

# A How?, A Wow! and a Bow

“Wonder is the beginning of wisdom”  
Socrates

Walking with Wonder is an important rhythm as we consider the pace at which we approach life. It tends to be something that children do far better than adults. As adults, it is so easy for us to become complacent about the world around us and bruised by difficulties in life that our sense of wonder can be tarnished or replaced by pragmatism or cynicism. As our weight of responsibility grows and life becomes busier – we can be too distracted by what is going on around us that we forget to be present, to notice, to enjoy and to wonder ...

Being intentional about noticing the Wonder that surrounds us can help us to practise forming a rhythm of Walking with Wonder.

This simple reflection tool can be a great conversation starter at a family mealtime as you share in each others days and notice the Wonder.

Or perhaps you might like to simply sit with a cuppa on your own for a few moments and ask God to bring to your attention where He has been revealing His wonder in your day as you sit and reflect.

## HOW?

What has made you stop and think ‘I wonder how ...?!’ today?

## WOW!

What have you noticed that has made you think ‘Wow – that is awesome!!’

## BOW

When have you noticed God at work in your life today?

*‘You’ll never find a rainbow if you’re looking down’  
Charlie Chapin*



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