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Spend a little time studying the picture, colour it in if you would like to, making it as muted or vibrant as you wish.

In the Psalm over the page, the Psalmist is enjoying passing all the fruits of God's creation before us. He is sure that God enjoys himself as creator and caretaker of it all. Julian of Norwich wrote that, 'God loves us and enjoys us, and wills that we love and enjoy him, and trust him; and all shall be well'.

The psalm invites us to stop and look. Can you remember moments when you have been stopped in your tracks by the beauty of something in God's creation?

God loves us and enjoys us how can we help others to see this for themselves?

God supplies all we need. Can you write or say a few special words of thanks at this harvest time?

Read the text below. Is God speaking to you through the words and the picture?

BIBLE READING: Adapted from Psalm 104: 5-19

You set the earth on its foundations,
so that it shall never be shaken.
You make springs gush forth in the valleys;
they flow between the hills,
giving drink to every wild animal;
the wild asses quench their thirst.
By the streams the birds of the air have their habitation;
they sing among the branches.
From your lofty abode you water the mountains;
the earth is satisfied with the fruit of your work.
You cause the grass to grow for the cattle,
and plants for people to cultivate
to bring forth food from the earth,
and wine to gladden the human heart,
oil to make the face shine,
and bread to strengthen the human heart.
The trees of the Lord are watered abundantly,
the cedars of Lebanon that he planted.
In them the birds build their nests;
the stork has its home in the fir trees.
The high mountains are for the wild goats;
the rocks are a refuge for the coney.
You have made the moon to mark the seasons;
the sun knows its time for setting.

PRAYER:

Creator God,
you have made all things and the balance of nature is wonderful to behold. Help us all to do our part to conserve your world, reduce waste, and share our plenty with those who have little. Take care of all farmers and farm-workers, who work in the heat of summer and the wet and cold of winter, as they tend their animals, cultivate their fields and manage the hedges, woodland and waterways. As you love and delight in your creation help me to love and delight in you and all that you have surrounded me with. Amen.

YOUR NOTES: what did you find?

We hope that you have enjoyed this exercise. Perhaps you could keep them to help with your discipleship. Please feel free to forward it to others. A new picture should go up each week and can be found on The Five Parishes website under Bible in Pictures.

If you would like to speak to someone from the church please do call:

..... on this number

Bible in Pictures is produced by the Revd. Janet Parker, of the Chelmsford Diocese, to help by being a Ministerial Presence in this difficult time.

