

Do You Ever Just Sit And Wonder Y?

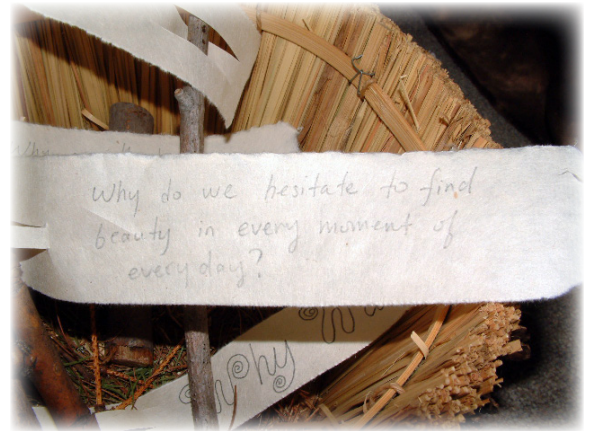
It has become a practice of mine, when walking in the woods, to pick up sticks in the path that are in the shape of the letter “Y.” As I pick up the stick, I ask myself a “why” question for the day. These may be very personal questions, “Why am I drawn to a certain value in my life?” or broader, more-global questions such as, “Why does nature often end up suffering whenever humans endeavor to make their lives better?” It is my intention with this activity to draw the attention of spiritual pilgrims to the beauty of a well-placed question, as well as the many different and important Y/whys within the human and more-than-human world.



I invite you to consider the spiritual practice of taking some time for a walk outside each day, or at least on a regular basis, and find your own “Y” sticks laying on the ground. Then, formulate your own prayerful “why” questions and start filling your own basket.

Idea For Today:

If you are so moved, you may use one of the sticks and papers here on the table today; take time to carefully discern a holy question in your life, then write down your own prayerful question, place the paper on one of the “Y” sticks, and place it in the basket provided, alongside any other questions already in the basket.



Then, take some time to sit and consider the question you’ve asked. What are the issues around the edges of that question? How do you imagine God would respond to such a question? How would others respond? Does your question lead to other questions? Does your personal faith depend on a certain answer? Where is God in the asking of such questions?

When you are finished considering your question, silently thank God for this time in a way as if God is sitting beside you, with an ability hear and understand your thoughts.

Before leaving, you might look at other questions in the basket that are being asked, and consider how a well-placed question is, indeed, a holy act.