



PLUG-IN-AND-PLAY



Find a place to be still and silent: Ready yourself for reflection.

You might like to ask God to help you review your day so far.



Pause and be still: Think about the present.

Take some slow breaths.

What do you notice around you? What can you hear? What can you feel?
Spend some time being grateful for the world around you.



Rewind: Review your day so far.

How has your heart for the earth been seen today?

Has it been seen in your thoughts?

Has it been seen in your actions?

Spend a bit of time being thankful for the wonderful earth; if you'd like to, thank God for creation.



Were there moments where you didn't show a heart for the earth?

Whatever these moments were, remember that you are precious to God and nothing ever changes that. Think about what you might do differently should that situation occur again.

Is there anything you would you like to leave with God and say sorry for?



Fast forward: Imagine the future.

Think about the rest of the day. How might you show a heart for the earth? Is there anything you would like God to help you with?

If you'd like to, talk to God about it now and ask God to be with you through your day.



Play: Resolve to live well for the rest of the day.

What has been the main thing you have taken away from your reflection? How has it helped you as you continue your day?