



Praying with nature

‘a magnificent book in which God speaks
to us and grants us a glimpse of his infinite
beauty and goodness’

Pope Francis

Laudato Si



God of love, show us our place in this world
as channels of your love
for all the creatures of this earth,
for not one of them is forgotten in your sight.
Enlighten those who possess power and money
that they may avoid the sin of indifference,
that they may love the common good,
advance the weak,
and care for this world in which we live.
The poor and the earth are crying out.
O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
of justice, peace, love and beauty.
Praise be to you!
Amen

Praying outside in nature

- A prayerful walk
- Use one of your senses only
- Be attentive to nature and your body
- Stop and sit
- Paths or labyrinths



Praying outside in nature

"In every walk with nature one receives far more than he seeks"

John Muir



Praying with an object

- Physicality – touch
- Attentive
- What you notice
- What it says to you
- How you respond

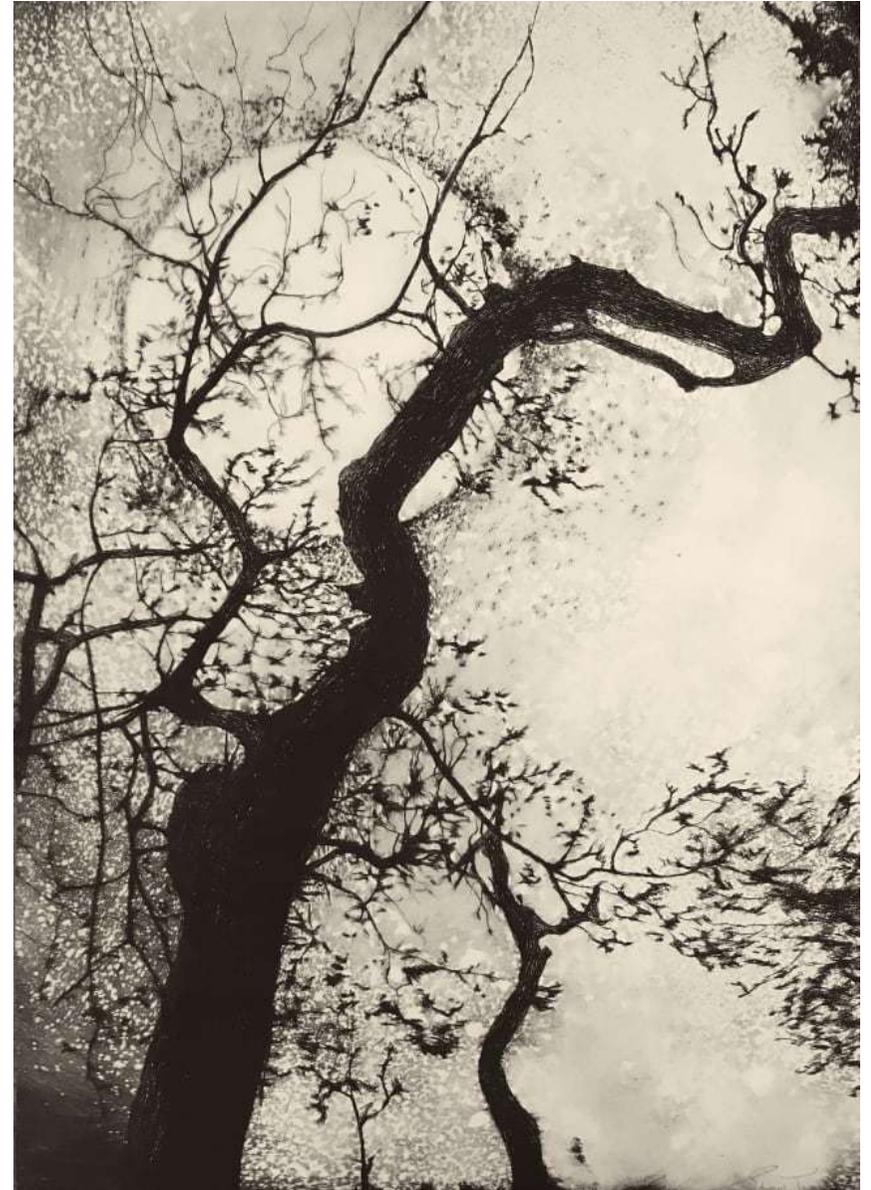


Praying with a tree

- Touch
- Complexity
- Interdependence
- Gratitude

“Just to see a tree once,
you'd never have to
go hear a sermon again the
rest of your life.”

Meister Eckhart



Symbolism of nature



- Use as a theme
 - Seasons
 - Growth
 - Resilience
 - Connectedness
 - etc...