Epiphany Reflection Five

With this reflection we are about half-way through Epiphany. The past reflections have encouraged us to look for God in art, literature, and music. For many, God’s presence permeates the natural world. In this meditation, you are invited to spend some time gazing on the natural world in a manner which creates space for God to reveal God’s self to you.

Life in the 21st century is fast paced and there is not much room in the day for stopping, noticing and reflecting. If we are to learn about the Creator and how and why we have been created to be in the world, we must turn our attention toward God. You can travel to the sea shore or mountain top for a spiritual experience, and you can simply sit on your back deck, your front lawn or a park bench. The great thing is that God waits for us everywhere. The majesty of God can be found in the beauty of the flowering plants in our neighbor’s flower box, in the loving face of your pet or in the century old tree in the park down the street. For this reflection, you are encouraged to choose one element from the natural world to spend time with -- a tree, a sea shell, a bird, your dog, the moon. Any one thing from the natural world that you can sit with for at least 15 minutes, preferably thirty.

Epiphany Practice 5

Opening Reflection

Offer a prayer which brings you to the awareness of the presence of God. Offer your intentions for this time of prayer. Read the following prayer to help orient you toward a time of quiet reflection, opening yourself up to the message that God through Christ has for you this day.

Christ be with me, Christ within me,
    Christ behind me, Christ before me,
Christ beside me, Christ to win me,
    Christ to comfort and restore me,
Christ beneath me, Christ above me,
    Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
    Christ in mouth of friend and stranger.

From a prayer of St. Patrick

Reflection with Creation

Spend at least 15 minutes, with an element of the natural world. Be open to the wonder of it. Afterwards, reflect on the following questions.

What did you notice about the element?
What emotions were stirred in you? Do you have a particular feeling towards the element?
Why so?
What does this facet of the natural world reveal to you about God, the Creator?
Close your time of reflection with a prayer, including those things for which you are thankful and those things which burden your heart.

Surprising things can come out of a second prayer session spent with the same natural element. Like the words of Scripture, creation is continually revealing new things when we offer our awareness. You may wish to journal about your experience, noticing how the sessions affect you and your relationship to creation.

**Resources**


The Episcopal Ecological Network, [http://eenonline.org/](http://eenonline.org/) A web site whose mission is to help the Episcopal Church advocate for the protection of the environment.