

Walking With God in Nature

Take some time with God in nature through a quiet walk outdoors or by gazing out the window. Remember that God is with you wanting to show you something about himself through his creation. Ask God for what you need in this time.

“Ever since the creation of the world, God’s eternal power and divine nature, invisible though they are, have been understood and seen through the things he has made.” Romans 1: 20 (NRSV)

In this season notice the things that seem living and those that seem dead. Talk with God about what you see with your eyes, hear with your ears, touch, smell or taste. Notice how God has equipped to you take in and enjoy all he has created.

Ask God to enlighten “the eyes of your heart” (Ephesians 1:18) to see nature with God’s eyes.

Notice your thoughts and feelings and respond to God out of the thoughts and feelings that come up in you. At the end of your walk spend some time writing about your experience:

What did you discover or re-discover about God? about nature? yourself ?

What might God be inviting you to consider during this season? as you look ahead to the challenges you are facing?

What do you need prayer for?