



## **Green Grace of God Prayer Exercise**

Go into the garden...

Walk until something you see or hear something that draws your attention more fully than anything else e.g. bark of tree, piece of earth, bird song, bench, broken tree, light, sky...

As you walk breathe in a scene of prayerful presence. It is as if the garden is graced. God created the world and saw that it was good, God's creative energy and grace is infusing this garden.

Work on the basis that there may be gift given you by whatever you are looking at. If God is here and now and if he is a God of gift and nature is full of colour and texture it may well be that you are given a gift.

Walk quietly and gently just being alert and attentive

Allow yourself to be drawn by the one object. Once you have found it allow your gaze to be one of wonder struck beholding. You are just being. Stay there and form it into a prayer...

God if you are the creator of the universe the source of all being, what gift do you have to give me through this object?

Just be there allowing that gift to be given. I could be a question, an insight, and a prayer...

Now start using your mind to think.... E.g. how are the trees doing in this country? Is there a need or a request that this garden is presenting me as the experiencer? Is it saying help?

Wait for a while and allow a challenge or an invitation to arise to do further research. Allow your thought patterns to come in... complementing your apprehension of the beauty of the thing.

Finally say out loud or internally 'Thank you' for this gift and the Green Grace of God.

<https://quietgarden.org/wp-content/uploads/2017/12/Green-grace-of-God-QG-prayer-exercise-with-Philip-R.mp3>