

Communing in Creation

Adapted from a reflection created by Kate Bonné.

Put aside distractions. If possible, go outside and find something from creation to hold — a leaf, a stone, a flower. If you're indoors, simply look out the window or hold an item given to you.

As you look, notice what you see:

- **Through the lens of science** — the systems, structure, patterns.
- **Through the lens of art** — the colour, the beauty, the form.
- **Through the lens of theology** — what the Bible says about God as Creator.

Let curiosity lead you to wonder.

Let wonder lead you to greeting.

Whisper a quiet “hello” to what you see

— shifting from observation into encounter.

Reflect:

- All life is crafted, loved, and sustained by God. Simply being present in creation can be prayer. Breathe in, breathe out, and join with all creatures in communion with God.
- Creation reveals the Creator. What do you sense about God in what you see or hold? What might it teach you about how to live well?
- Reflect on Mary Oliver's words to God in her poem *Thirst*: “Love for the earth and love for you are having such a long conversation in my heart.” How might that be true for you?

Stay with these thoughts for a few minutes, and when ready, offer your own prayer of gratitude.



Facilitator's Guide: Communing in Creation

Purpose

This resource is offered in two formats, providing different ways to engage: the first page is for personal reflection, while this second section offers a facilitator's guide for leading a group reflection. Each approach can stand alone, depending on whether you are reflecting on your own or guiding others.

Both formats invite time in and with creation — to pause, notice, and pray — recognising God's presence in the natural world and our shared calling to care for it.

Preparation

- Choose a natural setting if possible (forest, park, garden, riverbank).
 - If indoors, bring natural items (leaves, flowers, stones, branches) for each participant.
 - Allow 10-15 minutes for the practice.
 - Have Bibles available for optional use of Psalm 8, Psalm 19, or Romans 1:20.
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Step 1: Gathering

Invite people to put aside distractions (phones, bags, notes).
Lead them outdoors or ensure they have something natural in their hands.

Say something like:

"We're going to take time to be present with God through his creation. As we do, remember that creation itself is loved, sustained, and redeemed by God."



Step 2: Encounter

Encourage participants to look carefully at what is before them — the leaf, stone, flower, or the natural surroundings.

Prompt:

- What do you notice through the **lens of science** — structure, systems, patterns?
- What do you notice through the **lens of art** — colour, texture, beauty?
- What do you notice through the **lens of theology** — what Scripture says about God as Creator?

Allow 3–5 minutes of silence.

Step 3: Wonder and Greeting

Invite them to let their curiosity lead to wonder, as a child might.

Then to go one step further: Encourage them to quietly say “*hello*” — shifting from observation into encounter.

Step 4: Contemplation

Read aloud the three possible avenues for reflection:

1. All life is crafted, loved, and held in being by God. To notice creation is to pray. Simply breathe in and out. Join with all creatures in communion with God.
 2. Creation reveals the nature of the Creator. What might the leaf, the breeze, the bird call, or the soil teach you about who God is or how we can live well?
 - You may feel you belong within the web of life, alongside all creatures.
 - You may feel perspective, timelessness, peace — rooted as the trees are rooted.
 3. As Mary Oliver wrote to in her poem *Thirst*: “*Love for the earth and love for God are having such a long conversation in my heart.*” How is your love for God and your love for creation linked?
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Step 5: Sharing

Gather the group. Invite people to share (either in pairs or as a whole group):

- What stood out to you as you looked and listened?
- How might God be speaking to you through this encounter?

Close with a prayer of thanksgiving for creation and for Christ, through whom God is reconciling all things.

