

A Starry Night

By Kevin E. Ruffcorn

Pausing to scan the starlit sky affords us the opportunity to glimpse the nature of God and ponder God's power and presence.

For

Adult / Couple

Season

Summer



Needed

Chairs or blanket, telescope or binoculars (optional), star chart (optional), Bible, flashlight, jacket (if the night is chilly), insect repellent

Prepare in Advance

Choose a cloudless, star filled night, and a vantage point from which to observe it
Mark Psalm 19:1-6 in your Bible

If you are lacking a starry night, view this video: [Hubble Images and God](#)

Activity Plan

1. Say this prayer aloud to begin.

O, God Almighty, Creator of the universe, open our eyes that we may see you in your creation and ponder your movement in our lives and in the world. Amen.

2. From your Bible, read Psalm 19:1-6 (or see text below). Do not comment.

The heavens declare the glory of God, and the sky above proclaims his handiwork. Day to day pours out speech, and night to night reveals knowledge. There is no speech, nor are there words, whose voice is not heard. Their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun, which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy. Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.

3. In silence, sit down or lie on the blanket and gaze into the sky. Allow at least five or ten minutes to view the stars.
4. After enough time has passed, share your responses to the following questions.
 - What are the thoughts and feelings that you are experiencing at this moment?
 - What caught your attention?
 - Where did you see God?
 - What did the heavens "declare to you" about God?
 - Can you apply what was revealed to you about God to your daily life?

5. Conclude your time together by each one praying this prayer:

Thank you God for opening my eyes and helping me see ...

6. Repeat this ritual occasionally in order to refocus your thoughts and open yourselves to the reality of God's presence and power.

