

November Food & Faith Devotional

During this final week of our November devotionals we invite you to pray with your body. Consider doing an activity after a stressful day of holiday prep or after a feast where you ate one too many pieces of pie. Use and adapt these activities as you best see fit.

If you missed the earlier devotional guides they can be found at www.graceumcpequotlakes.org/discipleship

Week 4: Post Dinner Stroll with God

Companion Walk: Go for a walk. Picture a silent companion who strolls alongside you, perhaps Jesus or an angel, or the spirit of a loved one—whatever might feel natural or comforting to you. Imagine a sacred conversation in which you pour out your gratitude for simple delights, as well as the gift of this presence in your life. Be honest about any concerns or frustration you may be experiencing. If you can, envision a dialogue in which you listen to the wisdom of the silent companion. You may want to journal about your experience. Try to refrain from self-judgement if you attempt this exercise and it falls flat.

Revelation Walk: Stroll along at a leisurely pace, focusing intently on your surroundings. Be open to whatever might draw your attention—a falling leaf, a puddle, a bare branch, mud, a rock. Stop and spend time with it, letting your imagination flow. For instance you might notice how the light is creating a shadow around the tree branch, reminding you of the seasons of life and how light creates beauty. Stay with the object as long as possible, opening yourself to its lesson for you.

Soaking Prayer: One a day where the sun is shining brightly head outside or even stand in a corner of your living room and simply soak in the sun. Do nothing. Think nothing. Simply allow yourself to soak in the unconditional love of God, who understands and accepts your fatigue, your stress, your worries.