

Session 1:

BEING PRESENT WITH GOD IN CREATION - A PRACTICE

- Find a natural place to sit, stand, or walk.
- You might choose to set a timer for seven minutes or practice being present for one loop around the neighborhood.
- Take a deep breath, and invite your children to do the same..
- Ask God to be present with you.
- Begin to notice the various aspects of creation surrounding you.
- Use all five of your senses. Follow the directions below to pay attention.
- When you get distracted, simply re-start where you left off, start over, or say the verse from Revelations 4:11 below.
- With children, focus on helping them enjoy the noticing and naming rather than completing the assignment. Say, "Wow, isn't God amazing!" with each thing they name.



Name 5 things you can see.
Name 5 things you can see.



Name 4 things you can hear.
Name 4 things you can hear.



Name 3 things you can feel.
Name 3 things you can feel.



Name 2 things you can smell.
Name 2 things you can smell.



Name 1 thing you can taste.
Name 1 thing you can taste.

"You are worthy, our Lord and God,
to receive glory and honor and power,
for you created all things,
and by your will they existed and were created."
~Revelation 4:11 (NRSV)