

## 5 ways to connect with God in nature

### **Practical suggestions for disconnecting from technology and encountering God in the natural world.**

Have you stepped outside lately?

The natural world offers benefits, both spiritual and physical. In its beauty—if we open our hearts to it—we can sense the Creator’s presence.

Jesus knew this. He would retreat to the mountains or the desert to talk to his Father. And in his final hours, he entered the Garden of Gethsemane to pray.

“Two things that I think draw us intimately into an awareness of our Creator are silence and solitude—solitude being different than loneliness—and the real way to achieve that is to get out and to experience it on a trail, under your favorite tree, at the seashore, by the side of a lake or listening to a creek babbling along,” said Ed Covert, Executive Director of The Salvation Army’s Camp Redwood Glen in Scotts Valley, California.

While not everyone can regularly visit the mountains or the beach, most people can observe a tree or a garden. When you find that place, that’s where, in silence, you can allow the presence of God, the Creator, to pour over you.

“In those moments, you can find yourself in a posture to receive all that God wants to say, whether it’s comfort, direction, encouragement or inspiration,” Covert said.

In nature, you connect with God.

In addition to the spiritual benefits, science affirms the health benefits of getting outdoors. According to [Neuroscience News](#), 20 minutes in nature “could be a low-cost solution to reduce the negative health impacts stemming from growing urbanization and indoor [lifestyles dominated by screen viewing](#).”

Beth Norcross, Founder of The Center for Spirituality in Nature, believes people find comfort in nature.



“I think it’s a deep need,” she said in a [Leading Ideas Talks podcast](#). “It’s deep yearning that’s pulling us back to our original way of finding God...It’s a return to the Garden, if you will, that I think that we’re all seeking.”

Covert noted for urban dwellers, connecting with God in nature requires the intention to discover the green spaces around them.

“Whether you’re an urban dweller or you live in a rural area, you can approach the day asking God, ‘Lord, help me to see the beauty. Help me to see your goodness and help me to understand your truth a little bit better,’” he said.

## **Five ways to connect with God in nature**

### **1. Go outside**

Step outside and explore the green spaces around you. Take a walk through your neighborhood or pause to notice what’s thriving in your own yard. Even at work, a short break outdoors can be refreshing. During that time, you may also discover a deeper connection with the Creator.

### **2. Prepare your mind**

What if your mind is racing when you step outdoors? Covert recommends beginning your walk with a simple prayer, such as: *“Lord, I yield this time to you. Quiet my heart, quiet my mind and make me aware of your presence as I walk.”*

Repeat these words until your thoughts begin to slow, allowing you to receive and recognize God’s presence.

### **3. Learn the names of what you see**

When you see a majestic tree, a beautiful flower or a striking bird, take the time to learn its name. Discover what it needs to thrive—some apps and websites can help. “We value the things that we can name,” Covert said. In doing so, we not only deepen our appreciation for creation but also [honor the Creator](#) by caring for what he has made.

### **4. Create a space of remembrance**

Just outside your home, find a special spot to create a space of remembrance—perhaps under a tree or in a garden—where you can place meaningful objects that remind you of moments shared in nature with the Holy Spirit. You could decorate rocks and arrange them in that space, for example, serving as visual reminders of God’s presence in your outdoor experiences.

### **5. Bring the outside in**

When going outside isn’t possible, consider ways to bring the outdoors in. Covert suggests finding a spot in your home where sunlight streams through a window and placing a chair there. Sitting in that space each morning, even in winter, allows the sun’s warmth to reach you—something he believes can “soothe your soul and lift your spirit,” drawing your heart closer to God.

The key is to intentionally welcome nature in—opening blinds, letting in natural light and creating a space that fosters a sense of peace and connection.

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