

## ***SESSION 1: ABIDING IN JESUS***

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Want to interact more with Creator Jesus? Try this activity.

Spend 30 minutes outdoors in some natural setting: park, garden, forest, wildlife preserve. Use the first 15 minutes for silent observation, simply writing notes just as a naturalist would: describe plants, wildlife, sights and sounds, and so on.

Next, take another 15 minutes to read two passages from the *Jesus-Centered Bible*: Colossians 1:15-17 (pp. 1241-1242) and Hebrews 1:1-3 (p. 1277) and then reflect on these four questions, either in silent reflection or by writing down your thoughts and impressions:

**❓ What meaning do these verses give to the observations of nature you just wrote?**

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**❓ In these Scriptures, what is the relationship between creation, Jesus, and God?**

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**❓ What do these passages say to you about God's heart for people and creation?**

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**❓ How will your reflections affect *your* relationship with God, with others, and with creation?**

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