

# OUTDOOR PRACTICES

Experience God Everywhere This Summer



## Walking on 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.:

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."

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.

***Ephesians 2:21,22***

***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.***

## Continued

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-- “a 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.
- The noticing itself and giving the glory back to God IS the prayer. Throughout your walk, remind yourself, “I am standing on holy ground-- God’s presence is here.”
- Realize that you, yourself, are an honored 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 closing the time of meditation.
- Journal a response...a poem, prayer, drawing, etc.
- Share your experience with your walking companion or another friend if you walked alone.



## For Kids

Find out what traditional territory you live on at [www.nativeland.ca](http://www.nativeland.ca).  
Teach your family!

*In the settler mind, land was property, capital, natural resource. But to our people, it was everything: identity, connection...home..our pharmacy, our library, the source of all that sustained us. Our lands were where our responsibility to the world was enacted, sacred ground. It belonged to itself; it was a gift, not a commodity, so it could never be bought or sold.*

*Robin Wall Kimmerer*