

# AS YOU GO

Adventures are an important part of life. To explore, gather with others, be in nature, and experience aspects of life that offer an invitation to slow down (even while going fast).

Whether it is hiking, biking, fishing, kayaking, dinner dates, walks along the beach, campfires, or .... Fill in your favorite adventure... There are invitations from Jesus into awareness of His presence in the midst of play, recreation, and the various social gatherings one may find themselves in. This awareness can be intentionally cultivated. Here is a simple list of ways to engage in a Jesus Experience *As You Go...*

## INTENTIONS

To set a particular focus for an adventure may come about as one is seeking time with God for a particular reason. To utilize an adventure to change the scenery and our posture to seek God in a specific way or for a specific reason. Intentions can include things we are struggling with, needs we have, areas in our lives we are asking God to move. It may be that there is a desire to ask God for more peace, hope, gratitude, awareness of God's presence.

The aspects of a particular intention may form as you explore Scripture and Prayer. If an intention bubbles to the surface of your time with God, the invitation could simply be to acknowledge the opportunity to open space for God to show you where God is already moving in that area. Intentions are not clear and hard lines in our times with God, however, God cares about what you care about and an intention can foster that posture of trusting God with those desires.

## SCRIPTURES

There are so many ways to engage in Scripture that open up the heart and mind to explore the beauty of creation and the richness of community relationships. There are many Psalms that are designed specifically to highlight the joys that are found in the journey (Songs of Ascent Ps 120-133). There are passages about seeing God in creation; the mountains, the water, the flowers...

Mountains

Water

Wilderness

Community

Awareness

Seeking

## PRAYERS

The integration of prayer as part of an adventure can come in many ways. To prayerfully consider which adventure to go on, who to go with (or alone), and what God might want to say as you prepare to go. At the time of the adventure, you may pray together with those who have joined in. Taking a moment to offer space to open to God and each other. Maybe again at the end there is a sharing of each participant's favorite part of the adventure. This time to remember can be used as a prayer of gratitude.

As you go, you may also feel the invitation to practice what has been known as a Breath Prayer. This is a short phrase that can help guide awareness to refocus, or to help cultivate an intention for each adventure. This could be as simple as “Be still and know (I am God)” “Open the eyes of my heart” “All glory, honor, and praise are Yours.”

These breath prayers have often been pulled from Scripture, so maybe take a small portion of one from above that stood out to you and allow it to refocus your awareness as you go.

## **POSTURES**

Our bodies can guide our hearts and minds as time is set aside to foster an experience with Jesus as you go. Postures done intentionally can provide a framework for this throughout an adventure. A few common ways can be during pre/post prayer times to hold open hands up or down to symbolize receiving and/or letting go as the space is set for God to guide.

Other ways look like pausing at set intervals to LOOK UP and see what God has placed in a particular scene or an aspect of a conversation for you to notice. Walking with hands open instead of clenched to signify openness.

Symbols play into this practice by reminding us to refocus our awareness on an intention. It may be a bracelet that one wears that draws attention to refocus, a scarf, or word, maybe even a rock in a pocket or in your hand as a tangible physical element.