

Praying the Labyrinth

The labyrinth is an ancient tool for prayer and meditation, consisting of a winding path that begins at the periphery and leads to a central space, and then out again by the same route. It differs from a maze in that a labyrinth has no blind alleys or dead ends. A labyrinth is a tool for focusing prayers. Praying the labyrinth involves three movements. These vary from tradition to tradition.

Letting go: As you enter the labyrinth, pray for yourself. Release to God all that weighs you down or distracts you from following Jesus. The way in is a time of letting go.

Giving thanks: Rest in the middle and receive God's loving presence. Reflect on your relationship with God. Give thanks and praise for all God is doing in your life. Take as much time as you need.

Returning to the world: Return by the same path. This is a time of integrating whatever you received or learned, and returning to the world. Pray for others, that God's will is accomplished in their lives. As you complete the labyrinth, enter back into ordinary life, knowing that God goes with you.

There are several ways you can get involved in using a labyrinth this week.

*Crooked Creek Christian Camp has a prayer labyrinth located near Shepherd's Inn. Please check in at the office if you'd like to use their prayer labyrinth.

*You can find a mini labyrinth to walk in the back of the sanctuary

*Use a "finger" labyrinth, letting your fingers do the walking as you pray.

