

Labyrinth

Labyrinth prayer is a contemplative spiritual practice on a simple marked path that is based on the ancient practice of pilgrimage. On a pilgrimage, a pilgrim intentionally leaves the world, journeying away from the noise and distractions of life, eventually arrives and rests with Christ, and returns home to live more deliberately and obediently as Christ's own.

Explore: To make a quiet, listening pilgrimage to God.

Scripture: ○ "He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me." Psalm 23:3-4

Includes: ○ Prayerfully and attentively walking (or following) along a circular path or labyrinth towards God.
○ Becoming quiet, slowing down and intentionally taking a journey that leaves the world behind, attends to God and returns to the world fortified with the presence of Christ.

Fruits: ○ Visualizing the convoluted nature of the spiritual journey.
○ Listening receptively.
○ Intentionally seeking God and his guidance by bringing the concerns of your heart to the Lord.
○ Gaining perspective on your journey and how God is at work in your comings and goings.

Methods to do Labyrinth Prayer

- A. Christ Church has a full size labyrinth for you to enjoy. Contact the church office to see when it will be available next. You can also contact nearby retreat centers and see if they have a public labyrinth that you can use. An hour is recommended.
- B. To walk a labyrinth:
 - a. Intentionally leave behind all the noise and haste and clamor of your life. Prepare your heart to listen. Be patient. Pay attention. How does the journey to the center reflect your current spiritual path?
 - b. As you walk intentionally toward God and the center of the labyrinth consider what you might need to surrender in order to live more fully in the love and fullness of God's presence. Is there bitterness, addiction, expectation, pride, self-orientation, past hurts that you want to leave behind? When you arrive at the center, offer these things to God. Leave them in the center with Him.
 - c. Once in the center, abide in the presence of Christ. Ask for the grace you are seeing for your return to life in the world. Receive the comfort, inspiration or word that Spirit has for you. When you sense that it is time to leave, slowly and with a quiet mind make your way from the center back into the world.

