Praying with a Labyrinth

- Be still and gently pray: I place myself in your presence O Lord, my God.

- When you are ready... walk into the labyrinth or on a finger labyrinth slowly trace the path with a finger, use a finger on the hand that you do not write with, just let your thoughts come to the surface and let them flow... Jesus is with you every step of the way, you are never alone. You are always loved by God.

- When you reach the centre...consider your thoughts...

- ...stay in the centre for a while and spend some time in prayer and reflection receiving God’s love and blessing.

- When you are ready... return along the same path... return gratefully, prayerfully ...

- As you exit the labyrinth give thanks and praise to God: Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen.

- If you keep a prayer journal you may like to write down words, symbols or phrases to acknowledge and remember this time of prayer.

...Walk humbly with your God... Micah 6:8
Labyrinth
Prayer Guide

Walking a labyrinth is like making a pilgrimage...
It is a journey where you might think about loved ones,
distractions or burdens on the way in, be open to the
grace and love of God at the centre and return uplifted,
blessed and renewed.
Labyrinths are ancient spiritual pathways found across the
world and embraced in Medieval times and since as a
support for prayer. Today, labyrinths are again being
created to offer a spiritual space for prayer and reflection
providing a stilling space in a busy world.

A labyrinth is different from a maze. A maze is full of dead
-ends and tricks. A labyrinth has only one path that always
leads to the centre... you cannot get lost..... Just stay on
the path.....
There is no right or wrong way to walk a labyrinth... no
set pace... just follow the path in your own time...

Finger labyrinths can be used for prayerful reflection when
it is not possible to walk a full-sized labyrinth.

...did not our hearts burn within us as he
talked to us on the road... Luke 24:32