

The Practice of Awareness

To assist us in making space for God's presence and work of transformation in our lives we can engage in spiritual practices. We bring what God shows us in community into our daily routines, to be woven into the fabric of our lives. This week we are focusing on cultivating a deeper awareness of God's presence by learning to practice awareness.

- Go for a reflective walk with the intent of noticing God's presence in your surroundings. Where are you drawn? What sights or sounds catch your attention? Respond to God's world around you, allowing yourself the playfulness and expectancy of a trusting child. Prayerfully listen for anything the Holy One may be revealing about the mystery of who God is or God's relationship with you through that which you have noticed.
- Pick one of the gospels this month and read through it, observing Jesus's teaching about the Kingdom of God using common everyday items: soil; seed; yeast; coins. Notice the attention to nature and how it reveals God's tender care through such sightings as lilies in the field and birds in the air. Where does this touch your life? As you read and ponder these gospel accounts, spend time simply being present with Jesus.
- Look up an old hymn that exalts God's creation, perhaps *All Creatures of Our God and King* or *This Is My Father's World*. Find a quiet place to read slowly, prayerfully. This is especially meaningful with verses that are not overly familiar. Behold the awe and majesty of your God!
- The next time you are doing any mundane task – dishes, laundry, weeding, sweeping – bring God into this activity. Acknowledge that in God you “live and move and have your being,” and that the Holy Spirit abides within. Enjoy keeping company with the Holy One who enfolds and indwells you.