

THE ROAD CHURCH PRESENTS 2021'S

OUTDOOR PRACTICES

Experience God Everywhere This Summer



Embracing Wonder & Mystery

Sit and Stay - developed by Dianne Draper

You might think that observing the natural world is simply a matter of looking around you — but there's more to this observing than meets the eye. If we understand that the natural world is a sanctuary that enables us to praise and worship God, then developing an 'intentional curiosity' about God's creation as well as the observational skills that help us explore and appreciate the wonder of it all, can help enhance the depth of our worship.

VISION FOR NATURE PRACTICES:

- to be present and aware in nature
- to be curious and take time to observe more deeply
- to be connected with God and God's creativity reflected
- to make just connections between you and the rest of creation
- to be moved to worship because of the splendour of His creation

Attending to the Creator's world is a practice that yields fruit in our body, mind, heart, family, community and society. Try these regularly and see what fruit grows in your life this summer.

Psalm 104:24-25

O Lord, what a variety of things you have made! In wisdom you have made them all. The earth is full of your creatures.

Sit and Stay

Continued

Find a "sit spot" and hang out there for 25-30 minutes without doing anything else. Relax and enjoy nature with all your senses - see, hear, smell, touch, even taste the world!

The first ten minutes probably will pass quite easily as you watch, listen, and pay deliberate attention to the natural elements around you. During the next ten minutes your mind may well wander and your body may feel restless, but if you can get past those distractions and remain in your sit spot for the rest of the time, you may be amazed by what is revealed to you in this deeper state of focus and observation.

Take time to reflect on what you experienced. Journal or sketch out a response. What question do you have about the place you are in? What is mysterious or unknown to you? What is surprising? Anything awe-inspiring?

Make a deliberate prayer of thanksgiving for the details you noticed. And notice how practicing noticing changes how you see in the rest of your day.



Activities for Kids of All Ages

Make a Pinecone Birdfeeder

-Pick a large open pinecone.

-Tie a natural fibre string to one end.

-Melt 1 cup of peanut butter and 2 T butter; mix well

-roll the pinecone in the PB/butter Rix

-Next roll the pinecone in a birdseed mix

-Hang in a safe place and watch who comes to visit!

Perhaps our humanity begins in receiving the consolation of the ordinary. So many people wish to find God in some parallel world outside or beyond this one. We do not need to search for God. We need to be open to his world of pain and beauty. It is in our attentiveness to this broken world that God finds us.

-Marilyn Nelson