

## Praying with a Labyrinth

*...Walk humbly with your God... Micah 6:8*

- ◆ Be still and gently pray: *I place myself in your presence O Lord, my God.*
- ◆ When you are ready... walk into the labyrinth or on a finger labyrinth slowly trace the path with a finger, use a finger on the hand that you do not write with, just let your thoughts come to the surface and let them flow... Jesus is with you every step of the way, you are never alone. You are always loved by God.
- ◆ When you reach the centre...consider your thoughts...
- ◆ ...stay in the centre for a while and spend some time in prayer and reflection receiving God's love and blessing.
- ◆ When you are ready... return along the same path... return gratefully, prayerfully ...
- ◆ As you exit the labyrinth give thanks and praise to God: *Glory be 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.*
- ◆ If you keep a prayer journal you may like to write down words, symbols or phrases to acknowledge and remember this time of prayer.



*... you will reveal the path of life to me,  
give me unbounded joy in  
Your presence...*

Psalm 16:1

# Labyrinth

## Prayer Guide



Walking a labyrinth is like making a pilgrimage...

It is a journey where you might think about loved ones, distractions or burdens on the way in, be open to the grace and love of God at the centre and return uplifted, blessed and renewed.

Labyrinths are ancient spiritual pathways found across the world and embraced in Medieval times and since as a support for prayer. Today, labyrinths are again being created to offer a spiritual space for prayer and reflection providing a stilling space in a busy world.

A labyrinth is different from a maze. A maze is full of dead-ends and tricks. A labyrinth has only one path that always leads to the centre... you cannot get lost.... Just stay on the path.....

There is no right or wrong way to walk a labyrinth... no set pace... just follow the path in your own time...

Finger labyrinths can be used for prayerful reflection when it is not possible to walk a full-sized labyrinth.

*...did not our hearts burn within us as he  
talked to us on the road...*

Luke 24:32

**Your labyrinth prayer time** can be as open or as focused as you would like it to be.

You might want to simply enter the labyrinth and walk with the Lord...

or, before you enter the labyrinth, you might like to take time to:

- ◇ Read and reflect on a line or two from Scripture
- ◇ Hold a memory or a photo of a loved one you wish to pray for
- ◇ Consider an experience in your life where you are seeking healing or forgiveness
- ◇ Think about a key celebration in your life and walk a prayer of thanksgiving in the labyrinth.