

**“THE AESTHETIC VALUE OF
CREATION CANNOT BE
OVERLOOKED. OUR VERY
CONTACT WITH NATURE HAS
A DEEP RESTORATIVE POWER;
CONTEMPLATION OF ITS
MAGNIFICENCE IMPARTS
PEACE AND SERENITY.”**

-- Saint Pope John Paul II

REFLECT: RECORD YOUR EXPERIENCES

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____



CONTACT US

**“Through creation,
the Creator and created meet”**

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FIELD GUIDE

7-Day Personal Field Immersion

MEETING GOD IN CREATION

**Discover
Renew
Meditate
Connect
Reflect**

DISCOVER CREATION

1. **Wake** up early to watch the sunrise
2. **Build** a campfire
3. **Hike** with an intention, thought/prayer for another person, a relationship, a situation, or yourself
4. **Stand or Sit** outside on a breezy day
5. **Observe** the wildlife around you
6. **Explore** the trees, flowers, the sky above
7. **Lay** down and contemplate the moon, stars, planets and constellations

RENEW: PREPARE YOURSELF

1. **Breathe**: Slow down, take a few deep breaths, be present here and now
2. **Immerse**: Focus on one of your senses ... see, hear, touch, smell, taste
3. **Meditate**: On a scripture passage
4. **Consider**: Your personal intentions goals, objectives, actions, plans or for others
5. **Reflect**: Ask God what He'd like to share with you
6. **Commit**: Let the Holy Spirit inspire you
7. **Record**: Capture your experiences

MEDITATE: SELECT A SCRIPTURE

1. **Luke 1:78-79**: *Because the mercy of our God, whereby the sunrise shall visit us from on high, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace.*
2. **1 Peter 4:12-13**: *Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.*
3. **Ephesians 6:18**: *Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication (asking for something earnestly and humbly) for all the saints.*
4. **Job 33:4**: *The Spirit of God has made me, and the breath of the Almighty gives me life.*
5. **Job 12:7**: *But ask the animals, and they will teach you, or the birds in the sky, and they will tell you.*
6. **Jeremiah 32:17**: *Ah, Lord God! It is you who have made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you.*
7. **Isaiah 40:26**: *Lift up your eyes on high and see: who created these? He who brings out their host by number, calling them all by name, by the greatness of his might, and because he is strong in power not one is missing.*

CONNECT: WITH SCRIPTURE

1. **Sunrise/Sonrise**: Connect with the Son
2. **Fire**: Consider a fire's elements: wood, match, oxygen. What happens when it gets out of control or is used to create something useful? Does this connect with your current or past trials and the fruit born from them?
3. **Intentions**: What happens when you "carry" your intentions on your hike or walk? Does your perspective change or stay the same? Are there new invitations from God?
4. **God's Presence**: Feel the breeze against your cheeks, take a deep breath...consider God creating you with a single breath...what comes up for you?
5. **Wildlife**: Notice the first animal that draws your attention. What comes to mind? Maybe it's a feeling, an observation of their pace, their song, the way they might seemingly communicate with other animals or even YOU!
6. **Nature**: Consider a grove of trees, blades of grass, or flowers. How might they have been formed from a mere seed, the seasons of growth, the weather they endure, and perhaps even their full maturity? What might they have had to endure? How might our "seasons" in life moved us from struggle to growth?
7. **You**: Consider a situation that is on your mind right now. Lift up your eyes to the moon, stars, planets or constellations. How does this change your perspective?