



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](#).