

Space for reflection....

Peace be with you...

An Advent Labyrinth Walk



Come, Lord Jesus...

Advent is a time we set aside to reflect on our life and make preparations to joyfully celebrate the birth of Jesus at Christmas. In anticipation.. in hope... in eager expectation...let us use this Advent to renew ourselves and open our hearts to welcome Jesus into our lives.

As part of your Advent preparations you are invited to reflect on these verses from the prophet Isaiah and spend some time walking and praying on a labyrinth.

Begin by praying these words...

Come, Lord Jesus...

repeat them a few times softly ...

A reading from Scripture:

A voice cries out:

"In the wilderness prepare the way of the Lord,
make straight in the desert a
highway for our God.

Every valley shall be lifted up,
and every mountain and hill be
made low;

The uneven ground shall become level,
and the rough places a plain.

Then the glory of the Lord shall be revealed,
and all people shall see it together,
for the mouth of the Lord has spoken."



Isaiah 40:3-5 (NRSV)

Pause for Thought: Spend a few moments considering the verses from the prophet Isaiah.

- ◇ Where is the wilderness in your life?
- ◇ What do you need to do to prepare a way for the Lord?
- ◇ What do you need to put aside so that the glory of God can be seen in you?

Hold onto one of these thoughts and take it into the labyrinth with you...

Labyrinth Walk: As you follow the path allow your thoughts to flow...

When you get to the centre pause in some time of prayer and reflection receiving God's love and blessing...

When you are ready return along the same path, gratefully and prayerfully...

When you leave the labyrinth you might like to write down a few words, symbols or phrases in a journal or on the back of this leaflet to acknowledge and remember this time of prayer. Take this leaflet home with you.

Closing Prayer:

Ever-loving God I give you thanks and praise for the grace and blessings you give me each day.

May I prepare your ways of love this Advent so that all people will see your glory.

Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end.
Amen.

Come, Lord Jesus...