



## GUIDED MORNING PRAYER AT THE PARK

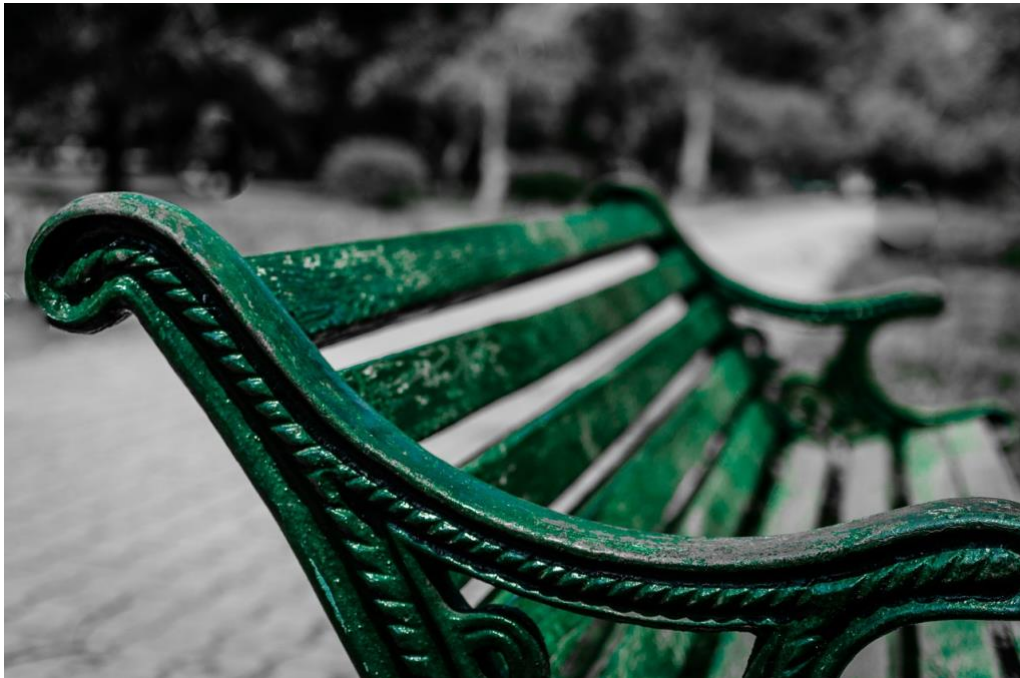
*This prayer is divided into three movements—  
walkway, grass and water.*

*Feel free to engage these movements as you are led.*

*If you are drawn to a particular area, such as the grass, start there. If you find  
yourself captivated by the water, stay there.*

*Let your inner wisdom and voice be the True Guide.*

*Please observe social distancing, try not to touch seating/rails where  
possible (and if so, then don't touch your face)  
and wash your hands afterwards.*



## WALKWAY — footpath, track

Stroll along the walkway. Find a spot to stand or sit.

Take a few moments to become familiar with your environment.

Close your eyes and listen to the sounds.

What do you hear in the foreground?

What do you hear in the background?

Open your eyes - what do you see?

Pay special attention to the people around you.

When you are ready, slowly repeat the verse below silently or whisper it quietly a number of times...

*“Let the people praise you, O God;  
let all the people praise you.” (Psalm 67)*

When someone captures your attention, offer the verse above as a prayerful response.

## GRASS — parklands, bench

Move from the walkway onto the grass. If you wish, take off your shoes.

Stroll along, in any direction you like. What do you see? How does the air smell? What is the feeling of grass under your feet?

Become attentive to your breath. Try to match the rhythm of your breathing to your footsteps.

When you are ready and if you wish, sit on the grass. Alternatively, stand in one place. Spend a few moments observing the objects in your immediate surroundings—stones, seed pods, bugs, leaves. If you wish, pick something up and examine it closely.

Play with some grass or leaves, be mindful of how it feels in your hands and fingers. Read these verses from Psalm 139 ...

*Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,  
even there your right hand shall hold me fast.  
How weighty to me are your thoughts, O God!  
How vast is the sum of them!  
I try to count them—they are more than the sand;  
I come to the end—I am still with you.*

Prayerfully repeat the last line several times...

## WATER — river, pond, bridge

Walk to where the land meets water. If safe, take off your shoes and step into the water. Feel the water lap against your feet. Notice how your presence changes the patterns in the water.

Alternatively, walk on a nearby bridge or path and find a spot to gaze into the water. Notice the light on the water. Observe all the living things in and around the water.

Look out into the distance or close your eyes and imagine looking out to sea. Wonder at what lies beyond the horizon—what you think you know of what lies there and what is unknown and invisible to you.

When you are ready, read the verses from Psalm 104:

*O LORD, how manifold are your works!  
in wisdom you have made them all;  
The earth is full of your creatures.  
Yonder is the sea, great and wide,  
creeping things innumerable are there,  
living things both small and great.  
When you send forth your spirit, they are created;  
and you renew the face of the ground.*

What renewal and recreation are you praying for at this time?

You might speak with God about this as you ponder the flow or stillness of the water.