



Walking the Labyrinth

The labyrinth is an ancient tool for prayer and meditation, consisting of a winding path that begins at the periphery and leads to a central space, and then out again by the same path. It differs from a maze in that a labyrinth has no blind alleys or dead ends. It is not meant to trick you but to be a means to a journey on a path, inward and outward bound.

A finger labyrinth provides this experience in a small space allowing one to take the "walk" spiritually, if not physically.

Before entering, spend a few moments sitting quietly at the periphery allowing yourself to become stilled and attentive. Breathe. Invite the Holy Spirit to be with you as you enter in.

Enter the path and move at your own pace, pausing, feeling the curves of the labyrinth as you wish.

Spend some time in the center of the labyrinth seeking awareness of God's presence. This may be a time of healing, clarity, or self-offering.

When you are ready, return on the path outward carrying with you any insights or blessings you may have received.

What happens when you let go and let God?

Lord, Teach Us to Pray, from the Office of Spiritual Formation of the Presbyterian Church (U.S.A.)