**WATER**

All praise be yours, my Lord, through Sister Water,  
So useful, lowly, precious and pure.  

- *St. Francis*

Walk in the rain or spend some time listening to the ocean or the trickling of a stream

**WIND**

“The wind blows where it chooses, and you hear the sound of it,  
but you do not know where it comes from or where it goes.  
So it is with everyone who is born of the Spirit.”

- *John 3:8*

Ride in your car with the windows down or sit in silence for a period of time, simply focusing on the power of your breath.

**EARTH**

All praise be yours, my Lord, through Sister Earth, our mother,  
Who feeds us...and produces various fruits  
With colored flowers and herbs...

- *St Francis*

Plant a seed and watch with wonder as it sprouts or walk barefoot through the grass.
All praise be yours, My Lord through all that you have made.

And first my lord Brother Sun, who brings the day... How beautiful is he, how radiant in all his splendor!

- St. Francis

Lay in the sun and feel it’s warmth.

**Fruits & Flowers**

The fruits and flowers that verdant grow, Let them his praise abundant show.

- St. Francis

Take a picture of your favorite flower and/or berry.

**Birds**

God of all feathered beings, Thank you for birds. Thank you for their early morning songs. I, too, lift a song to heaven when morning breaks.

- Spirituality & Practice

Stop and listen to the birds singing
Bees & Insects

For all the pollinators, especially the bees of so many varieties, we give thanks to God our Creator.

O Lord, how manifold are Your works, in wisdom You made them all!

- *Psalm 104:24*

See if you can find a bee or other insect grazing on the flowers.

Fish and Water Dwellers

Thank you for the fish, frogs and all that dwell in or around the waters of the earth. Help us to keep the waters clean and healthy for them.

- *Unknown*

See if you can find any animals or insects in or around a stream, creek or the ocean.

Mammals

O God, for our friends, the animals. Help us to be true friends and stewards to them and their habitats.

"Lord God, You are King of Heaven and earth. You have given us all created things for our support. In Your most kind mercy, bless the animals with a heavenly blessing, and guard and preserve them." (modified Blessing of Domestic Animals from the Rural Life Prayer Book)

Look for animals or even the tracks of animals. Who’s tracks are they?
Reflection:

Has spending time with one of God’s creatures taught you anything about yourself?

What is the gift that one of God’s creatures is to you?

Ending Prayer:

O Lord, grant us the grace to grow deeper in our respect of
And care for your Creation.
Lord, hear our prayer.

Craft:

1. Cut out the World coloring page. (see next page)
2. Color the World
3. Glue to a sturdy piece of cardboard and cut cardboard in shape of
   the World Leaving extra room at the top to Write:
   “I will respect all of God’s Creation”
4. Cut our pictures of God’s Creation: Birds, Animals, Insects, Flowers,
   Food Crops, etc. and glue on the Earth
5. Punch a hole or two at the top and hang in a prominent place in
   your home as a reminder.