

Welcome to Christ Lutheran's

## PRAYER LABYRINTH

A labyrinth is a sacred path, a place to walk and pray as you center your heart, mind, and spirit on God. It is an ancient symbol that reminds us that life is a journey and it invites us to thoughtfully engage with God every step of the way. There is only one way in, one way out, and no dead ends. It gives you the freedom to walk around while focusing on God and not worry about getting lost.

*"You show me the path of life. In your presence there is fullness of joy."*

*~Psalm 16:11*

Labyrinths have a long history, both inside and outside the church. They can be found throughout the world and in a variety of forms. The first historical record of a Christian prayer labyrinth dates back to 324 A.D. when some Christians placed one on the floor of their church, the Basilica of St. Reparatus in Algeria. Since at least that time, Christians have used prayer labyrinths as a spiritual tool to help them draw closer to God. Christ Lutheran's prayer labyrinth was given in memory of Ned Felzien, a longtime Christ Lutheran member who died in 2019. He loved nature and planted many of the trees on the property. This labyrinth was designed and created in 2021 by Girl Scout Troop 40213.

*"I am the way, the truth, and the life."*

*~Jesus in John 14:16*



### USING THE LABYRINTH

Christ Lutheran's prayer labyrinth is located behind the building, just past the basketball court. You are welcome to park on the grass nearby.

There is no one way to use the labyrinth, but these basic guidelines will help. Pause at the entrance to the labyrinth and prepare to listen to God. As you enter, walk slowly and meditatively, opening your heart and quieting your mind. Relax and concentrate on God as you follow the path. Stay at the center

as long as you'd like, resting in the presence and heart of God. Allow yourself to receive guidance and illumination from God as you return using the path that you entered.

There are many different ways to pray as you walk. Here are a few suggestions:

- Repeat a centering prayer or mantra as you walk. Perhaps change prayers at each turn. Here are some examples:
  - Come Holy Spirit, come
  - Teach me your paths, O Lord
  - Show me your path
  - Lord, hear my prayer
  - When I call, please answer me
  - Bless the Lord, O my soul, who leads me into life
  - Come and fill my heart with your peace
  - Thy will be done
- Worship and praise God as you enter and walk to the center, saying different words or praises at each turn. After pausing at the center, intercede for people and concerns as you walk back to the outside, praying for something or someone new at each turn.
- Have a conversation with God about the things that matter most to you. Talk, gesture, dance or move in prayerful ways while you talk and listen to God.
- The 3 Rs:
  - Releasing – As you enter the labyrinth, simply let go. Along each turn, allow for your anxious thoughts, cluttered to-do lists, and the business of life to slip away. If they pop back up in your mind, simply let them go at the next turn.
  - Receiving – In the center, wait and listen to God. What might God want you to hear today? What might God open your eyes to see? Perhaps a new idea, fresh feelings about a situation, or a gentle reminder of a truth your heart needs to hold on to.
  - Returning – As you walk the path back out, quietly reflect on your experience. What does it mean for you to take that gift with you back into the world? Allow yourself to be grateful for the journey God took with you.
- Walk the path as you seek the answer to a specific problem or issue. Ask God for answers and be open to new insights along the way.
- Start your journey to the center with confession (you may want to visualize your sins being left behind with every step you take). When you reach the center, journey out with affirmation (perhaps visualizing yourself picking things up or putting things on—like the righteousness of Christ, the smile of the Father, the Fruit of the Holy Spirit, etc.). Pause at the exit and give thanks for your cleansing journey.
- Lay down your burdens as you walk toward the center of the labyrinth. Perhaps you can actually carry a rock or log, or lay down pebbles along the way as symbols of your worries or cares. In the center, pause to thank God for taking your burdens on himself (1 Peter 5:7). Leave the rock, log or pebbles there in the center as you let Jesus take your burdens from you. Then think about or count your blessings and give thanks on the journey to the exit.

## A PRAYER

*Walk with us on this journey, Lord. Steady our legs when we wobble. Direct our feet when we seem to lose our way. With every step, remind our hearts of Your presence. You are our guide, our traveling companion. You are the Way. Amen.*

## OTHER RESOURCES

*“Praying the Labyrinth: A Journal for Spiritual Creativity”* by Jill Geoffrion

*“Living the Labyrinth: 101 Paths to a Deeper Connection with the Sacred”* by Jill Geoffrion

<https://labyrinthlocator.com/>

<https://labyrinthsociety.org/>

<https://www.grace.org/labyrinth/>

<https://sacredordinarydays.com/blogs/news/prayer-labyrinth-roots-history>

<https://terrasancta.org/prayer-labyrinth/>

<https://www.sheffield.anglican.org/UserFiles/File/PST/Finger-Labyrinth-and-Prayer-Guide-Leaflet.pdf>