



## **Praying with Creation:**

### **Using your senses to meet with God**

Take a wander to find a sheltered spot where you can sit on a rock or tree stump (avoid benches if you are able, but do take a plastic bag to sit on if the ground is wet!). As you walk ask God to direct you to the right place. Trust that where you end up is where God wants you to be and take your time.

When you have found your spot, thank God for bringing you to it, ask him to open your senses to what he wants to reveal to you.

Before sitting down – look carefully at what you have decided to sit on, what is it made from, how long do you think it has been there? Who might have walked past it over the years, who else might have sat on it?

Now touch your seat, feel its textures and form. How has it been shaped? By wind and frost, by human hands or other creatures?

As you sit down look around you – what can you see from your seat? Look around at the wider view, then slowly focus in on the small things at your feet. Who or what are you sharing this spot with?

Shut your eyes and try to feel which way the wind is blowing from. Can you smell any-thing on the breeze? Can you feel the warmth of the sun on your skin. Can you hear any noises around you – which ones are made by humans and which ones are made by other members of God's creation?

Imagine that God has sat down next to you, open your eyes and look around you again – what might God want you to see? Is there anything that you want to show to God?

There can be a deep joy in just being with God in creation, allow yourself to be awed, amazed and humbled by what your senses experience. You could also ask God if there is a deeper meaning to what you have experienced that he wants to reveal to you.

When you are ready, prepare to leave, thank God for bringing you to this space, thank God for the things he has shown you, the things you have heard, touched, smelled and seen. Pray for God's peace to rest in this space – on the rocks and soil which form the background for the space, on the plants that grow there, on the animals that live there, and on the people who will pass through the space in the future. Finally as you leave pray for God's peace to go with you as you journey on.