God with others around me, both physically and spiritually? What does it mean to offer the 'bread of life' to those in need?



## 7. The Vestibular System. Grounded in God's foundation

Your sense of balance, both physical and spiritual, is foundational to our ability to navigate through life's ups and downs. The vestibular system, which controls balance and spatial orientation, teaches us valuable lessons about stability and grounding. Just as your body depends on your vestibular system to stay steady, your spirit depends on God to remain anchored and secure, no matter what life may bring.

*"That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither whatever they do prospers."* Psalm 1:3 (NIV)

*"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock."* Matt 7:24-25 (NIV)

### Practice:

- **Take time for prayer walks.** A prayer walk is a type of intercessory prayer that involves walking to or near a particular place while praying. On your walks, reflect on God as your guide and anchor.
- **Take quiet moments to reconnect.** Set aside a few moments throughout your day to pause and reconnect with God. These quiet moments can help restore your balance, whether you're at work, at home, or out and about. For example, every few hours, take a brief pause, close your eyes, breathe deeply, and reflect on God's presence. Use this time to mentally and spiritually re-ground yourself in His love and guidance. **Prayer:** *Lord, in the busyness of this day, I pause to acknowledge You. Ground me in Your peace, steady me with Your love, and fill me with Your presence, so I can move forward with clarity and balance.*
- **Visualising God as Your Anchor.** Use visualisation to help you feel God's stability in your life. Close your eyes and picture yourself standing firmly on solid ground, with God's love flowing through you like roots deep in the soil. Visualise His strength surrounding you, keeping you grounded no matter what happens.
- **Practice balance exercises.** Balance exercises like squats, standing crunches and planks. Let the act of finding balance be a reminder of God's stability.

### Reflection:

- *Holy Spirit*, how can I lean on Your word and remain focused to restore balance in areas where I feel overwhelmed?
- *Father*, I stand firm in Your love, like a tree by the waters. Ground me in Your presence, so that no matter what comes my way, I remain rooted in You.

## 8. The Proprioception System. Moving with God's guidance

Your sense of proprioception allows you to sense the position and movement of your body in space, helping you understand where you are and how you are moving. This sense goes beyond just physical movement; it connects to a deeper spiritual truth about being guided and directed by God at every step of your journey. Just as your body naturally adjusts its movements to navigate the world around you, God desires for you to move in alignment with His will, trusting His guidance and wisdom in every aspect of life. The ability to move with intention is not just a physical capacity but a spiritual practice.

*"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'" Isaiah 30:21 (NIV)*

*"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future." Jeremiah 29:11 (NIV)*

*"In all your ways submit to him, and he will make your paths straight." Proverbs 3:6 (NIV)*

### *Practice:*

- **Living Intentionally.** Every step you take is an opportunity to move in alignment with God's will. When you make decisions or act on a plan, invite God into the process. Just as you adjust your body to maintain balance and navigate obstacles, trust God to guide you in making decisions that align with His purpose for your life.
- **Joyful movement as Worship.** Immerse yourself in joyful movement through dancing, stretching, and walking as acts of worship. Use each step, stretch, or dance to express love, surrender, and connection with God, acknowledging your body as his temple. As you move your body, focus on aligning your mind, body and soul with the Holy Spirit.
- **Pause for Reflection.** Just as your body pauses to adjust and maintain balance, take moments to pause throughout your day to recalibrate and seek God's direction. Are your actions reflecting your trust in God's guidance?

### *Reflection:*

- *Heavenly Lord*, how can I honour You with my body and its movements, recognising it as Your temple?
- *Lord Jesus*, when I stumble or feel disoriented by life's challenges, help me to refocus on Your steady guidance.

## Awareness of God: A Daily Journey

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to **offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.**”* Romans 12:1 (NIV)

Together, these eight senses allow you to experience a holistic connection with God, fostering deeper intimacy and awareness of His presence in every aspect of life. Each day, choose one sensory system to focus on as a form of worship. Whether through sight, sound, or touch, invite the Holy Spirit to reveal himself to you in fresh and profound ways. A beautiful way to cultivate intimacy with God.

### Prayer:

*Holy Spirit*, thank you for the beautiful gift of my senses. Thank you for my eyes that see the beauty of your works, my ears that hear your still small voice, my hands that feel the warmth of Your presence.

*Holy Spirit*, I invite you to awaken me to your presence within and around me. Help me to notice the ways you reveal yourself in the ordinary and the extraordinary. Teach me to trust in your guidance, even when I cannot see the full picture.

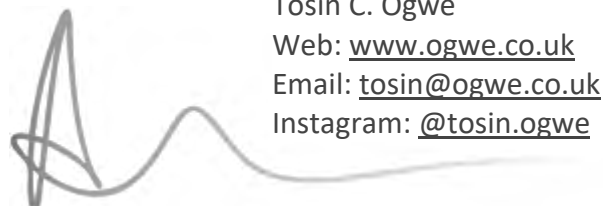
Open my heart to encounter you more deeply. Let my senses become pathways of your grace, leading me to a fuller understanding of your love. Grant me the grace to see your hand in the beauty and trials of life, to taste and know that you are good, and to smell the fragrance of your presence.

Draw me ever closer to you, *Yahweh*, as I learn to trust and rest in the assurance of your eternal love. Thank you for Your unending kindness, for the love that flows through every part of my life, and for the priceless gift of salvation. I pray that my senses always lead me back to worship You in spirit and truth.

In Jesus’ name, Amen.

## Sources

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