

A Simple Guide to Labyrinth Prayer

Suggestions for your walk:

First and foremost, *there is no right or wrong way to walk a labyrinth.* Every walk and every walker is unique.

Pause at the entrance. Breathe gently, quieting your mind. Silently or aloud express your intention.

“Be still, and know that I am God!” -- *Psalms 46:10*

Release - As you walk, slowly let go, ignoring all distractions both around you and inside of you. Focus on the next step, not the center of the labyrinth. Be present in this moment.

“I am the God of your father Abraham;
do not be afraid, for I am with you...” -- *Genesis 26:24*

Receive - When you reach **the center**, be still, open your heart and listen. Rest with God for as long as you like.

Behold, You desire truth in the innermost being,
And in the hidden part You will make me know wisdom.

-- *Psalms 51:6*

Renew - When you are ready to leave, slowly return and “Walk into the newness of life.”

Jesus said, “Peace be with you! As the Father has sent me,
I am sending you.” -- *John 20:21*

Respect the sacred space of others by observing silence.

As you meet others on the labyrinth journey, step aside taking cues from them; nod, smile, pass.

If your pace is faster than another, step into a parallel path rather than try and pass in the same one.