**Wonder**

The book of Psalms is full of poems expressing a sense of awe and wonder at God’s creation.

I praise you because I am fearfully and wonderfully made;  
    your works are wonderful,  
    I know that full well. Psalm 139.14

The constant torrent of information we face each day can overwhelm us, leaving us feeling detached or depressed.

Learning the art of wonder is one antidote to the weariness we can sometimes experience.

Think about how you can make space and time simply to look in wonder at all that God has created.

**Here are some ideas:**

1. Take some time to read or listen to Genesis Chapter 1 and then watch an episode of David Attenborough’s Planet Earth III

**Reflect on the amazing creativity that Genesis describes.**

1. Visit Westonbirt National Arboretum or another botanical garden if you have transport and as you walk look closely at the variety of plants and trees. Notice the difference in shapes, sizes and colours. Take a camera or phone with you and try to capture a sense of wonder at the beauty of creation.

**What are you learning about God as creator?**

1. Watch the video of the development of a human embryo and read Psalm 139 verses 13-14.

**Think about your own creation, how precious you are in the eyes of God.**

As you go through the month be alert to other places where you can see the beauty and wonder of God. Even in the unexpected. Share what you are learning with a friend.