



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Thursday 3rd April 2025

Contemplative Act

On Thursdays during Lent to Pentecost the Ashes to Fire Course will offer a contemplative practice to try, experiment with or reflect on. This might be a way of prayer, a contemplative practice, a suggestion of places to pray, interactions with scripture or more.

Today's contemplative act is being in God's Creation.



Today you're invited to explore God's Creation as a contemplative practice. This could be looking out of the window or going for a walk. It might be you go to somewhere familiar or new to you. It could be by the sea, in a forest, in an urban park or looking out of your window.

Take some time and enjoy God's creation. What do you see, hear, and smell?

Listen to the birds – enjoy the wonder of God's creation around you. Take in the scent of the flowers you see. Look for the bees as they pollinate the flowers giving us the gift of seed and food.

Give thanks to God for the beauty of the earth and enjoy the beauty of Creation.