

Awareness Walk

“I meditate on all your works and consider what your hands have done.” –Psalm 143:5

The idea of an awareness walk is to be fully present to God—aware of God’s presence within you and all around you—being aware of how God is speaking to you through all things; specifically creation.

Things to keep in mind while you walk:

- Walk slowly and deliberately
- Look up
- Engage all the sense
- Begin to notice the detail of the things you encounter
- Pick things up; feel them; consider them—leaves, dirt, twigs, stones, grass, earth...
- Be totally present to what is reaching you through your senses
- Be aware of God’s presence—what might God be saying to you?
- Bring something back from your walk with you—something that was meaningful to you in this awareness / prayer walk

After doing the walk create space later to share about your experience with others.