

# A Four Step Prayer

First Step: Plant your feet firmly on the earth. Using your five senses, give thanks to our Creator God for the countless ways God comes to us through creation- for all the beauty that your eyes see, for all the sounds that your ears hear, for all the scents that you smell, the tastes that you taste, for all that you feel (the sun, wind, rain, snow, warm, or cold). Pray this day that you may be open and attuned to the countless ways that our Creator God comes to us through our senses, through the gifts of creation.

Second step; Plant your feet firmly on the earth and remember the earth as it was in the beginning. Before people came along with their concrete and machines, when the streams flowed endlessly with fresh, clean water. Before the indigenous people were, so called civilised, by the new people moving in and telling them how their lives should be and how the earth was there to be used and exploited and ripped apart until it lay in a gathering cloud of dust. Before the earth became over populated and over used.

Third step; Plant your feet firmly on the earth and Let go of all the pain, struggle, regret, failures, rubbish of yesterday - step out of it - leave it behind- brush the dust of it from your feet.

Fourth step; Plant your feet firmly on the earth and With this fourth and final step, step into the gift of a new day tomorrow, full of hope, promise, and potential. Step into the potential of a cleaner, greener earth led by caring people who would seek to undo the wrongs inflicted on this earth. Give thanks for the gift of this new day and the chance to be part of a new earth as together we seek to enable and educate our leaders and brothers and sisters in our quest to make our earth whole again, this earth, which God has made!

Amen.

Amended from a prayer by

- *Jose Hobday*