

# FAITH'S LABYRINTH

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READ THE FOLLOWING PAGES TO HELP UNDERSTAND AND  
PREPARE YOURSELF FOR THE WALK



**As you walk the labyrinth in Faith's Prayer Garden, below is a prayer and some text you might want to consider**

### **A Prayer for Walking the Labyrinth**

God of wisdom,  
You are ever with us to reveal your path of truth.  
Enlighten us with your spirit that we may work  
to bring about your love and justice among your people.  
Strengthen us with your insight to be faithful  
to your Word revealed among us.  
We ask this in Jesus who is our path, our truth, and our life.  
Amen.

### **Psalm 145:19-22**

The Lord is near to those who call upon him, to all who call upon him faithfully. He fulfills the desire of those who fear him; he hears their cry and helps them. The Lord preserves all those who love him, but he destroys all the wicked. My mouth shall speak the praise of the Lord: let all flesh bless his holy name forever and ever.

### **John 3:16**

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but have eternal life.

### **Philippians 4:6-7**

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

### **Isaiah 48:17b**

I am the Lord your God, who teaches you for your own good, who leads you in the way you should go.

### **Psalm 117**

Praise the Lord, all you nations! Extol him, all you peoples! For great is his steadfast love toward us, and the faithfulness of the Lord endures forever. Praise the Lord!

### **1 Thessalonians 5:16-18**

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

## About the Labyrinth

### History and Background

The most famous labyrinth of the design we have is embedded in the stone pavement of Chartres Cathedral near Paris in 1230. It used to be walked, often on the knees, in place of the actual pilgrimage to Jerusalem. Like all cathedral labyrinths, it draws upon the ancient origins of the Christian faith. Most often they were placed near the entrance beside the baptismal font, symbolizing our first steps on the spiritual journey.

Labyrinths have long been used as a prayer and meditation tool. In walking the Chartres style, the labyrinth walker meanders through each of the four quadrants several times before reaching the center. It is an ancient symbol that relates to wholeness. It represents/is a metaphor for a journey to our own center and back again out into the world, with a broadened understanding of who we are.

### Walking the Labyrinth

Life is about change, growth, discovery, transformation and continuously expanding our vision of what is possible, by stretching, learning and listening-all with the hope of becoming closer to God. The labyrinth walk helps all of this occur.

There is no wrong way or wrong reason to walk this path. It is often approached with a very serious attitude, walked in a slow, solemn and deliberate manner. However, the labyrinth needs to be used in a joyous manner, too. It can be a place of celebration. That is certainly very appropriate to be joyful in the Lord's presence.

### A Walking Option

**Release** - This is the walk into the center. This is a time for letting go, if only for a short time, all life's details that are on our mind and heart. Hopefully this will help us to be open to receive the blessings we need from the walk.

**Receive** - The center is a place for meditation, prayer or simply listening. Stay as long as you like. Return-This is the walk out of the labyrinth. The benefit from this time will vary upon the individual and the circumstances. The experience may be subtle or profound. It may produce a sense of peacefulness or perhaps, clarity or understanding.

Or, the walk may illuminate an answer you are seeking.

### Another Walking Option

**Focus** - Pause and wait at the entrance. Become quiet and centered. Enter the labyrinth.

**Experience** - Walk purposefully. Observe the process. When you reach the center, stay there and focus several moments. Leave when it seems appropriate. Be attentive on the way out.

**Exit** - Turn and face the entrance. Give an acknowledgement of ending, such as "Amen."

**Reflect** - After walking the labyrinth, reflect back on your experience.

### Walk While Seeking

- ✘ balance
- ✘ centering
- ✘ awareness
- ✘ relaxation
- ✘ meditation
- ✘ answers to questions
- ✘ focused prayer time
- ✘ closeness to God