

All Creation Bless the Lord

By Susan Vogt



Easter starts the liturgical season of joy and praise. In the northern hemisphere nature cooperates by bringing forth new life and hope. Let us bless the Lord.

For
Adult, Couple

Season
Spring

Needed

A happy heart that's open. (If you don't feel too joyful at the moment, can you at least summon up the will to look for the good around you?) Paper and pen, a candle.

Prepare in Advance

- Decide whether to do this by yourself or with your spouse. If done with your spouse, see *Spouse Variation* at end.
- Ideally, it would be nice to do this activity outdoors. If this is not practical find a place where you can have a view of the natural world even if it is just a window, a book, or a video. (Dirt and insects in the basement would be a stretch.)

Activity Plan

Ultimately, prayer is the raising of the heart and mind to God. Over the centuries we humans have tried to organize and categorize prayer. One system that is simple and memorable works with the acronym – ACTS.

Adoration / Praise
Contrition / Sorrow
Thanksgiving / Gratitude
Supplication / Petition

For this activity, we will focus on the “A” (Adoration) since Easter starts the season when Christians remember the glory of Christ’s resurrection. Pentecost soon follows as a reminder of the disciples’ courage and inspiration to share the good news of the resurrection with the world.

1. Begin by lighting a candle, pausing, and calling to mind the presence of God. Then pray out loud something to the effect of:

Creator God, I come before you today in awe of all creation. Jesus, Son of God, I remember that you overcame death by rising and urged your followers to spread the good news. Holy Spirit, I have confidence that you will be with us until the end of time. Amen.

2. Take about five minutes to sit quietly and look around you. Notice what is alive (plant life, critters big and small, birds, ants, mosquitoes or other flying insects, even dust bunnies that have collected under your couch or dust particles that dance in the air ☺).
3. On your sheet of paper, quickly write down the many manifestations of nature that you see around you. Don't worry if some seem silly or irreverent, just list them all.
4. Next form these items into a litany of praise and adoration since they all are part of God's creation and reflect God's glory. You can use the formula:
Bless the Lord, all ye _____ . Praise and glorify God forever.
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Bless the Lord, all ye _____ . Praise and glorify God forever.
 Continue for as long as your list goes.
5. End with:

Give thanks to the Lord, for God is good, God's love is everlasting.
Bless the Lord, the God of gods, all who fear God,
Give praise and thanks to God for God's love is everlasting!

Spouse Variation

Spouse Variation: If done with your spouse you can sit together, say the opening and closing prayer in common but make your separate lists. It would be nice to combine your lists of natural items that glorify God and alternate saying the beginning stem, "Bless the Lord, all ye...", then join together for "Praise and glorify God forever."

