

A Labyrinth Prayer Walk with Psalm 23



“Come to me, all you that are weary
and are carrying heavy burdens,
and I will give you rest...”

Matthew 11:28 NRSV

Opening Prayer: Almighty God, I am always in your presence. In you I live and move and have my being. May I always be open to hearing and responding to your word and give you glory in everything I do. Amen.

Introduction: The Psalms have been part of the prayer life of the pilgrim people of God for 3000 years. Countless numbers of people have sung and prayed their verses in times of sorrow, joy, hope and concern. Psalm 23 is a psalm of love and trust in the Lord our God who leads us, stays with us in tough times, ensures that we have everything we need and blesses us every day of our lives.

Reading from Scripture: Psalm 23

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters,
he restores my soul.
He leads me in right paths for his name's sake.

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and staff - they comfort me.

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long. (NRSV)



Thoughts to hold on to:



Pause for Reflection: This is such a beautiful and familiar psalm... take a few moments to re-read the psalm and welcome the peace and joy of being loved by God.

Labyrinth Walk: As you follow the path breathe in the peace that only Jesus can give you... put down any heavy burdens for a while and rest in Him...

You are safe and being guided by the Good Shepherd... when you reach the centre pause for a while and talk to him and listen to his promptings in your heart... Welcome his goodness and mercy, the graces and blessings that restore your soul and give you comfort.

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

When you leave the labyrinth sit quietly in the peace of Christ.

You might like to underline a few words in the psalm or write down a phrase or two on this leaflet to acknowledge and remember this time of prayer.

Closing Prayers: Ever-loving God, may I always be filled with your Spirit, may I sing psalms and hymns and make melodies to you in my heart, giving glory and praise to you for everything through our Lord Jesus Christ...

(adapted from Ephesians 5:18-20)

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.