

## FINDING GOD IN NATURE

# Get Outside in Lent

## WEEK 4 - WATER



**John 4:14 But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life.”**

Welcome to “Get Outside in Lent.” Each week there will be six ideas for things to do outside and a celebration suggestion - because even in lent Sunday is a celebration day. Pick and choose what you would like to do. Change it and make it your own if you want to, or just do what it says. More than anything , enjoy being outside, take time to connect with nature, with anyone else you might be sharing this with, and with the something outside yourself that Christians would call God.

**1**

Water is essential for all life on earth. Go for a walk and see how many places you can spot water.

**2**

If you are near wild water that you can reach, put your hands in it, or paddle if it is safe.

**3**

Go outside in the rain. Turn your face upwards and let yourself get wet. Maybe you could even jump in a puddle.

**4**

Go for a walk where there is running water. Close your eyes and listen. How does it make you feel?

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**5**

Listen to the sound of rain. (You can do this inside or outside.) Notice the different sounds it makes as it lands on different surfaces.

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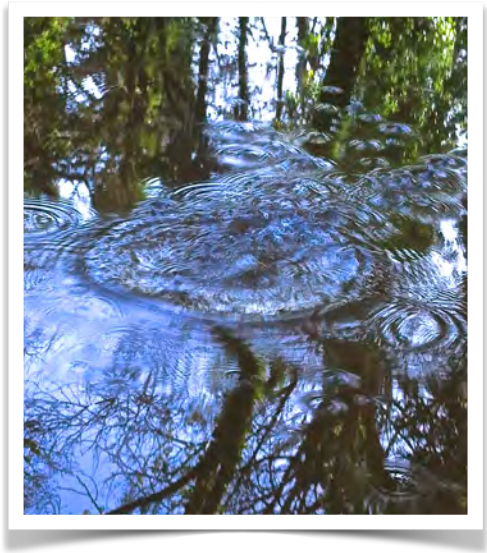
**6**

Go for a walk and notice all the things that are growing around you, both wild and in peoples gardens.

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# Water Celebration

Use the words of the ritual if you would like to. A water themed feast is difficult, but everything we eat contains at least some water so perhaps you could think about that as you prepare some of your favourite foods. Find a beautiful jug and glasses if you have them. Give your jug of water the place of importance on the table, and pour it and drink it as if it was the most precious thing in the world.



## Ritual for water week.

Gather (or go by yourself) to a place where you can see water outside, or if not possible, then light a candle inside and place a bowl or glass of water beside it.

Be quiet for a moment or two (as long as works for you or your group) to reflect on the importance of water in our world.

*Creator God, thank you for water, especially for clean, safe water to drink.*

*Silence*

*We are sorry for those times when we have wasted water, and we remember now those places where there is not enough water to keep crops alive, and those people who suffer because they do not have clean water.*

*Silence*

*Help us to value water as part of your creation; to realise our dependence on it, and our responsibility to look after it.*

*Silence - Stand for a moment and let the water point you towards God.*

