

Aug 9 Practice

Walking Meditation: Holy Ground

What is holy ground? It is where God's presence resides. This walking meditation invites you to take a walk in your neighborhood and notice that God's holy ground can be found anywhere and everywhere. Here are a couple of Bible verses to get you primed:

In the Old Testament, we discover that holy ground is where the angel of the Lord is present or refers to the physical temple of the Lord.

Exodus 3:2-5 NIV There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, "I will go over and see this strange sight—why the bush does not burn up." When the Lord saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am." "Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground."

In the New Testament, we see the prophetic words of Leviticus 19:2 NASB 'You shall be holy, for I the Lord your God am holy' coming to pass as we learn that we, ourselves, are a temple of the Lord in which the Holy Spirit indwells.

Ephesians 2:19-22 Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Before you walk:

- Consider finding out which Indigenous territory you will be walking on to offer a land acknowledgement. Say a prayer in gratitude for those who considered this land sacred long before we now walk on it. Take a moment of silence in lament for the many ways Indigenous peoples were mistreated during the colonization of this land.
- Decide if you would like to walk alone or with a friend or furry companion.
- Be prepared. Take water, sunscreen and or an extra layer along as needed.

While you walk:

- Walk with reverence. Practice "sauntering." The definition of "saunter" in the Oxford Dictionary is "to walk in a slow, relaxed way." The word origin is French-- "à la Sainte Terre" which means "to the holy land." How does the practice of acknowledging that you are walking on holy ground change your experience of walking and the natural world around you?

- Focus on your five senses to stay in the moment and notice details with awe and honor. You may wish to try honing in on a single sense-- vision, hearing, touch, and smell for 5-10 minutes each to focus your noticing.
- The noticing itself and giving the glory to God IS the prayer. Throughout your walk, remind yourself, "I am standing on holy ground-- God's presence is here."
- As you experience the awe and wonder of creation, realize that you, yourself, are an honored and beloved part of creation too. You are holy ground. I am holy ground. Wow!



Ideas for after your walking meditation:

- Offer a moment of gratitude in silence. Thank God for giving us creation and our 5 senses as pathways to realizing God's love for us.
- Listen to a song of your choosing in honor of this time.
- Journal a response...a poem, prayer, drawing, etc.
- Share your experience with your walking companion or another friend if you walked alone.

Land Acknowledgement Resources:

- <https://native-land.ca>
- <https://calgaryfoundation.org/about-us/vital-priorities/strengthening-relationships-with-indigenous-communities/land-acknowledgement/>

Kids Version:

Take a walk with your kids and bring along a 2 min timer. Every time the timer goes off, stop and exclaim together, “I am standing on holy ground-- God’s presence is here!” Each person finds “proof” of God’s presence by scavenging a small, handheld piece of nature like a pinecone/rock/leaf/stick and telling the others why it is special or what it shows you about God. Return your items to nature and continue walking-- repeat the next time your timer rings. At the end of your walk, remind each other that God says our bodies are holy ground too because God’s Spirit lives in us. Wow! Say together, “You are holy ground. I am holy ground. Thank you God!”



Bible verse: Leviticus 19:2 NASB “You shall be holy, for I the Lord your God am holy”

