







How do you experience AWE in God's creation and in people around you?













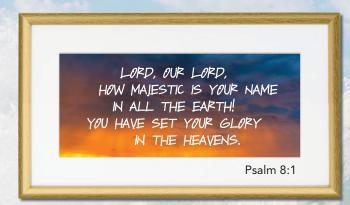






Turning AWE into a family practice this summer:

- Go on a walk together. Bring a notepad or observation journal.
- Commit to one new 'adventure' every week.
- Create something new together: a painting, a poem, a bird feeder.
- Spend time in the Scripture readings each day.
- Pray with gratitude to God.



Daily Scripture Readings & Playlist solanabeach.church/awe

WEEKLY READINGS

JUNE 4 Psalm 8 JUNE 11 Psalm 33:1-12 JUNE 18 Psalm 116:1-2, 12-19 JUNE 25 Psalm 100 JULY 2 Psalm 89:1-4, 15-18 JULY 9 Psalm 145:8-14 JULY 16 Psalm 65:1-13 JULY 23 Psalm 139:1-12, 23-24 JULY 30 Psalm 105:1-11, 45b AUGUST 6 Psalm 17:1-7, 15 AUGUST 13 Psalm 85:8-13 AUGUST 20 Psalm 67 AUGUST 27 Psalm 138 SEPTEMBER 3 Psalm 26:1-8

AWE

ATTENTION (Matthew 11:28-30, Jeremiah 6:16-17)

Pause. Read the weekly scripture. In stillness, pay attention to what's around you. What do you notice? See? Hear? Feel? Smell? Be present to your body, to the space around you, to your senses, and emotions. Are you with others or on your own?

WONDEP (Genesis 1:31, Isaiah 55:2)

Immerse yourself in wonder as you reflect, remember, and delight. Tune into the sacredness of this encounter. Engage your senses in the mystery. Is this an ordinary moment of awe? A transcendent one? Is it cosmic or is it small? Be astonished. Delight in it.

EXPPESSION (Psalm 103:1-5, Ephesians 4:16-19)

How will you offer back to God an expression of gratitude, praise, curiosity, or joy? (Pray, journal, draw, take a photo, sing, serve.)

> WHENEVER I FELT THE BEAUTY OF THE WORLD IN SONG OR STORY, IN THE MATERIAL UNIVERSE AROUND ME, OR GLIMPSED IT IN HUMAN LOVE, I WANTED TO GRY OUT WITH JOY. THE PSALMS WERE AN OUTLET FOR THIS ENTHUSIASM OF JOY OR GRIEF." -DOROTHY DAY