

## Creation Meditation



Lectio Divina (divine reading) is a way of drawing near to God through prayerful encounter with his word. This is a suggestion that through what I am choosing to call “creation meditation” we can also draw near to God through prayerful encounter with his natural world. This is probably best done on your own, and when you have a little time to give to it. It can be done outside on a walk, working or sitting in your garden, inside with something from the natural world, or simply through looking at a picture.

**Reading** - when you read words in Lectio Divina, you give the words your full and deep attention. In creation meditation, you give the natural world wherever you have chosen to be, your full and deep attention. Look closely and carefully; touch if you can; listen; use all of your senses to become aware of what is around you.

**Meditation** - what do you particularly notice today? Be still and see which part of the creation that surrounds you is drawing your attention. Reflect on what you are experiencing, acknowledging the feelings and the questions that go with that reflection. What might God be saying to you through your attentiveness today?

**Prayer** - talk to God about what is bubbling up inside you. Be honest, he knows anyway. This is a conversation with a friend who loves you more than you can imagine and wants to bring light into your life.

**Contemplation** - be still and let your God love you. Words are no longer necessary; simply enjoy time in the presence of God and let him give you what he knows you need.