



Stilling with Trees

Find a tree in the garden. Sit or stand in its shade or find somewhere comfortable that you can look at it. Spend a bit of time really looking at the tree think about the shape, colours and the details. Use all your senses to help you be present in the moment. Touch the bark or look at the detail in a leaf. Breathe in the scent of the woodland.

Now choose one of the verses below. Fold the paper over so you are not distracted by the other verses. Read it slowly a few times. What words stand out for you? If you find yourself becoming distracted simply notice and bring your attention gently back to the verse or the tree. Ask God to show you what he might want to say to you through this time and this verse. Spend time in quiet thinking about it. Use your verse and experience to give thanks.

<p>I will make the wilderness a pool of water, and the dry land springs of water. ¹⁹ I will put in the wilderness the cedar, the acacia, the myrtle, and the olive. I will set in the desert the cypress, the plane and the pine together, ²⁰ that they may see and know, may consider and understand together, that the hand of the LORD has done this, the Holy One of Israel has created it. Isaiah 41</p>	<p>²⁴ He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 1 Peter 2</p> 
<p>“For you shall go out in joy and be led forth peace; the mountains and the hills before you shall break forth into singing, and all the trees of the field shall clap their hands. ¹³ Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall make a name for the LORD, an everlasting sign that shall not be cut off.” Isaiah 55</p> 	<p>The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor;^{1a} he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound;^{1b} ²to proclaim the year of the LORD's favor, and the day of vengeance of our God; to comfort all who mourn; ³to grant to those who mourn in Zion— to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the LORD, that he may be glorified.^{1c} Isaiah 61</p>