

“It is solved by walking.”
Augustine

“Jesus said, ‘I am the way,
the truth and the life...’
John 14:6



“...the fruit of the Spirit is love, joy,
peace patience, kindness, goodness,
faithfulness, gentleness and self-control.
Since we live by the Spirit,
let us keep step in with the Spirit.”
Galatians 5:22,23,25

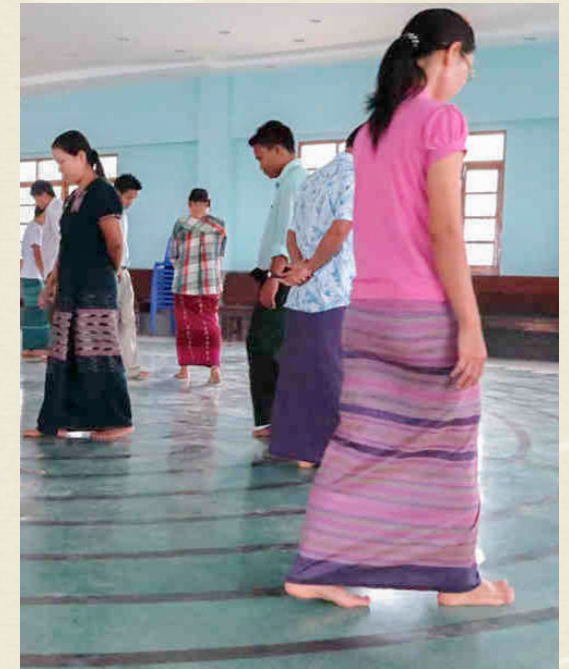
“He has told you, O mortal,
what is good;
and what does the Lord require of you
but to do justice,
and to love kindness, and to walk
humbly with your God.”
Micah 6:8



*For more information on labyrinth prayer, see:
www.jillgeoffrion.com and www.fhlglobal.org*

Prepared by Faith, Hope & Love Global Ministries

PRAYING ON THE LABYRINTH



“God, You show me the path of life.
In Your presence
there is fullness of joy.”
Psalm 16: 11

Before entering:

Take a deep breath.

Ask God to speak to you
as you walk.



Move towards the center:

Cross the threshold.
Follow the green pathway
as it leads you toward the center.

Pay attention to your experience
without judging it.
It can serve as a mirror
for what you are experiencing
elsewhere.

Feel free to move at your own pace.
You may pause at any time.

You may walk around others,
or let them go around you.



After you walk the labyrinth:

Become aware of your feelings
and thoughts.

Take time to journal,
draw,
or reflect--
or continue praying
and listening.

In the center:

Rest with God.
Listen.
Receive.
Offer thanks.

Stay in the center
as long as you would like.

When you are ready,
you can return to the exit/entrance
by following the pathway
in the opposite direction.



My notes: