

One Metre Square Prayer



The Prayer:

Go outside in your garden, in a nearby park, in a forest, near a river or the beach.

Find a spot where you can sit or stand comfortably.

On the ground in front of you identify one square metre.

Spend the next 15 mins just watching this one square metre of ground.

Pay attention to what you see happening.

Review:

After 15 mins stop and write down what you have noticed.

What was this experience like for you?

Where is God in this one square metre?

Repetition:

You might like to repeat this prayer exercise a few times during this week at the same spot.

You might like to spend longer time paying attention to this square metre.

What do you notice about this place over this time?