

# Labyrinth Prayer Time

## PEACE



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*Beautiful Resources for Prayer and Reflection*

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## Before you walk...



Read the Prayer of St Francis...

Lord, make me an instrument of your **peace**,  
Where there is hatred, let me sow **love**;  
Where there is injury, **pardon**;  
Where there is doubt, **faith**;  
Where there is despair, **hope**;  
Where there is darkness, **light**;  
Where there is sadness, **joy**.  
O Divine Master,  
grant that I may not so much seek to be  
consoled, as to **console**;  
to be understood, as to **understand**;  
to be loved, as to love.  
For it is in giving that we receive.  
It is in pardoning that we are pardoned,  
and it is in dying that we are born to  
Eternal Life.

This is a prayer for action. It is a prayer that asks God to help us continue the work that Jesus started in His ministry around Galilee and into Jerusalem. It is a prayer that focuses on serving others and through this service we are blessed and ultimately welcomed home as children of God.

Through his holy word in the Scriptures, God teaches us about the key values in the Prayer of St Francis...for example:

**Peace:** Matthew 5:9

**Love:** Matthew 22:37-39

**Pardon:** Luke 15:11-32

**Faith:** Matthew 9:20-22

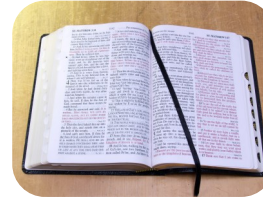
**Hope:** Luke 11:9-13

**Light:** Matthew 5:14-16

**Joy:** Luke 24:32-35

**Console:** 2 Corinthians 1:3-7

**Understand:** any of the parables Jesus taught... these help us to help us to listen and understand His way.



Choose **one** of these key values as your focus for your prayer walk today...

## As you walk to the centre...

Consider this Gospel value in your life today - how do you offer this aspect of God's love to your family, friends and people you meet?

Or... you might wish to pray for the blessing of this Gospel value for a troubled and tormented part of the world.

## At the centre...

Reflect on your thoughts,  
be still with God and



## As you walk out...

When you are ready return along the path considering any changes you intend to make in your life or any actions you will do as a response to this time of prayer.

## As you leave...

Give thanks to God for this time of prayer...for the insight, guidance and grace you have received.

Heavenly Father, in your peace and with your blessing you send us to live the good news of the Gospel. May we always give you glory for your Spirit in us;

**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
- ◇ take each of the Gospel values from the prayer of St Francis in turn and walk a separate labyrinth prayer for each one.