

Labyrinth Prayer

Walking the Labyrinth:

1. Pause- Before you enter the labyrinth be intentional about leaving behind your reservations and cluttered thoughts. Be patient and pay attention. Read one of the scripture texts below.
2. Enter- As you walk the labyrinth be intentional about moving towards God. Think about any obstacles in your life that might be hindering your experience of the Holy, reflect on the meditation questions.
3. Center- At the center pause, rest, pray, abide in the presence of God. Feel yourself rooting in God's love. When you feel ready, walk back through the labyrinth into your life.
4. Exit- As you walk out the labyrinth ponder your journey, is there a message, word, or image that you want to bring with you into your life? Hold onto the feeling of closeness with the Holy as you reenter the world.

Meditations:

Colossians 2:7

Let your roots grow down into God and draw up nourishment from God, so you will grow in faith, strong and vigorous in the truth you were taught. Let your lives overflow with thanksgiving for all God has done.

Ephesians 3: 17

And I pray that Christ will be more and more at home in your hearts as you trust in him. May your roots go down deep into the soil of God's marvelous love.

Am I focused on my foliage or my roots?

What keeps me rooted to God?

What am I doing to feed my roots?

How can I bloom where I am planted?