

PRAYING WITH CREATION

AS PART OF CREATION OURSELVES, WE ARE MADE TO BE IN UNION WITH ALL OF NATURE AROUND US. WHEN WE TAKE THE TIME TO CONNECT WITH AND EXPERIENCE NATURE, OUR LOVE FOR IT AND ITS CREATOR GROWS.

God sent His only Son into this world to redeem it and restore it, and He calls us to put our love into concrete action through careful stewardship of and respect for the created world of which we are a part.

“For the creation waits with eager longing for the revealing of the children of God ... in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God.”

ROMANS 8: 19, 21

SOME TIPS FOR PRAYING OUTSIDE

1. Whether it's in your backyard or in a nearby reserve or in a national park, find a place where you can sit or walk in the heart of nature.
2. Use all your senses to connect with the natural surroundings around you.
3. Slowly read through Psalm 104, letting yourself marvel at the beauty of the world God has loved into life.
4. Take the time to feel peace and gratitude. Thank God for the gift of life in all its many and varied forms around you.



If God moves you to action as you pray (eg. suggests you plant a tree, or start riding your bike rather than driving your car, or adopt water and energy saving practices in your home and workplace etc), make sure you get around to doing it!

“You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.”

REVELATION 4:11

PSALM 104

GOD THE CREATOR AND PROVIDER

Bless the LORD, O my soul.
O LORD my God, you are very great.

You are clothed with honour and majesty,
wrapped in light as with a garment.

You make springs gush forth in the valleys;
they flow between the hills,
giving drink to every wild animal.

By the streams the birds of the air have
their habitation;
they sing among the branches.

From your lofty abode you water the mountains;
the earth is satisfied with
the fruit of your work.

You cause the grass to grow for the cattle,
and plants for people to use,
to bring forth food from the earth,
and wine to gladden the human heart,
oil to make the face shine,
and bread to strengthen the human heart.

The trees of the LORD are watered abundantly.
In them the birds build their nests;
the stork has its home in the fir trees.

You have made the moon to mark the seasons;
the sun knows its time for setting.

You make darkness, and it is night,
when all the animals of the forest come
creeping out.

The young lions roar for their prey,
seeking their food from God.

When the sun rises, they withdraw
and lie down in their dens.

People go out to their work
and to their labour until the evening.

O LORD, how manifold are your works!
In wisdom you have made them all;
the earth is full of your creatures.

Yonder is the sea, great and wide,
creeping things innumerable are there,
living things both small and great.

These all look to you
to give them their food in due season;
when you give to them, they gather it up;
when you open your hand, they are filled with
good things.

When you hide your face, they are dismayed;
when you take away their breath, they die
and return to their dust.

When you send forth your spirit, they are created;
and you renew the face of the ground.

May the glory of the LORD endure forever;
may the LORD rejoice in his works.

I will sing to the LORD as long as I live;
I will sing praise to my God while I have being.

Bless the LORD, O my soul.

Praise the LORD!