



‘PRAISING GOD WITH CREATION’ PRAYER EXPERIENCE

There are so many beautiful scriptures in the bible that tell us about how creation sings praise to God!

This is a very simple way of praying that invites us to join in with creation - every leaf, bird, flower, all of it - as it gives worship to God!

You will need:

- An outdoor space
- A scripture of your choice that gives praise to God (there are some on the next page to get you started - these come from the psalms found in the lectionary throughout September).
- Journal and pen (optional)

Set up:

- If you are leading a group of children in this prayer, invite them to choose a scripture and write it down.
- Explain the prayer first, then invite them to engage in their own way. You may start with just a few minutes and increase to more as the children grow in the practice.

Prayer:

- Begin by finding a spot to settle - you could sit on the grass, lie down if that's comfortable or gently walk around. You could use a towel or rug if that helps you.
- Make your body calm, take a gentle breath and read your scripture a couple of times slowly. Let the words sink in.
- Look around you and notice some of the beautiful things in creation you can see.
- Imagine what the things in creation might be saying to God.
- Say some of those things quietly to God too.
- What would you like to praise God for yourself?
- Say that quietly to God too.
- You might like to write these words down in your journal.
- Keep doing this for as long as you like :-)

**With all my heart
I praise the Lord,
and with all that I am
I praise his holy name!**

Psalm 103:1

**How great is God's love for all
who worship him?
Greater than the distance
between heaven and earth!**

Psalm 103:11

**Lord, I will praise you
each day and always
honour your name.**

Psalm 145:2

**You are wonderful, Lord,
and you deserve all praise,
because you are much greater
than anyone can understand.**

Psalm 145:3

**God, you are good to
everyone, and you take
care of all your creation.**

Psalm 145:9

**Bow down and worship
the Lord our Creator!**

Psalm 95:6

**Come to worship him
with thankful hearts
and songs of praise.**

Psalm 95:2

**God's kindness and love
are a crown on our heads.**

Psalm 103:4