

## An Awareness Walk

Go for a very leisurely walk outside or just sit. Use your five senses to engage with the world which God the Creator has made

Remember Psalm 8: ‘When I consider your heavens ....what is man...?’  
and the words of Jesus: ‘Look at the birds... look at the lilies’ (Matthew 6)

Now look ...

What can you **see**? A bird, a beetle, a worm, a spider’s web?

Look at the grasses, many different kinds ... **touch** them ...look carefully at them .... So with the leaves and twigs and bark ....

Look at the flowers ... touch them gently so that you do not harm them ....  
Look at the stamens, sepals, the leaves, the blossoms ... **Smell** their fragrance.

Now **listen** ... No doubt you may hear cars, but what else can you hear – a bird? The rustling of leaves? The chirrup of an insect?

Perhaps there is something you can **taste**?

Now look at the larger scene, the great trees ... the patterns in the clouds ...  
the colors of the skies ...

What is it saying to you? Can you recognize some of the parables in nature that speak to you today, in your present situation?

Be alert to those things which grab your attention, which ‘accidentally’ come across your path. Recognize that God is in such happenings.

And all this – made by God ...

‘and not a sparrow falls without ....’

Worship Him who made all this ....

‘What is man?’ ..... Who am I? .....

And yet I am loved and ‘every hair of my head’ ...

Allow your heart to rise to God in worship and praise.

Perhaps collect a few things which will not spoil the garden or the countryside to take back to make a small display.

By Tony Horsfall