

# A Labyrinth Walk for Lent



God has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

Colossians 1:13-14 (NRSV)

Before you begin... find a small pebble or stone and hold it in your hand...

### Opening Prayer:

Almighty God, I am always in your presence.

You are my companion on my path. Your words are a light that guides my feet and your Spirit feeds my soul.

May I always hear your voice and love and serve you all the days of my life through Jesus Christ your son, my Lord and brother. Amen.

**Introduction:** *Lent offers us a time* to turn ourselves around... to leave behind paths in the shadows and walk in God's marvellous light.

*Lent offers us a space* to let go of habits, attitudes and actions that distance us from God. Let the hard stone in your hand be a symbol for all these things.

*Lent offers us a time* to be sorry and make amends for the things that we have done or not done that distance us from God.

*Lent offers us a space* to ask God for forgiveness and to re-connect with Jesus and re-set our path in his footsteps.

**Reading from Scripture:** Jesus said, "Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened." Luke 11:9-10 (NRSV)

*Take time to read and re-read this passage from Scripture. What do you Ask of God? What are you Searching for? Knock humbly on God's door and be welcomed...*

**Closing Prayers:** Ever-loving God we always and everywhere give you thanks and praise.

May we always seek your path of justice, love and humility and be mindful of you in all that we do.

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.

**Labyrinth Walk:** As you follow the path search in your heart for anything that keeps you at a distance from God. Ask God for forgiveness...

When you get to the centre put down your stone. Let that hardness out of your heart. Knock on God's door and open your heart to healing and wholeness. 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 sit quietly in the peace of God. If you keep a prayer journal you might like to write down a few words to remember this time of prayer.

### Pause for Thought:

The Labyrinth offers us a space to reflect, to recognise that God is with us at every turn on the path and is always full of love for us.