

Nature's Plenty: Making Time to Be With God

This is a 'go to' if you're feeling a little down, perhaps without purpose. That happens when you don't have the freedom to do so many of the things you normally do, like going to school, playing sports, having sleepovers with friends. So here is something to do that hopefully will make it better.

Being quiet, by yourself, is the way that many, many people make some time to be with God. Many people do meditations, like Centering Prayer. It's hard for most of us to just be still and not have our thoughts jumbling around. So, doing something can help.

You can start with a very simple prayer, like: "God, be with me in this time."

Find some stones. Or seeds. Or anything that's from nature and plenteous.

Make a space on a table or on the floor -a space where no one will bother you (especially a nosy dog!)

Begin to make a design with your objects.

It might be a circle or square...

Or a spiral...

Play with it, see what design shows up.

When you are finished, notice how you feel:

Are you more relaxed?

Are you feeling better?

Before you go, say a little prayer from your heart to God. It might be as simple as 'Thank you.'
You can take a photo of whatever you're created, and then put your objects away, or bring them back outside.



Started with a bunch of stones



You can also do this with others. Sit together at a table, and be quiet or play some music while you create a design. Take a look at what others have done. Maybe someone else will give you a good idea.

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