

Labyrinth Guide

A labyrinth is simply a place to walk and pray. There is nothing mystical about it. It gives you the freedom to walk around while focusing your mind on God – and not worry about getting lost. A labyrinth contains a single walking path to the center and then back out again. It has many turns but, unlike mazes, does not have dead ends.

Etiquette:

Leave your 'physical baggage' such as keys, pocket change, cell phones, watches and drinks.

You will pass others while walking or they may pass you. Being silent helps each one with their walking and praying.

Stay in the center as long as you like, unless there is a need to make room for those who come into the center after you, and have the same need for space.

Walking a labyrinth may take anywhere from a few minutes to forty five minutes. There is no right or wrong way to walk a labyrinth.

Walking the labyrinth involves three stages: inward, center, outward.

The inward journey will focus on letting go and releasing. The center will be used as a time of worship and declaration of the goodness of God, the outer journey is a time to focus on others.

The labyrinth has 15 turns going in and 15 turns coming out. (Not including the initial 90 degree turn.) The turns are 180 degree turns and can be symbolic of letting go or moving on. On the inward journey you will be invited to pause before a turn and pray or read and then symbolically 'let go' by making the turn.

Enter the labyrinth.

Inward Journey has 8 guided instructions, so you can choose to pause at any 8 of the 15 turns going in. Do not be concerned with 'getting it right.' Simply stop at a turn and read the next prompt. You have extra turns available if God is specifically calling you to shed or receive something while walking inward.

At the first 180 degree turn, pause before turning. Is there something you are worried about this morning that God is calling you to trust God with? Give it to God and then make the turn.

Choose a turn and ask God to hold your ministry role at the church so you can let it go during your time on the labyrinth. Your role is God's and belongs ultimately to God. You are a steward, but it is in God's hands. Make the turn.

Choose a turn pray this prayer of confession:

Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone. I have not loved you with my whole heart; I have not loved my neighbors as myself. I am truly sorry and I humbly repent. For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Choose a turn and ask God to show you of something God is inviting you to repent of. Lay it down and make the turn.

Choose a turn and read Romans 14: 1-12

Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand. Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. Those who observe the day, observe it in honor of the Lord. Also those who eat, eat in honor of the Lord, since they give thanks to God; while those who abstain, abstain in honor of the Lord and give thanks to God. We do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, so that he might be Lord of both the dead and the living. Why do you pass judgment on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgment seat of God. For it is written, "As I live, says the Lord, every knee shall bow to me, and every tongue shall give praise to God." So then, each of us will be accountable to God.

Choose a turn and ask God to show you if you are holding anger or bitterness toward someone. Give it to God and make the turn.

Choose a turn and consider what might be blocking your heart from receiving the unconditional love of God for you. You are God's beloved, known and loved deeply. Receive this and make a turn.

Choose a turn and read Psalm 46:

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall. God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The LORD Almighty is with us; the God of Jacob is our fortress.

Come and see what the LORD has done, the desolations he has brought on the earth.
He makes wars cease to the ends of the earth.
He breaks the bow and shatters the spear;
He burns the shields with fire.
He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
The LORD Almighty is with us; the God of Jacob is our fortress.

Enter the Center

Read the Apostle's Creed as a declaration of belief.

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only son, our Lord.
He was conceived by the power of the Holy Spirit and born of the Virgin Mary.
He suffered under Pontius Pilate, was crucified, died, and was buried.
He descended to the dead. On the third day he rose again.
He ascended into heaven, and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church, the communion of saints,
the forgiveness of sins,
the resurrection of the body, and the life everlasting. Amen.

Read John 4:23: The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him.

Read Rev 4 as a declaration of worship.

Revelation 4:11, 5:9-10, 13

Splendor and honor and kingly power *
are yours by right, O Lord our God,
For you created everything that is, *
and by your will they were created and have their being;
And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,
From every family, language, people, and nation, *
a kingdom of priests to serve our God.
And so, to him who sits upon the throne, *
and to Christ the Lamb,
Be worship and praise, dominion and splendor, *
for ever and for ever more.
Glory to the Father, and to the Son, and to the Holy Spirit
as it was in the beginning, is now, and will be for ever. Amen.

The outward journey will focus on others.

This journey has 14 prayers for the 15 turns. You can add extra prayer for others as God prompts you. These prayers can be simple and brief. God knows what they need.

one family member

one neighbor

one friend

someone you have an issue with

someone else on staff

someone you know in the church

someone you have walked by or driven by that God brings to mind.

a prisoner

an addict

a local partner of Discovery

our nation.

a global partner of Discovery

Pause at a turn and pray: And now Lord, we pray for those known only to you.

Before you leave the labyrinth, pray: A Prayer Attributed to St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we 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. Amen.