

A Walk With God

We all may be feeling a bit cooped up during this time, so ...

When the weather is nice, go outside.
Notice what God is showing you.
Walk around.

You might collect some things to place on your table, a reminder of God's wondrous creation.

But as you walk, just notice what you see, hear, what calls you to touch it, to pick it up. When you return, you might think of just a few words that come to mind about your walk. You can journal about the experience, or use the words for a haiku or other poem. Or you can simply sit and reflect on them. To close, simply say a short prayer of thanks to God for all that you noticed.

And, an art meditation

If you collect some things from nature, take a look at the work of the amazing artist, Andy Goldsworthy, to inspire you. You can look at some of his work on short videos on [Youtube.com](https://www.youtube.com)