

Midweek Creation Reflection

PRACTICE: Paying Attention

We are surrounded with the beauty of God's Creation where ever we are, in every moment, of every day.

I invite you to pay attention this week.

Set aside your phone and books.

Lay down your distractions, your lists of should(s) and shouldn't(s), leave your tasks undone for a time.

This is God's time now.

Simply find a place by a window, on your landing or porch, in your front or backyard.

Step outside if you are able.

Do this as a family or in solitude.

All you need to do is to pay attention.

Simply be with the presence of God within the beauty of Creation.

Be still in your heart.

What is this like for you/for your family?

Be patient.

What do you notice?

What colors, sights, smells, sounds are you experiencing?

The smell of people cooking? A breeze against your skin?

Birdsong. Children squealing with delight.

Bees buzzing, crickets chirping.

Immerse yourself in the divine majesty of creation!

What is your earliest memory of having experienced the presence of God through Creation?

Or, have you ever felt the presence of God in creation?

