

# Midweek Creation Reflection

PRACTICE: Go for a walk with God.

If you are able, take a stroll with your dog, as a family, or by yourself around your neighborhood.

Or imagine a time when you went for a hike or a walk.

Really immerse yourself in imagination with the Holy Spirit.

How do you feel?  
What do you hear?

Do you recognize God in the clouds, insects and roadrunners?

What are the trees and flowers whispering to you?

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Describe a time when you have experienced or witnessed the healing presence of God through creation.

What was that like for you?

Share this experience with someone you love.

