



Adult Ministries

Alleluia! Women Connect

*Alleluia!
Women*

Be sure to join the Facebook page created just for you! We want this to be your resource for upcoming activities, events, ways to get involved, volunteer opportunities for women, and more. Simply search for Alleluia! Women Connect to stay up to date on the latest news and our upcoming events. Sign up now, so you don't miss out on upcoming social opportunities!

Summer Prayer Practice - "Connecting with God through Nature"

"For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse for not knowing God." —Romans 1:20

Nature reflects God's creativity, His glory, and His power, and Summer is a perfect time to connect with God through nature. As a result of noticing nature and God's creation around you, you begin to notice God more in your daily life. Even if you are not an outdoor person or into nature, try to connect with God through nature this month. Here are some suggestions:

1. Go outside and find a big tree to lay beneath. Close your eyes and listen for God. Gently set aside any thoughts that come into your mind and relax in the stillness. Just rest in the presence of God and His creation.
 - Listen to the sounds of nature
 - Watch the birds, squirrels, rabbits, etc. and see what spiritual lesson you can learn from observing them.
 - Feel the warmth of the sun on your skin and imagine it's God's love surrounding you and providing you warmth and comfort.
 - Feel the wind blow around you, and image the Holy Spirit breathing through you.
2. Watch a sunrise or sunset and sit in awe of God's beautiful painting
3. On a clear night, take a blanket outside, lie down and look up at the stars—think about His craftsmanship. (Psalm 19:1)
4. Take a walk, do some yoga, or participate in some other outdoor exercise while reflecting on God and how he created you in His own image.
5. Read your Bible outside. Read and reflect on:
 - Isaiah 55:12, Psalm 65: 6-13, Psalm 104: 1-35, Job 12: 7-10, Matthew 6: 25-30, Revelations 5:13.

If you are unable to go outside, look at photos of God's creation throughout the world, and reflect on God's might power and creativity...it's truly awesome to think that God, who created all of this beauty, thinks about, cares for, and loves you. Take time to thank God for the natural world.

Pray: Heavenly Father, you created the world and sent your own Son to live among us. He breathed the same air and marveled at your creation just as we do. Help us to walk in His steps as we grow closer to you, help us to participate in this life around us, and help us to enjoy the beautiful earth that you created. God of love and life, restore us to your peace, renew us through your power, and teach us to love all that you have created. Amen.