

## Prayer and Nature

Do you like nature? Perhaps walking somewhere, or just looking out of the window or at a beautiful picture. Many people find nature makes them feel close to God so it can be ideal to help us pray.

Next time you walk somewhere, perhaps pause a few times to breathe in the air or look at the view and give thanks to God. It can be silent!



Look at a view or find a picture and then look at:

- The things closest in the picture and pray for people and situations close to you
- The things that are more distant and pray for bigger situations that affect people across the country or world.



Pick up five different stones or leaves, or anything that catches your eye while you're outside. Hold or look at them and pray for five different people or situations. It can be silent prayer or very simple

“Loving God, I pray for ..... . Surround them with your love. Amen”.

Or you might find you have a lot to say to God!

Make a picture from things you find as you go for a walk. You may like to glue them onto paper or use sticky back card (you can make your own using a cereal box and double-sided tape). Use your picture to help you talk to God.



**Prayer - Everyone, Everywhere!**

#LetsPray



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