

Experiencing God through Nature

By: Laura Belli, M.A., LPC, NCC

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It was dusk when I began to run through the woods.

My goal was to finish my run before it was dark, fearing I would not be able to find my way back from the middle of the woods. God's agenda was a little different than mine as He slowed me down, it was if He were saying "Stop, look around you, receive my love, my REAL gifts to you."

As the dark veil lowered I started to engage my five senses. While listening and watching, I began to notice things in ways I had never experienced before. To my left was a full moon shining brightly above me. It was like God was saying, "I will always be with you, guiding you, protecting you, trust me, rest in me."

The sky was full of beautifully mixed hues of blues, pinks and purples placed above so majestically. The trees, rocks, plants, everything was breath taking, intentionally placed to enjoy, only when we allow ourselves to slow down. As I continued, I could hear crickets, whippoorwills, tiny creatures scurrying in the dried leaves, the creek briskly flowing, trees swaying. The cool air was absolutely refreshing, giving retreat and protection from the very long, hot, steamy exhausting day. Looking across the lake I absorbed the beauty of the water dancing under the moon, brilliantly sparkling. This experience was like an orchestra, finely tuned together so perfectly. My heart heard "Be still and know that I am God."

We live in a world that seeks perfection. We can find ourselves disconnected from each other because of our busy lives, technology, "things" of this world. We are distracted from the peace offered to us daily from our creator & His gifts to us. Many times we find ourselves guilty of filling our lives with things that never satisfy or fill completely. My heart is always dissatisfied & anxious when I stray from the true source that refreshes me daily. My thirst is not quenched & I stay disconnected.

As summer draws to an end, consider sitting outside, take a walk outdoors, turn off the clock, TV, or phone. Put your feet in the water, play in the dirt, look at the stars and inhale, experience freedom, & connect.

No matter what is going on in our lives, even when days seem dark and despairing, true joy and refreshment can be found through God & His gifts to us in nature. As a deer pants for flowing streams, so pants our souls for you, O God. Our souls thirst for God, for the living God.

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