

PRAYING WITH NATURE

- ❖ Sit or take a slow reflective walk. Notice the various aspects of nature and allow yourself to be drawn to one particular aspect. Listen to it; look, taste, touch, smell it.
- ❖ Ponder what you have chosen. What is *God* saying to you through it? What meaning does its message hold for you?
- ❖ Share your thoughts and feelings with *God*. Listen to *God's* response.
- ❖ Rest silently in *God's* loving embrace.

What did you learn about *God*?
What did you learn about yourself?