

Holy Spirit Walk: Journey with Gratitude

*God blesses us in many ways throughout our life journeys.
This Holy Spirit Walk invites you to soak in the Divine as you journey through ups and downs.*

CENTERING:

“Come to me all you who are weary and burdened and I will give you rest.” – Matt 11:28

You may not consider taking a walk to be restful, but never underestimate the power of God and his creation. As you prepare for your walk, first take a few minutes and breath slowly to calm and clear your mind; opening your senses to the world around you. Preparing your mind for a spirit-filled walk will help bring you closer to God’s creation. You can then take a couple minutes preparing your body by stretching and getting your joints moving.

Taking a Holy Spirit walk in nature is somewhat like entering a church sanctuary. We should enter quietly and slowly, with a reverence for the presence of God; being mindful of its history and significance in our lives. As you walk, try to soak in the beauty of creation through all your senses: sight, sound, taste, touch and smell. As you notice, give thanks to God for each observation. Do not forget to stop and breathe along the way. As you stop, you may also want to read and consider the scriptures below.

Before you begin, remember it is the journey that matters the most, not the destination! God made this beautiful world for you to enjoy. Go and enjoy it and find your ‘rest’ in his creation.

“And God looked upon all that he had made, and it was very good” - Genesis 1:31

GRATITUDE in CREATION

“Let the heavens rejoice, let the earth be glad, let the sea resound, and all that is in it; let the fields be jubilant, and everything in them. Then all the trees of the forest will sing for joy; they will sing before the Lord.” – Psalm 96:11-13

Thank you, God for the red leaf. Thank you, God for the smell of the leaves. Thank you God for....(insert your own gratitude here)

GRATITUDE in JOY

“Rejoice in the Lord! Again, I say rejoice!” – Philippians 4:4

As you walk, look about for something that truly makes your heart rejoice. Stay with that object or thought for a while. Let yourself feel the joy in your whole body. Consider a joyful time in your own life and how the Holy Spirit was present to you in that time.

GRATITUDE in STORMS

“A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But Jesus was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” – Mark 4:37-40

As you walk, notice where there might be suffering in the world around you. What in nature is hurting? Settle on one object for a while. Let yourself feel the sorrow and loss. Consider a stormy time in your own life and how the Holy Spirit was present to you in that time.

GRATITUDE in CHRIST

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us.” – 2 Corinthians 5:17 -19

As you walk, notice the transformations in the world around you. How is the change of the seasons affecting the trees? The ground? The animals? How have the seasons of your life changed your views, your faith or your actions? What transformations in yourself or the world do you feel grateful for?

GRATITUDE SCAVENGER HUNT

“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:18

Before you turn back, take a break to complete this gratitude scavenger hunt?

What are you grateful for?

1. In nature
2. That makes a beautiful sound
3. That tastes good
4. That smells amazing
5. That has been hard for me
6. That I would like to share with others
7. That is older than me
8. That I recently discovered or learned
9. That shows a vibrant color
10. That has words on it
11. That makes me feel strong
12. That makes me laugh
13. That makes me cry
14. That represents my country or culture
15. That is someone I love

RETURN

As you journey back, give some thought to how this time has affected your heart, your faith and your body. What has this practice of gratitude revealed to you about the Holy Spirit?

CLOSING PRAYER

Gracious God, may we journey through life in gratitude, giving you thanks and praise through all the ups and downs of life. Amen.