Make some time today to practice noticing. One way is to pay attention to your feet and where they take you. Be sure to stop throughout the day and say a prayer about whatever you see or experience around you.

You can also take a journey. Walk, drive, or ride a bike. Travel alone or with someone else. Where you go doesn’t matter. Simply pay attention to what you notice along the way, and enjoy the journey.

Or grab your journal and go outside. Sit where you can closely observe an object of God’s creation: a flower, a stone, a tree, an animal. Jot down everything you observe or wonder about the object. What color is it? Why is it a particular shape? Then write about the object from God’s perspective. Why did God make it this way? Or allow it to be in this particular spot at this particular moment? What can I learn about God from the way the object was created? Give thanks for the chance to get to know God better wherever you walk.