

# NATURE WALK WITH JESUS

*A simple invitation to slow down, pay attention,  
and draw near to God.*

*A nature walk with Jesus is an invitation to step away from the pace and distractions of everyday life and become more aware of God through what He has made. You don't need to make anything happen or have a profound experience. Simply walk with Jesus, pay attention, and allow creation to point you toward its Creator. Along the way, pause and ask what God might be revealing to you about Himself, His creation, or your own life.*

## 1 DRAW NEAR TO GOD

*"Draw near to God, and he will draw near to you."  
- James 4:8*

Before you begin, stand still and take in the scene before you.

**PAUSE & PRAY:** God, as I walk through what You have created, help me notice You. Quiet my mind, open my eyes, and draw me closer to You.

As you begin walking, let go of your schedule, worries, and distractions. Walk without music, conversation, or your phone, giving this time to God. After walking a little while continue to part 2.

## 2 NOTICE THE BEAUTY

*"The heavens declare the glory of God; the skies proclaim the work of his hands."  
- Psalm 19:1*

Look around. Take in the big picture—sky, trees, light, colors, patterns, and landscape. What catches your eye? Use your senses. What do you see, hear, smell, and feel?

**PAUSE & NOTICE:** What beauty am I noticing that I might normally miss? What does this reveal about the God who created it?

Thank and praise God for something beautiful you see. Continue walking for a few minutes then go to part 3.

## 3 WONDER AT GOD

*"Lift up your eyes and look to the heavens: Who created all these?"  
- Isaiah 40:26*

Stop and pay attention to something. Notice the size, complexity, creativity, and detail of creation—from the sky above you to the smallest leaf or insect.

**PAUSE & WONDER:** What does creation reveal to me about God's power, creativity, greatness, and attention to detail?

Allow yourself to be amazed by the God who created it all. When you've walked some more, move on to part 4.

## 4 LISTEN FOR GOD

*"Be still, and know that I am God."  
- Psalm 46:10*

Listen. Notice the distant sounds. Then the sounds nearby. Finally, notice your own footsteps and breathing. Pay attention to what comes to mind—thoughts, concerns, people, memories, or ideas. Don't force anything. Simply walk, listen, and enjoy being with God.

**PAUSE & ASK GOD:** "God, is there anything You want to bring to my attention?"

Finish your walk, then continue to part 5.

## 5 END WITH GOD

Before leaving, stop and take in your surroundings one more time.

**PAUSE & ASK YOURSELF:** What did I notice about God? What did I notice about His creation? What did I notice about myself?

**PRAY:** *God, thank You for walking with me today. Help me remember what You have shown me and carry it with me into the rest of my day. Help me continue to draw near to You. Amen.*

**What is one thing from this walk that you don't want to forget?**

## DURING THE WEEK WITH JESUS

**Matthew 6:26** — "Look at the birds of the air...your heavenly Father feeds them. Are you not much more valuable than they?"

- *As you move through your week, notice the life around you. Let it remind you that the God who created all things sees you, knows you, and cares deeply for you.*

**John 3:16** — "For God so loved the world that he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life."

- *God's love for you is made known through Jesus. He invites you to know Him, draw near to Him, and trust Him with your life.*

**PAUSE & REFLECT:** What are you carrying today? Where might God be inviting you to trust Him more deeply?

**PRAY:** *Father, thank You for creating me, loving me, and caring for me. Help me trust You and draw near to You through Jesus today. Amen.*