

Labyrinth Prayer Time

CREATION



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Beautiful Resources for Prayer and Reflection

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Before you walk...

You will need a Bible

We are so familiar with the story of Creation as told in the first book of the Bible.

It is a simple story written over 3000 years ago. Today, we know so much about the evolution of our planet, our solar system and beyond... and yet...this early sacred story reminds us that our world is a gift from God - each part of creation has been blessed ... this time of prayer gives us an opportunity to reflect on these gifts.

Read Genesis 1:1 - 2:4

Prepare to walk the labyrinth...

Lord God of my being, guide my thoughts and renew my love of all creation as I walk and pray on the labyrinth today...

...if it's possible... take off your shoes, connect your feet to the earth.. and step onto the path...

As you walk to the centre...

If you are walking a labyrinth with a group...

- ◇ You will see symbolic pictures of the days of creation on the path. Pause for a few moments to reflect on each day...

Or... if you are walking a labyrinth on your own with just this leaflet...

Pause at different places along the way to wonder at the gift of

- ◇ Light
- ◇ Water and Sky
- ◇ Dry land and plants
- ◇ Sun, moon and stars
- ◇ All that flies and all that swims
- ◇ People to care for all Creation

At the centre...

Rest...

...breathe gently and enjoy this moment of rest...

...consider the gift of rest...

...there are times and seasons of rest ... to restore energy... to embrace stillness of mind and body...

... where is your favourite place to rest?



As you walk out...

What one thought will you hold on to and take out of the labyrinth with you?

You might like to wonder at what the giving of these amazing gifts tells us about The Giver...

As you leave...

Give praise and glory to God for this time spent in prayer...

Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and shall be forever. Amen

After your walk...

You might like to:

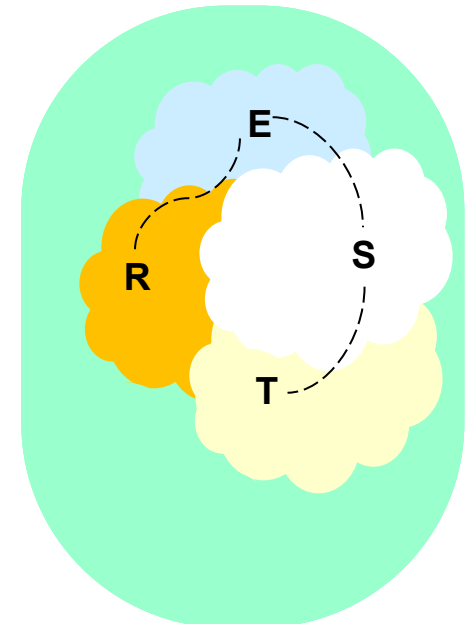
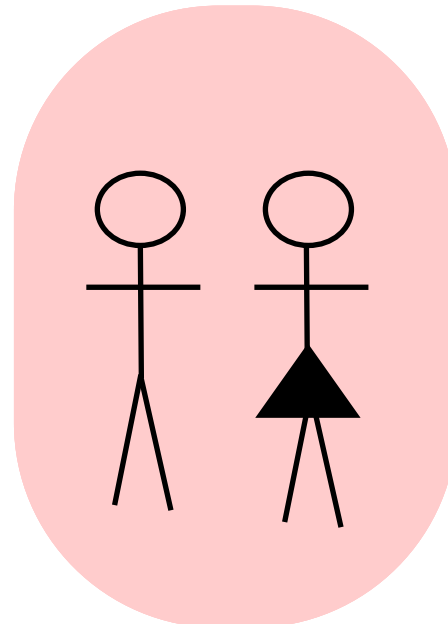
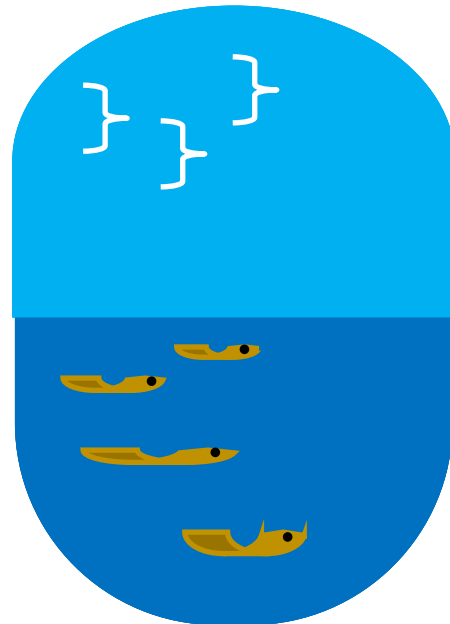
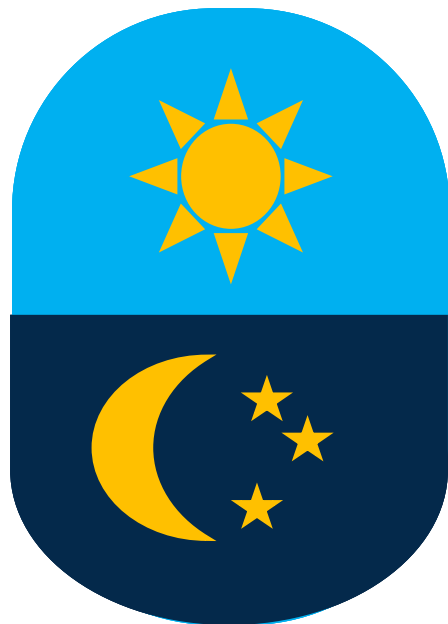
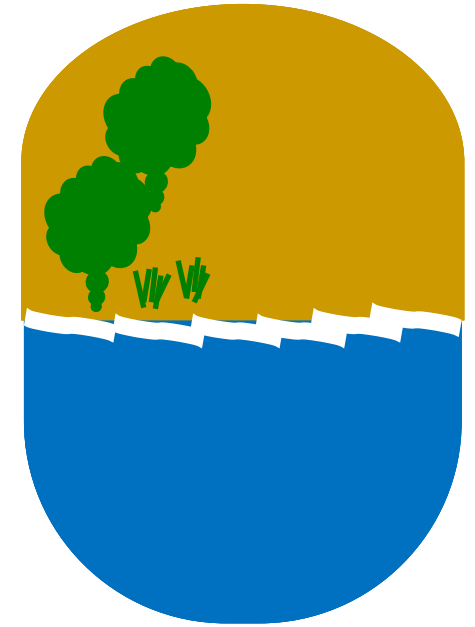
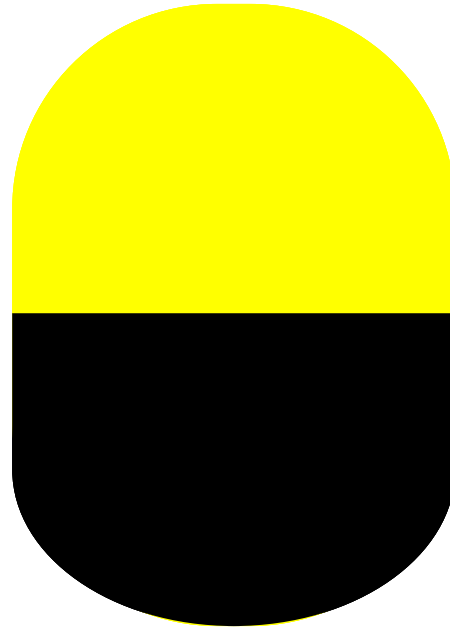
- ◇ Record your thoughts in a prayer journal for future reflection
- ◇ Write a prayer or poem, take a photograph or create a picture about God's gift of Creation

CARDS FOR THE 'CREATION' PRAYER WALK - [1]

You can choose to use just this page or back it with page 33

Laminate for strength and durability and then cut into cards...

Place the cards, in order of the days of Creation, spaced out with Day 7 at the centre. If you have a 7 circuit labyrinth that will be perfect!



CARDS FOR THE 'CREATION' PRAYER WALK - [2]

Dry Land
and Plants

Sea

Water and
Sky

Light

Dark

The Gift of
Rest

People to
care for all
Creation

All that
flies

All that
swims

Sun

Moon and
Stars