

## **Awareness of Creation**

There are many ways to spend time enjoying God's creation and you can do so in your own neighborhood or at a park. The hope with this discipline is simply to get outside and begin seeing creation anew. As you are outside take time to slowly notice things you normally wouldn't about the created world and acknowledge that God made them wonderfully to be admired and enjoyed. The main goal of this practice is simple: get outside, take your time taking in all that the creation has to offer, see God's goodness in this beauty.

Here are a few ways you can help slow yourself down and notice creation in a new way:

- Go for a walk but try to walk as slow as possible. The goal is not to get anywhere but to notice things as you walk. If you see something that catches your eye stop and spend a couple of minutes admiring it.
- Sit outside and journal about or draw what you see. If you are journaling go into great detail about what you see.
- Take a camera with you on your outdoor adventure and captures things that you see beauty in.
- At the very least simply get yourself outside more this week. Even if you aren't taking intentional time to observe creation you will be amazed at how quickly you notice its beauty as you spend more and more time in it.