

**Prayer & Reflection.** You will need a bible open to Genesis 1, and if you are able, to sit outside.

Read verse 1, close your eyes for a minute or more and try to picture this.

Before you open your eyes say "and God said "let there be light" (open your eyes)

Continue reading Verses 4-5

God created the day to be good. What is good about this day?

Verses 6-7

Look at the sky (lie down on your back if you are able), take notice of the movement of the clouds. Make a note of what way the earth is rotating (towards the west). See the colours and breathe in the air. Consider the depths of the sky and how endless it is. Psalm 103:11: For as high as the heavens are above the earth, so great is his love for those who fear him;

Verses 9-10

Pick up a bit of dirt in your hand, or put your bare hand/feet on the earth. Find some water to place on your hand. Once it was all chaos. Like mud, the work of God brings order and clarity and gives purpose to each particle. Consider how the work of God in your life brings order and clarity. How does God set you apart and give you a place in His creation?

Verses 11-12

Notice the vegetation around you. Think about how each plant reproduces, how did each plant come to be where it is. Is it a plant with a good contribution or does it have a negative effect? How are you bearing seeds in your life? Where are you planting them? Does what you put out bring a holy impact or is there some negativity that needs to be addressed?

Verses 14-19

We experience both the lightness and darkness of this world. Where there is light, there is truth. Jesus is the light, Jesus is the truth. What needs to be brought into the light of Christ?

Verses 20-23

Look at the sky. Consider the ocean. What is the condition of the life in these places that God created? Give thanks to God for those creatures that amaze you. Imagine a time in Gods kingdom when humanity exists in harmony with them.

Verses 25-25

Can you see any animals? How many different animals can you think of in a minute? What amazes you most about the creatures of the earth? Take a breath and give thanks for the animals that have given to your life. How do we respect these lives which God has created?

Verses 27

You! You are created in Gods image. Your Spirit, your innermost being, your mind, all designed to be like God.

Verses 28

God is our king. May we rule over this earth with the same righteousness, love, justice and compassion that God demonstrates as king.

Verses 29

What is your favourite food that comes from a plant? Give thanks to the Lord for this food. It has been given to you. To all of humanity and to all the creatures God has made. What great provision!

Verses 31

Take a breath. Recognise the goodness of your own life. Name the things of your life that is good. What are the good things that you have done? What are the good things that you have made? It is OK to acknowledge this. You are created in Gods image – created to produce what is good.

Gen 2: 1-3,

Take a deep breath. Close your eyes and breathe out slowly. Rest! The Sabbath was made for humankind. It is Holy! – It is set apart from all the other days. Rest in God's presence. Breathe in the Breath of Christ. Experience the peace that God gives as we focus our whole life on him. Rest your body, meditate on the words God has given us, let His Holy Spirit bring you comfort for your soul. You are created to be good. You are good! And you are to bring goodness. Rest in the knowledge of your reconciliation with God.