WONDER WALKS: A PRAYER GUIDE

How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures. There is the sea, vast and spacious, teeming with creatures beyond number— living things both large and small. (Psalm 104:24-25)

ALL OF CREATION PULSES WITH GOD'S CREATIVITY!

Wonder Walks are an invitation to savor God's fingerprint in every atom of creation, to engage our senses and cultivate curiosity, to delight in God's extraordinary creativity. Wonder nourishes the soul, inviting us to feast on the inexplicable mystery of God.

PRAYER IS THE TRAILHEAD TO WONDER

The trail to wonder begins with prayer, slowing down, setting aside our to-do lists, and turning away distractions as we step quietly into the holy Presence of almighty God.

Lord, open my eyes to the wonder of Your creation. Free my mind from worries and to-dos, from problems that insist on urgent solutions. I am exhausted and overwhelmed, trapped by a body in pain.

I feel unworthy and unseen, displaced. I look without seeing, unaware of Your extraordinary creativity. Help me to relinquish the illusion of control. Stay my hand when I strive to do enough, to be enough.

You, Lord, are the one who separated light from dark and land from sea, who breathed life into Adam ... and into me. God of the wind and the eagle, of the sea and the urchin, of the crocuses and cacti, how I long to witness the wonder of You in every atom of creation ... every atom of me! In Your Son's name, amen.

Creation speaks with an eloquence that compels us to stand in silent wonder before the Creator ...
(Our Daily Bread Ministries)

TOOLS FOR THE TRAIL



USING LISTS helps us organize our thoughts, keep track of details, and identify unfamiliar things. When we include a brief description such as time of day or season of the year, we begin to observe God's creation wherever we are and wherever we look.

QUESTIONS encourage our curiosity and help grow our understanding of creation. Start with these questions:

1. Which animals, birds, and insects can you identify by name? Which migrate? Which hibernate?
2. How many flowers can you name? Which bloom first in Spring? Which bloom all summer? Which attract butterflies or bees?
3. How many trees can you identify? Which trees flower? Which bear fruit? Which trees can you identify by their leaves or seeds?
4. Which birds can you recognize by call or song? Which by sight? Which can you identify by nest or eggs? Do you know what they eat?
5. Which stars can you name? Which constellations? Can you identify the phases of the moon? Do you know what a blue moon, blood moon, harvest moon, or super moon is?
6. How many types of rocks can you identify? Which are found where you live?
7. How many habitats can you name?
8. With which land formations, such as mountains, lakes, bluffs, or islands are you familiar?
9. How many types of clouds can you identify? How many storm systems?
10. Do you know how many colors the human eye can see? Do you know the audible range of the human ear?

WONDER WALK CREATIVE PROMPTS

1. **DAILY DOSE OF DELIGHT:** Look for the color yellow everywhere you are today.
2. **WONDER OF WANDERING:** Walk the same route all year, noting the changes at different times of day and in different seasons.
3. **GOD'S POIEMA:** God's image is woven into the DNA of every precious person. Look for Him in everyone you encounter today.
4. **TAKE HEART:** Look for heart-shaped leaves, stones, puddles, or shadows. Keep an eye out for hearts etched in sand, drawn with sidewalk chalk, or in wood grain as you go about your day.