

When you reach the centre...consider your thoughts...
...pause 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 ...

After you exit the labyrinth you may like to take a few moments to write down words or phrases in a notebook to acknowledge and remember this time of prayer.



Finish your time of prayer with praise and thanks to God:

Ever-loving God I seek always and everywhere give you thanks and praise. May I walk your path of justice, love and humility giving you praise and glory in all that I do....

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

Peace be with you.

Walk & Pray

A Labyrinth Prayer Walk

Welcome..

You are invited to walk and pray on a labyrinth..

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 receiving 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 by church communities at various times since the 4th Century 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. They are a way of slowing down... of being thoughtful... of spending time with God.



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

Luke 24:32 (NRSV)

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...

It doesn't matter if you overtake someone.

It doesn't matter if you stop to think on the way.

You will meet people coming the other way just step to one side and let them pass and then step back on the path and carry on....

You can use a finger labyrinth when it's not possible to walk a full sized labyrinth... or when you would like to remember moments on the path you have just walked... just trace the path with your finger.

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.

To walk and pray with the labyrinth :



Allow yourself to become still and settled and then gently pray:

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.

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

Psalm 16:1

When you are ready... enter the labyrinth and open your heart and mind to God in prayer...

Let your thoughts flow...

Jesus is with you every step of the way, you are never alone. You are always loved by God.