

Climb the mountains and get their good tidings: Nature's peace will flow into you as sunshine into flowers, the winds will blow their freshness into you, and the storms, their energy and cares will drop off like autumn leaves.  
- John Muir

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Describe how nature refreshes and restores you . . .

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The finest workers in stone are not copper or steel tools, but the gentle touches of air and water working at their leisure with a liberal allowance of time.

- Henry David Thoreau

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Describe how wind and water sculpt rock . . .

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The sun gives us light, but the moon provides inspiration. If you look at the sun without shielding your eyes, you'll go blind. If you look at the moon without covering your eyes, you'll become a poet.

- *Serge Bouchard*

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Write a poetic description of the moon . . .

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Nobody sees a flower - really - it is so small it takes time - we haven't time - and to see takes time, like to have a friend takes time.

- Georgia O'Keeffe

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Please describe a flower in detail . . .

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Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these.

- Bible

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How does this Bible verse encourage you?

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Next time a sunrise steals your breath or a meadow of flowers leave you speechless, remain that way. Say nothing, and listen as heaven whispers, "Do you like it? I did it just for you."

- *Max Lucado*

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What have you seen in nature that you saw as especially for you from God?

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Flowers always make people better, happier, and more helpful; they are sunshine, food, and medicine to the soul.

- Luther Burbank

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What flowers would you give to your mom and why would she like those flowers?

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The next time it begins to rain ... lie down on your belly, nestle your chin into the grass, and get a frog's-eye view of how raindrops fall . . . The sight of hundreds of blades of grass bowing down and popping back up like piano keys strikes me as one of the merriest sights in the world.

- *Malcolm Margolin*

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Describe anything in nature that you observed from lying on your belly . . .

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Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather.

- John Ruskin

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Describe your favourite 3 types of weather and say why you like each . . .

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Weather means more when you have a garden. There's nothing like listening to a shower and thinking how it is soaking in around your green beans.

- *Marcelene Cox*

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Describe all the sounds of a rain shower . . .

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Today a new sun rises for me; everything lives, everything is animated, everything seems to speak to me of my passion, everything invites me to cherish it.

- Anne De Lenclos

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What in nature makes you glad to be alive?

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Thank God ever morning when you get up that you have something to do which must be done, whether you like it or not.

- Charles Kingsley

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Write a short prayer of thanks to God for what you have today:

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Today is a new day. You will get out of it just what you put into it. . . . If you have made mistakes, even serious mistakes, there is always another chance for you. . . . for this thing that we call "failure" is not the falling down, but the staying down.

- *Mary Pickford*

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What mistakes will you put behind you in this beautiful new day?

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Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can.

Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

- *Ralph Waldo Emerson*

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What are you grateful for when the day has ended?

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Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily, enjoying each passing moment; and the view from the summit will serve as a fitting climax for the journey. - [Harold B. Melchart](#)

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What goal are you facing which requires a mountaineer's perspective?

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Nature, like a kind and smiling mother, lends herself to our dreams and cherishes our fancies.

- Victor Hugo

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How has your mother cherished your dreams?

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Our Lord has written the promise of resurrection, not in books alone but in every leaf of springtime.

- Martin Luther

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Describe redemption and how spring leaves can represent redemption . . .

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My heart leaps up when I behold a rainbow in the sky.

- William Wordsworth

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Describe what you feel when you see a rainbow . . .

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Spring is nature's way of saying, "Let's party!"

- Robin Williams

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Which words would you use to describe what spring says?

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God Almighty first planted a garden. And indeed it is the purest of human pleasures.

- Francis Bacon

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Describe the Garden of Eden as you imagine it . . .

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What is a weed? A plant whose virtues have not yet been discovered.

- Ralph Waldo Emerson

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Describe the beauty of any “weed” that grows in your garden:

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This is the day the Lord had made. We will rejoice and be glad in it.

- Bible

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Write your own psalm of praise for this new day . . .

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