

## Seeing Creation through the eyes of the Holy One

*A meditation of about two hours for anyone, any time, any place. From The Quiet Garden, Keats, Kansas.*

Find a quiet place by yourself.

From where you are, focus on your surrounding environment.

How many different aspects of God's creation can you observe from this one place?

Use all your senses - look, listen, smell, and touch.

Write down everything you observe. Don't be concerned about not knowing the names of things.

Find one particular living thing (plant, insect, bird) that you can closely observe. Write a detailed description of it, noting everything you can observe. Include its relationships with its environment. Be as detailed as possible.

Meditate on the scriptural truth that you are God's appointed caregiver of that living thing you have just described.

How has your observation affected how you think about your responsibility as a caregiver toward that small piece of God's creation?

Read Psalm 148.

Take some time to pray, thanking and praising God for the creation surrounding you.

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*From Earth Prayers from Around the World. 365 Prayers, Poems, and Invocations for Honoring the Earth. By Elizabeth Roberts, Elias Amidon, eds.*