

Sacred Land Encounter Guide

Take a few minutes before you begin to settle into the place you are encountering... your yard, the courtyard at church, a park... decide if you want to stand or sit. You will need about 20 minutes of time and a writing utensil for the end.

Be grounded in this sacred hymnsong from Psalm 19:

The heavens are telling the glory of God,
and the firmament proclaims his handiwork.
Day to day pours forth speech,
and night to night declares knowledge.
There is no speech, nor are there words;
their voice is not heard;
yet their voice goes out through all the earth
and their words to the end of the world.

After reading and meditating on the scripture, take time (about 10 minutes) to notice and catalogue each of your senses of the world around you:

What do you hear?

What do you smell?

What textures are there near you to touch?

What tastes might you imagine?

What do you see around you?

What does this land have to teach you today? What is God proclaiming to you or asking of you through this encounter with sacred earth? (Take 5 minutes to contemplate and then use this paper to journal/jot down what comes to you.)

Close with some deep breaths and thank the Land and God for this time.