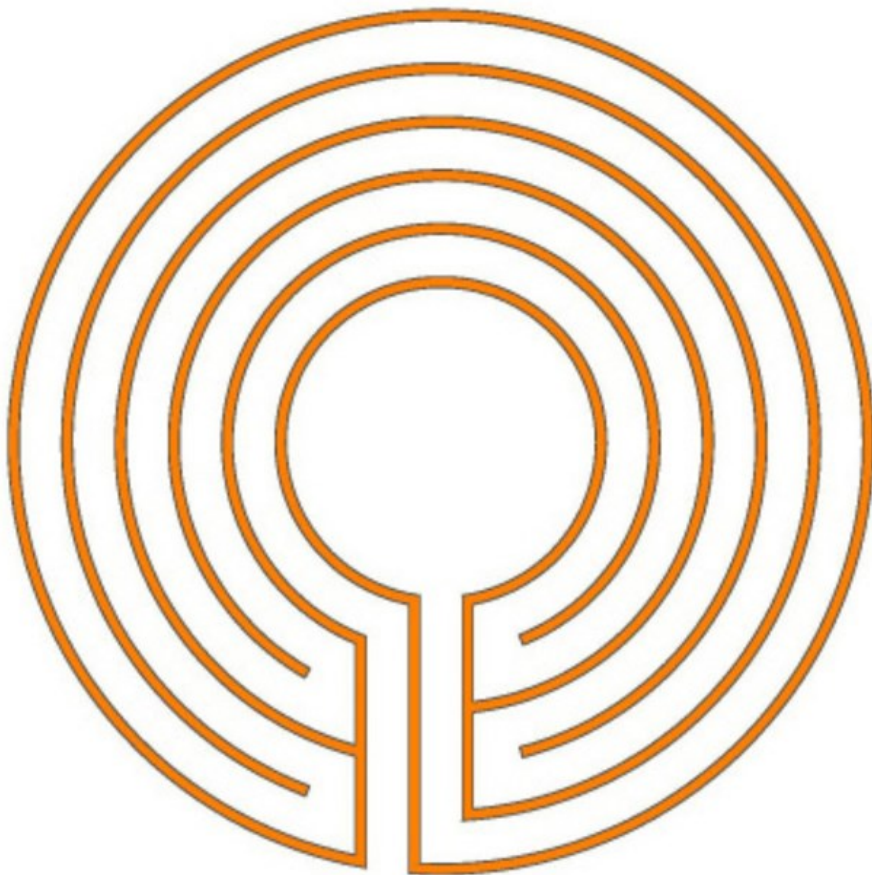


The prayer labyrinth

Prayer labyrinths have been used within the church for many years as a way of symbolising a journey with Christ. We are all on a journey and sometimes it's good to take a minute. To step outside of our situations and be honest about where we find ourselves. Honest about our feelings, our hopes and our fears.



This is a time to be honest with Jesus and yourself. As you journey through this exercise, pray that God will meet you where you are and reveal to you the things he wants to deal with.

Step 1

Place your finger at the entrance to the labyrinth. Slowly follow its path towards the centre. Confront your innermost worries and fears. name them to God, who walks alongside you as a guide and companion.

Step 2

When you reach the middle of the labyrinth pattern, stop and pray, expressing what is on your heart. ask God for insight, guidance and peace. Receive what God has for you.

Step 3

Keeping your finger on the pattern, move away from the centre towards the entrance. Reflect on your labyrinth experience. Take a greater awareness of God's presence with you throughout the day.