

## Spiritual Formation (Part 6) – Meditating On Nature

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*“Visio Divina, holy seeing, is a way to pray with the eyes.” ~ Adele Calhoun*

God’s creation is a visual book where we observe His creation with our eyes and appreciate His handiwork. Regular meditation on nature, the book of God’s creation, grants us appreciation of the beauty of the earth and glory of the skies, awareness of God’s presence, love and care for God’s creation and ability to accept all that life give us with a thankful heart.

### **MEDITATING ON NATURE (A 5-day Exercise)**

*You may select 5 aspects of nature from the book of God’s creation or use these suggestions: sky, trees, flower, an animal or insect for your meditation.*

**A. Begin each meditation of nature with silence.** Place yourself in the presence of God and ask the Holy Spirit to guide you in your meditation.

### **B. Praying with Visio Divina.**

#### **1. Gaze**

- Gaze at the aspect of nature.
- Ask God to show you what He intended you to pay attention to.
- Look at God’s creation and seek to see with God’s eyes of love.

#### **2. Reflect**

- Reflect and meditate on what you see.
- Ponder, wait, and appreciate the beauty.
- Be attentive to what stirs in or speaks to your heart.

#### **3. Respond**

- Speak to God about what you are seeing.
- Express your feelings regarding His creation.
- Have a conversation with Him.

#### **4. Remember**

- Take with you what you want to remember about this time of meditative prayer.
- End with prayer.

**C. Journal your experience** at the end of each meditative prayer session.

**D. Review your journal** at the end of the 5-day exercise and give thanks to God for the growth in your life.



## JOURNAL – Meditation on Nature (Visio Divina)

**Date :** \_\_\_\_\_

**Place :** \_\_\_\_\_

**Silence :** \_\_\_\_\_

**Gaze :** \_\_\_\_\_

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**Reflect :** \_\_\_\_\_

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**Respond :** \_\_\_\_\_

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**Remember :** \_\_\_\_\_

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