Nature

Sometimes things we see, hear or touch in nature can inspire us to pray or reflect on our lives. Christians believe that God created the world to be looked after and enjoyed by people.

Choose one natural object to hold calmly. Think about where it came from. Admire all its details, the patterns and colours, how it feels and any sounds you can hear through it. Consider what a gift this piece of nature is and give thanks for it.

If you would like to, you can write a prayer or a thought on a post-it note and stick it onto the box where the object was.