

Go for a very leisurely walk, or walk and find a place to sit. You might choose to walk through the countryside, or beside a river, or sit on top of a hill, or choose a noisier location – a café, a car park, a football field! The idea is to become aware of God's presence wherever we are. These are ideas below to help you reflect whichever situation you choose.

## AS YOU SIT OR WALK

"when I consider your heavens,  
the work of your fingers,  
what is man that you are mindful of  
him?"

Psalm 8

Now look...

What can you see? A bird? A beetle? A  
worm? A spider's web?

Look at the grasses - many different  
kinds... touch them... look carefully at  
them.

So with the leaves and twigs and bark

Look at the flowers ... touch them gen-  
tly so that you do not harm them ... look  
at the stamens, the petals, the leaves,  
the blossoms.

Look at the fallen leaves, the textures,  
the colours, the patterns.

Now look at the larger scene – the great  
trees, the patterns in the clouds, the  
colours of the skies.

Now listen ... you may hear people, ma-  
chines, a bird ... rustling leaves, water,  
the chirrup of an insect.

All this made by God

"Are not two sparrows sold for a penny?  
Yet not one of them will fall to the  
ground apart from the will of your  
father" Matt 10:29

O Lord my God! When I in awesome wonder  
consider all the works Thy hands have made.  
I see the stars; I hear the mighty thunder,  
Thy power throughout the universe displayed.

Then sings my soul, my saviour God, to Thee;  
"How great Thou art, how great Thou art!"

Then sings my soul, my saviour God, to Thee:  
"How great Thou art, how great Thou art!"

When through the woods and forest glades I wander  
and hear the birds sing sweetly in the trees;  
When I look down from lofty mountain grandeur  
And hear the brook and feel the gentle breeze.

And when I think that God, His son not sparing,  
sent Him to die, I scarce can take it in;  
That on the cross, my burden gladly bearing,  
He bled and died to take away my sin.

When Christ shall come with shout of acclamation  
and take me home, what joy shall fill my heart!  
Then shall I bow in humble adoration,  
and there proclaim, "my God, how great Thou art!"

A Russian Hymn

## PSALM 8

O LORD, our Lord,  
how majestic is your name in all the earth!  
You have set your glory  
above the heavens.  
From the lips of children and infants  
you have ordained praise  
because of your enemies,  
to silence the foe and the avenger.  
When I consider your heavens,  
the work of your fingers,  
the moon and the stars,  
which you have set in place,  
what is man that you are mindful of him,  
the son of man that you care for him?  
You made him a little lower than the heavenly  
beings  
and crowned him with glory and honour.  
You made him ruler over the works of your hands;  
you put everything under his feet:  
all flocks and herds,  
and the beasts of the field,  
the birds of the air,  
and the fish of the sea,  
all that swim the paths of the seas.

O LORD, our Lord,  
how majestic is your name in all the earth!

## FOR THE HILLTOP

"We all know the word 'big' but getting  
our minds round 'how big is big?' is often  
harder, especially when it comes to  
God and the things He does. Looking at  
something big like a landscape may help  
get nearer to the truth about what the  
implications of 'big' really are"

"Space" – says the Hitchhikers Guide  
to the Galaxy – "is big, really big. You  
just won't believe how vastly hugely  
mind bogglingly big it is. I mean you  
may think it's a long way down the road  
to the chemist, but that's just peanuts  
compared to space."

"For as high as the heavens are above  
the Earth, so great is His love for those  
who fear Him: as far as the east is from  
the west, so far has He removed our  
transgressions from us" David in his  
psalm 103: 11-12

"His wisdom is profound, His power is  
vast" Job 9: 4

## IN A BUSY OR NOISY PLACE

When I play  
my records  
at full volume  
in stereo  
I have to  
close all  
the windows.

I can't stand  
the noise  
of the birds  
outside  
in the trees

Steve Turner

"Mary sat at the Lord's feet but Martha  
was distracted by all the preparations  
that had to be made. "Martha, Martha"  
the Lord answered, "you are worried and  
upset about many things, but only one  
thing is needed. Mary has chosen what  
is better."