

Resources for Churches...

Responding to the Coronavirus

Praying with a Labyrinth

Labyrinths date back more than 4,000 years and consist of a single, winding path leading to a centre. They are a means of finding stillness, and space for prayer and reflection. Their twists and turns help us connect with the changes and challenges in our lives.

'Walking' a finger labyrinth is like making a pilgrimage in a limited space and time. There is one way in and one way out. It is not a maze in which you can get lost. There is no right or wrong way to walk it. You simply follow the path in your own time, allowing it to help you slow down, unwind and open your mind and heart to God.

Before starting It is best to have thought about the purpose for your journey. Are you seeking guidance, forgiveness or healing? Is there something you are worried about? Have you a question you want to ask God, such as 'What is your will for my life at this time?' or 'How do you want me to grow right now?' Is there a particular person or situation you want to pray for, or a verse of scripture you want to dwell on?

To begin Find a quiet place, free from distractions as far as possible. Sit in a comfortable position, relax and breathe slowly and deeply. Use a finger from your non-dominant hand as this helps to engage your intuition.



Release With your purpose in mind, place your finger at the entrance to the labyrinth and slowly follow the path. Notice the thoughts or concerns that come to the surface. Pause as often as you wish to stay with them and explore them. Talk about them honestly with God who is walking beside you. Take your time; there is no hurry.

Receive The centre is a place to relax, rest and be renewed. Stay there for a while, reflecting on the insights you have gained on your journey. Pray. Receive what the Holy Spirit has to give you. Know you are loved.

Return When you are ready, begin your journey out. Be open to what comes to you and listen for God's voice, pausing at any stage. Talk things through with him. Ask him for what you need. Pray for his will to be done in your life.

Review At the exit, place both hands on the labyrinth. Thank God for what you have experienced and learned. Clarify in your mind the gift you will take with you from this time. Go in peace, taking God's blessing with you.

(large labyrinth overleaf)

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