

{ practices for paying attention }

# sound mapping



*“Go out and stand before the LORD... a sound of sheer silence.” – 1 Kings 19:11*

Often we are too busy or too distracted to recognise God’s ever-present, still, small voice whispering to us.

Take a piece of paper and a pen into your garden or sit near an open window or door. Draw yourself in the middle of the piece of paper (a stick person or dot will do). Be still for a short while (try 5 minutes) and start to listen to what is making sound around you. Mark on your paper the sounds you can hear and where they are coming from, for example there may be cars driving by or birds singing above. Be still and quiet and really focus on sounds you can hear. Draw, write or colour the sounds you can hear around you. Consider direction and distance as you map your sounds.