

The Labyrinth Walk How To Pray Using A Labyrinth



Chin Christian Institute of Theology, Falam

Before entering: Prepare yourself for your walk.

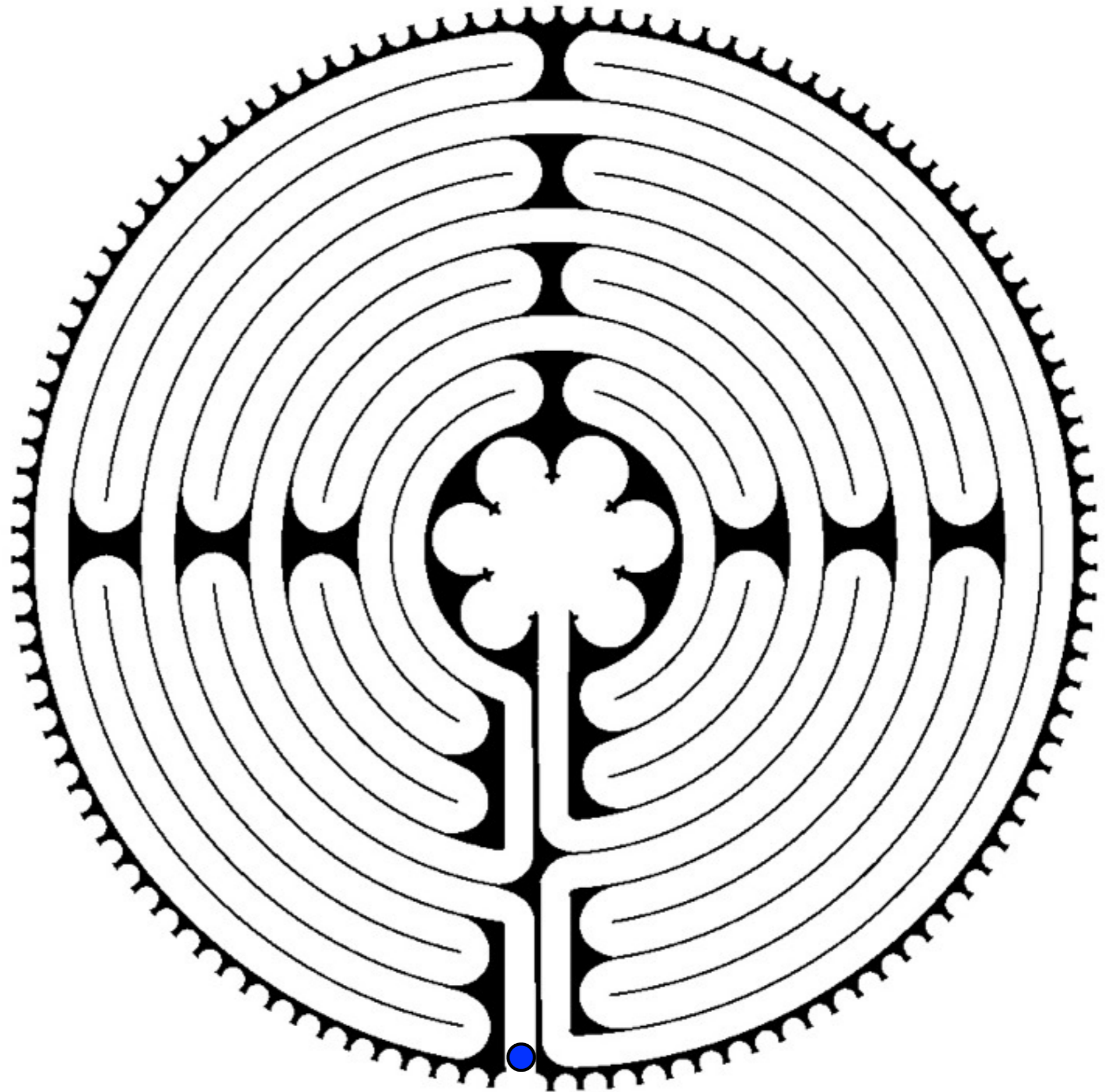


**Ask God to speak to you
as you walk.**

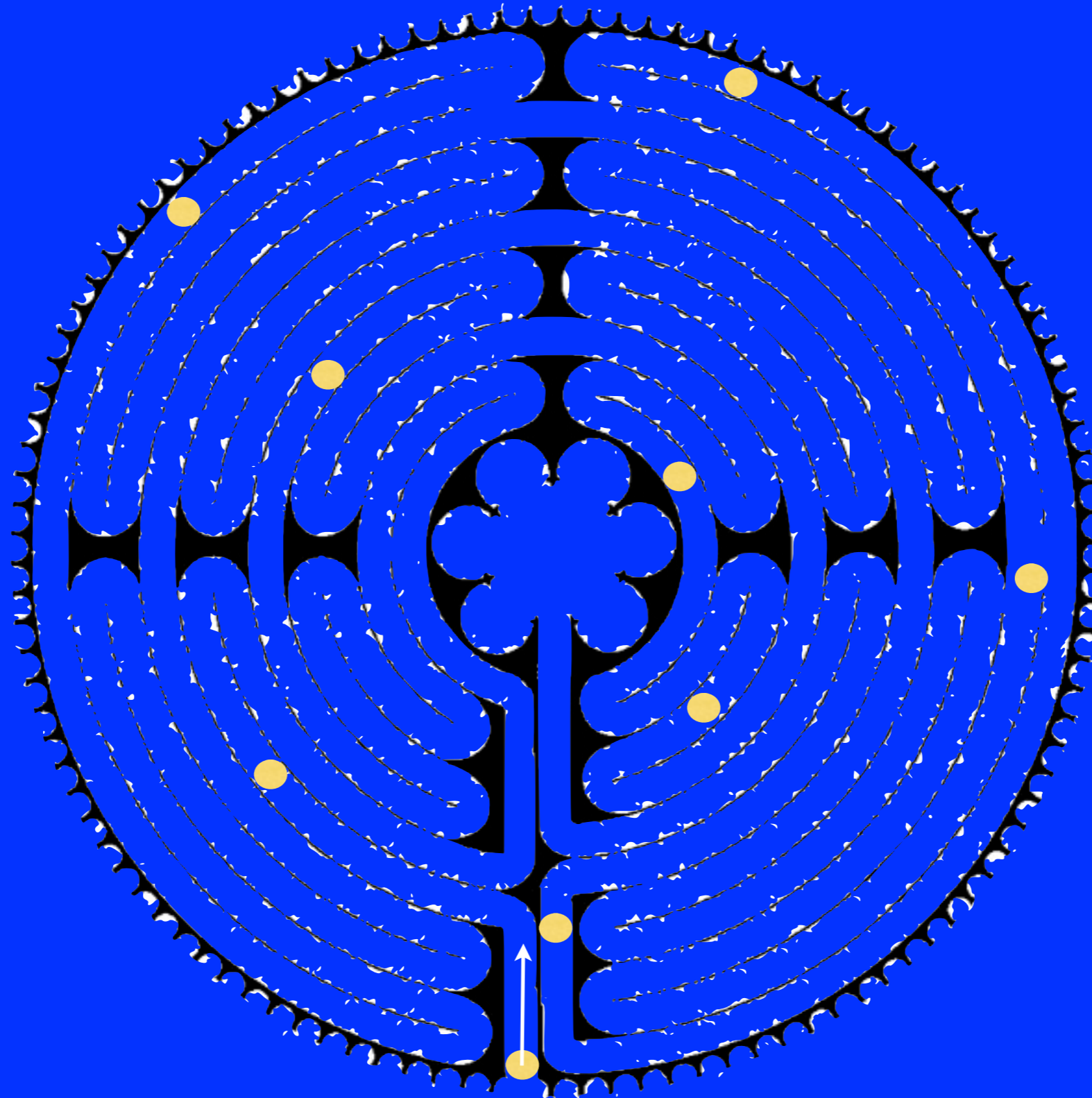
Pause. Take a breath.
Listen with your heart.



Move through
the open
door into the
labyrinth.



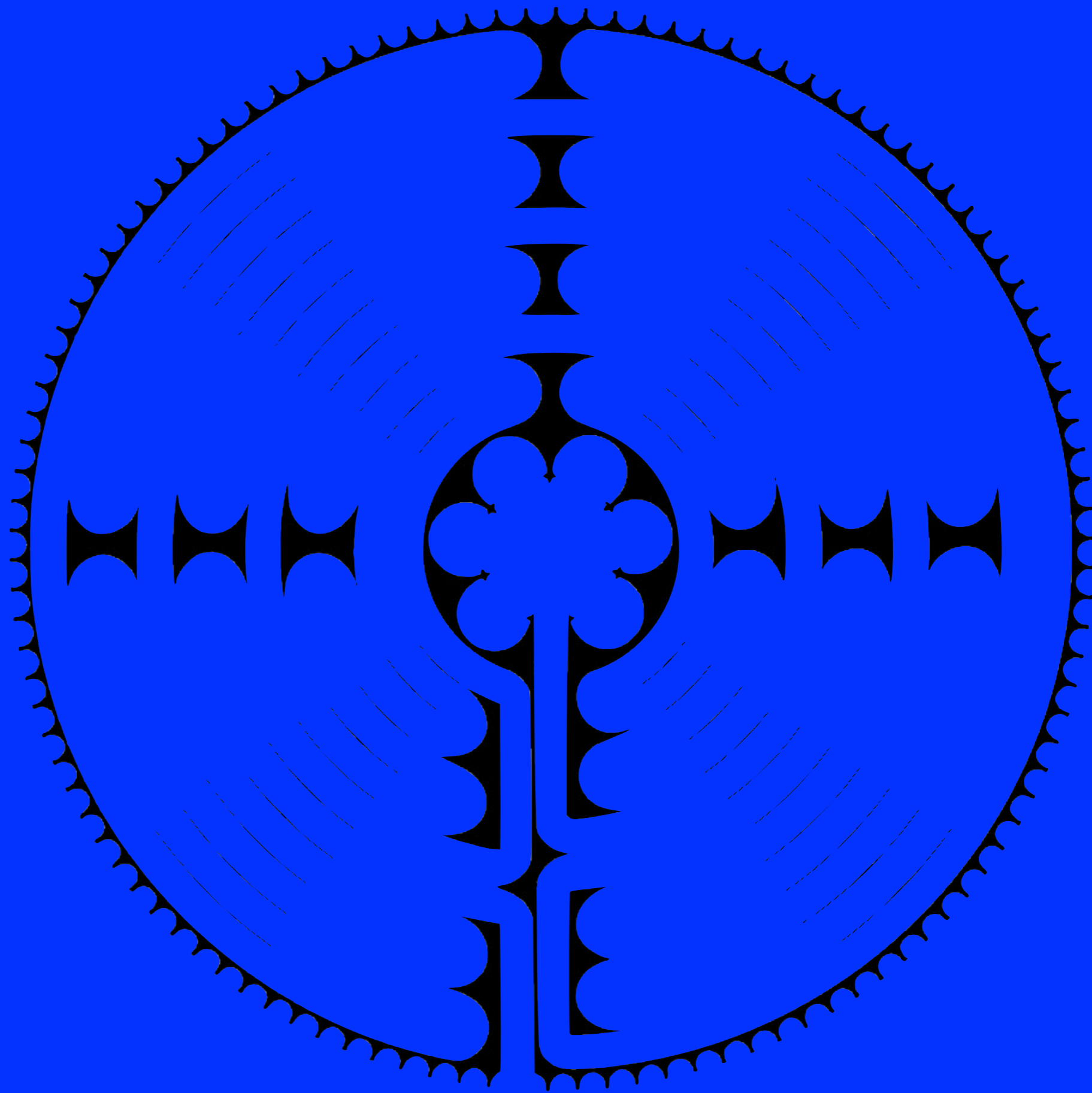
Moving Towards the Center:
(you WILL get there, but it is a journey)!



You are
being led to
the center.

You are
“walking the
cross.”

No matter
how lost or
alone you
feel, God is
with you,
guiding.



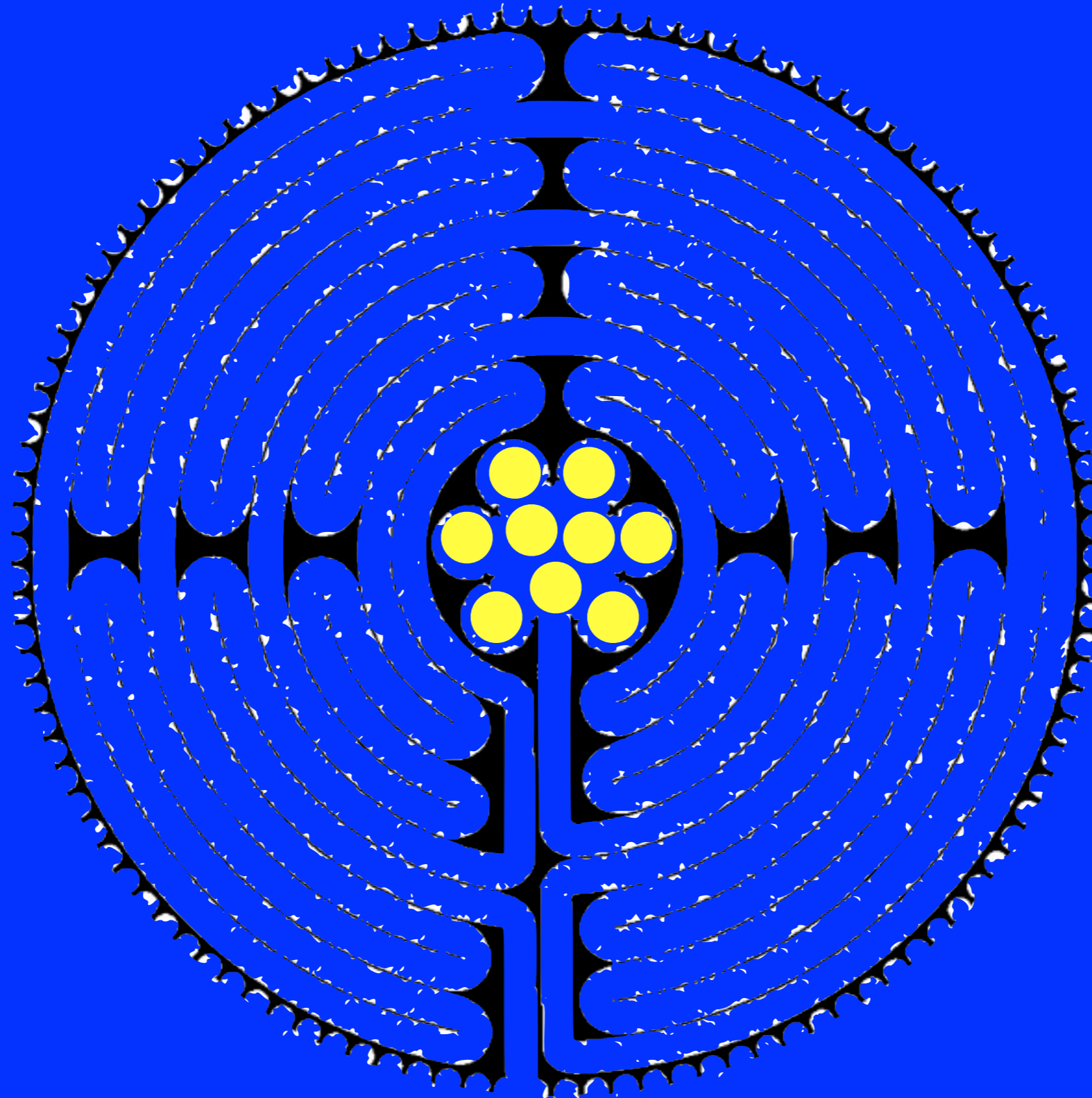
When you get to the center:

**Rest with God.
Listen.
Receive.
Offer thanks.**

**Stay in the center
as long as you would like.**



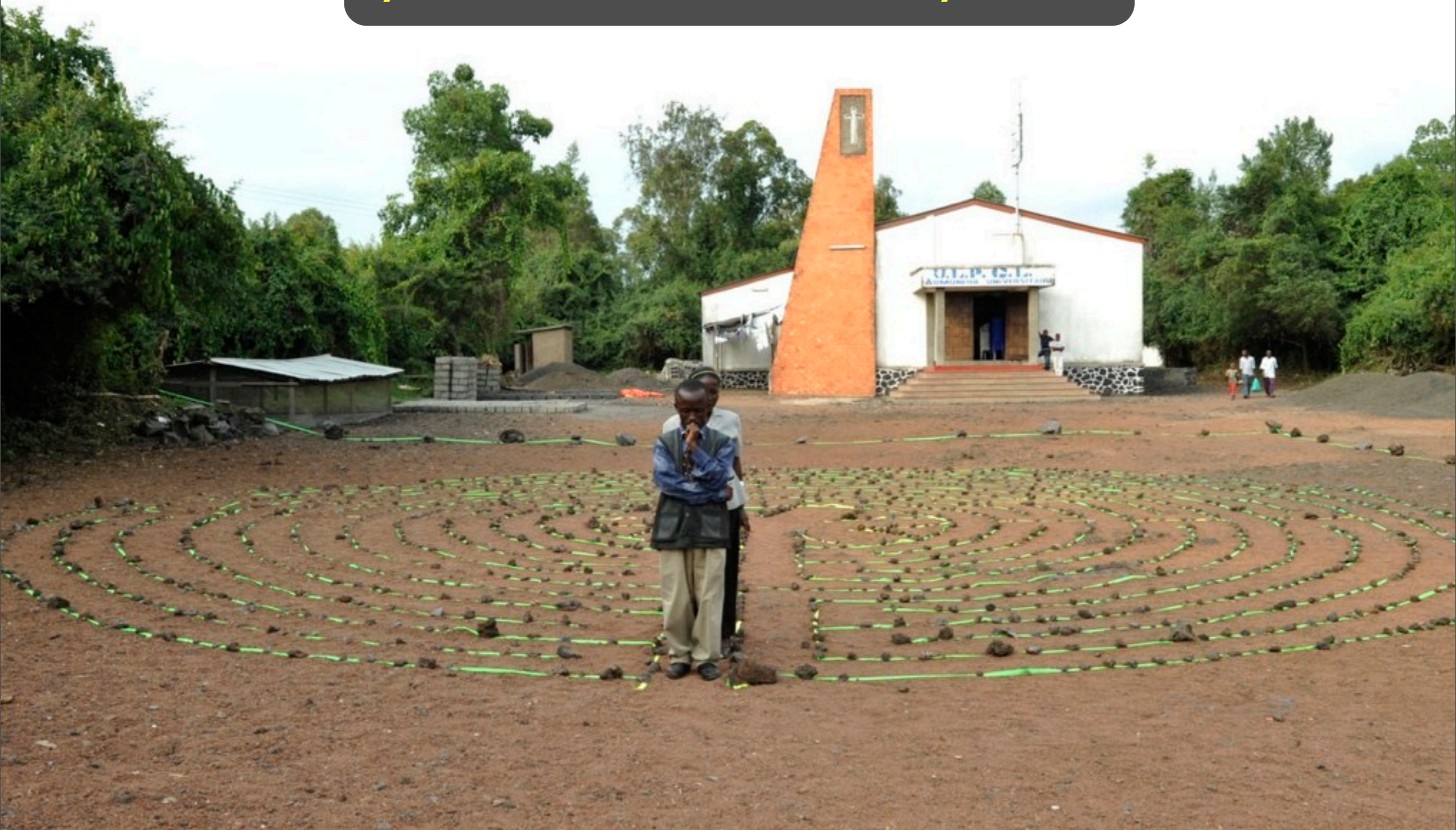
There is room in the center for many people.



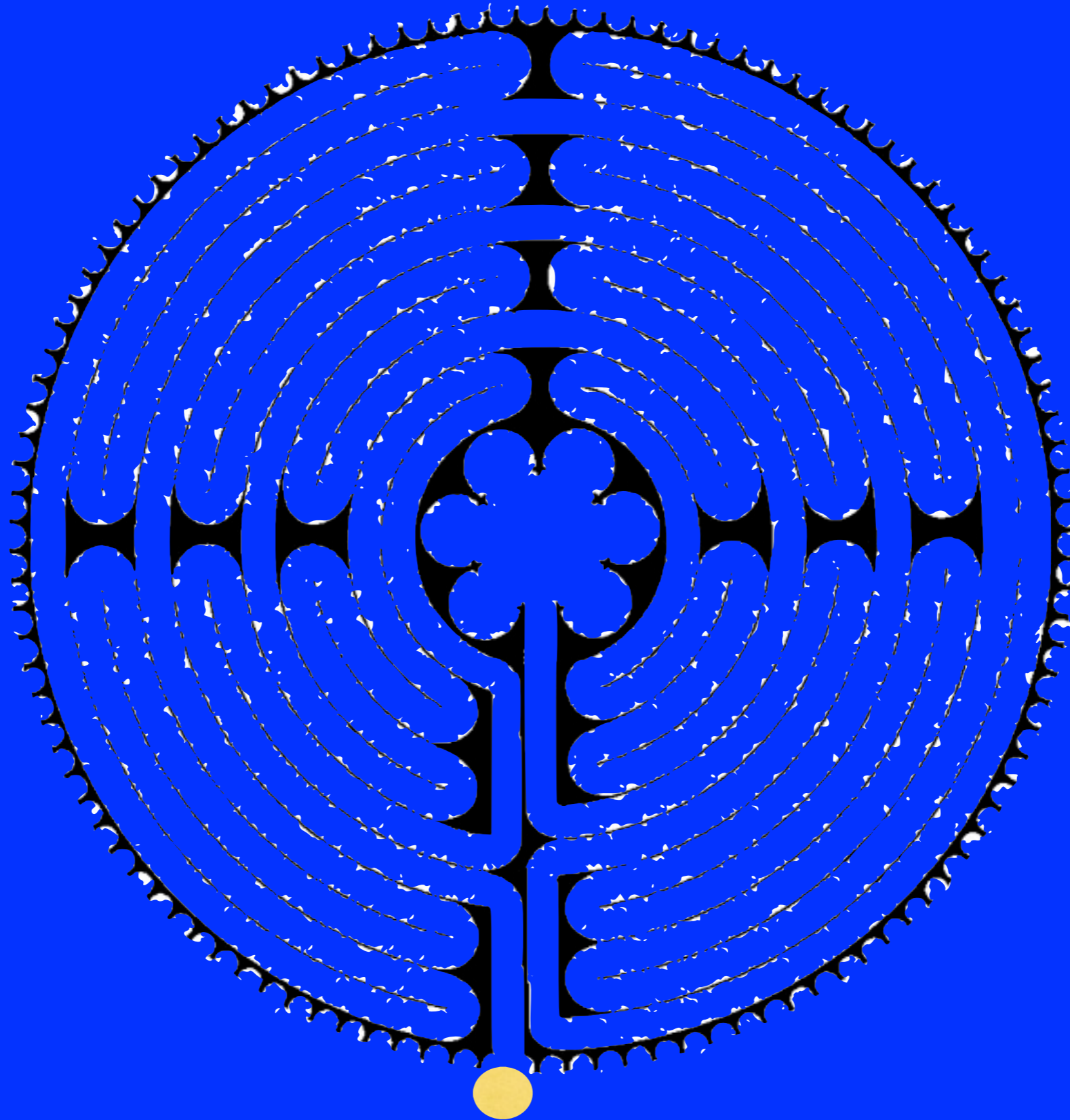


You return to the door
of the labyrinth
by following the
pathway
in the opposite
direction.

Prepare yourself to leave.
Stop and thank God before
you walk out of the labyrinth.



Revisting Your Prayer Experience: make time for personal reflection.



**After you walk
the labyrinth:**

Become aware of
your feelings
and thoughts.

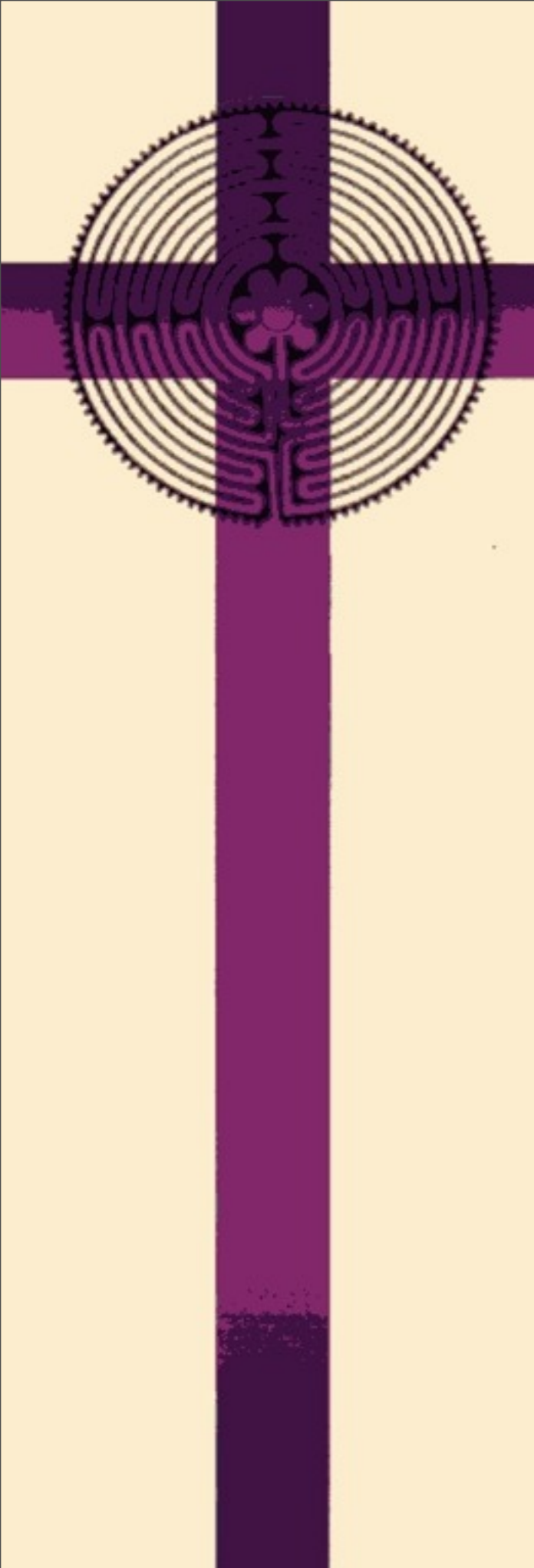
Take time to journal,
draw,
or reflect--
or continue praying
and listening.



Use your labyrinth prayer journal
to reflect on your labyrinth experience.



Image painted by Lea Goode-Harris



Labyrinth Experience: “Speak Lord, Your servant is listening.”

God may give you an image,
a word,
a song,
a Scripture,
a desire...

Listen well with your heart and mind.

Now the LORD came... calling, “Samuel! Samuel!”
And Samuel said, “Speak, for your servant is listening.”
1 Samuel 3:10

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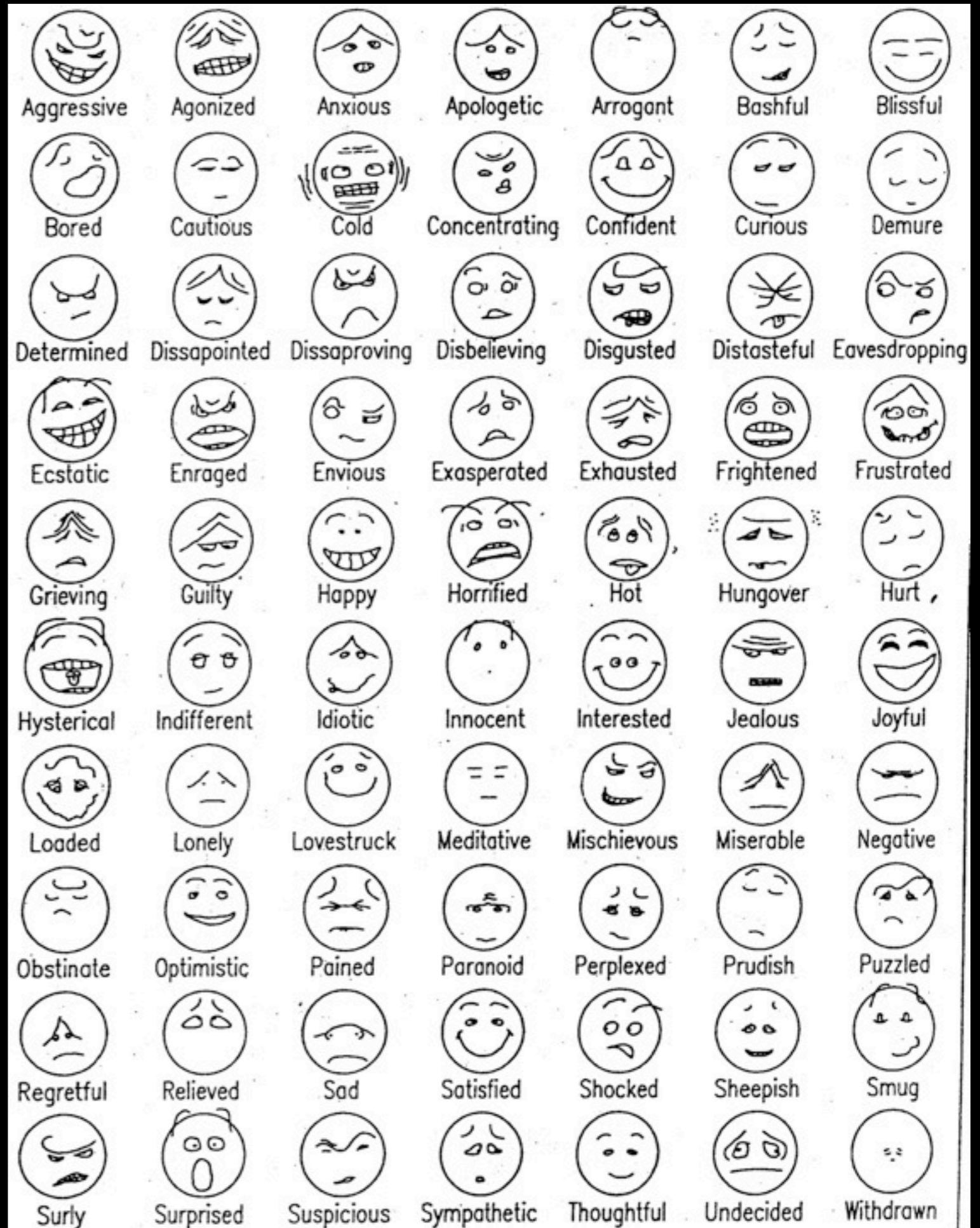
Image painted by Lea Goode-Harris

Share one or two feelings you were experiencing before the labyrinth walk.

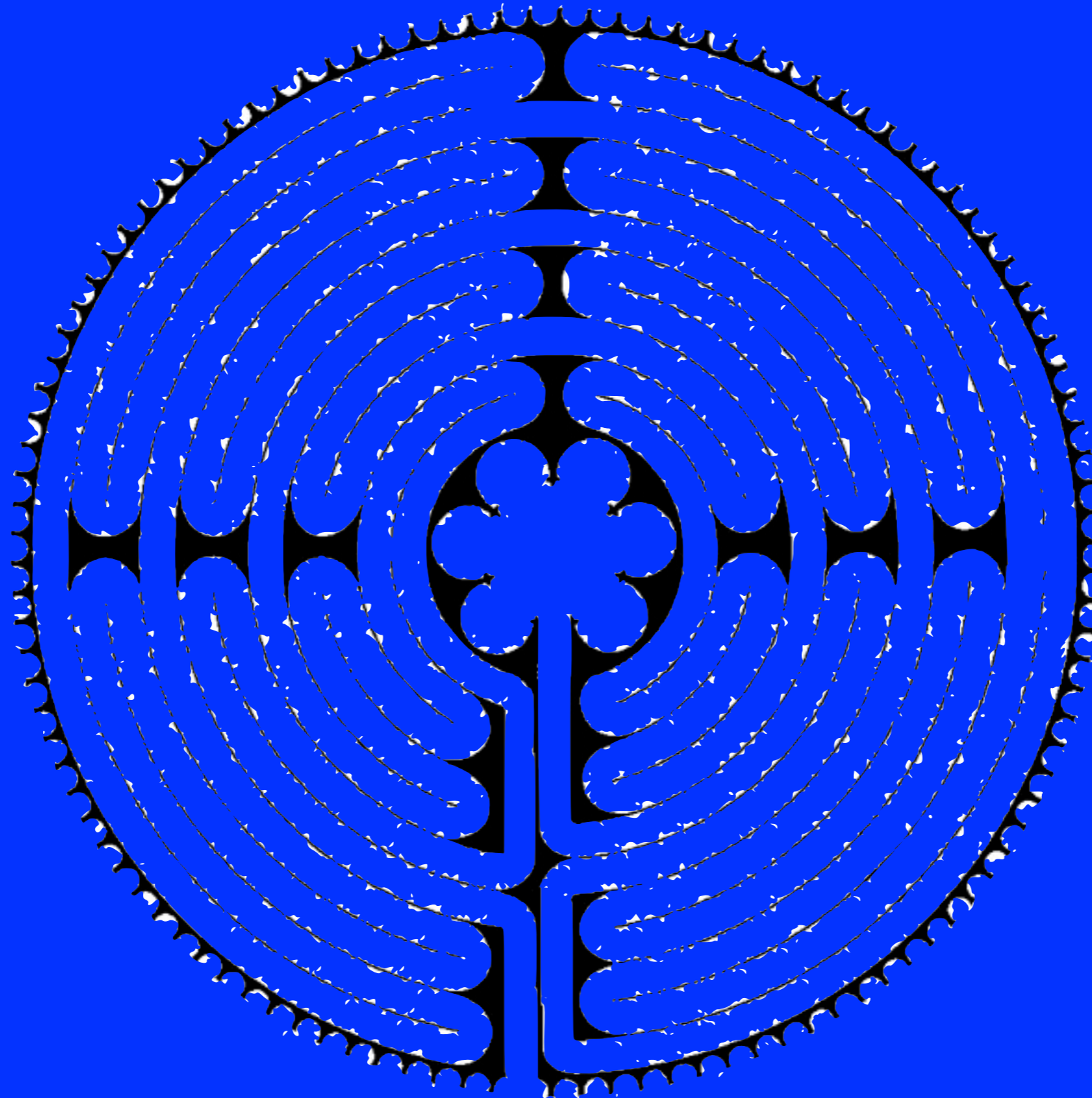


Aggressive	Agonized	Anxious	Apologetic	Arrogant	Bashful	Blissful
Bored	Cautious	Cold	Concentrating	Confident	Curious	Demure
Determined	Dissappointed	Dissaproving	Disbelieving	Disgusted	Distasteful	Eavesdropping
Ecstatic	Enraged	Envious	Exasperated	Exhausted	Frightened	Frustrated
Grieving	Guilty	Happy	Horrified	Hot	Hungover	Hurt
Hysterical	Indifferent	Idiotic	Innocent	Interested	Jealous	Joyful
Loaded	Lonely	Lovestruck	Meditative	Mischievous	Miserable	Negative
Obstinate	Optimistic	Pained	Paranoid	Perplexed	Prudish	Puzzled
Regretful	Relieved	Sad	Satisfied	Shocked	Sheepish	Smug
Surly	Surprised	Suspicious	Sympathetic	Thoughtful	Undecided	Withdrawn

Share one or two feelings you are experiencing right now.



What did I experience?





How was what I experienced like something else in my life?



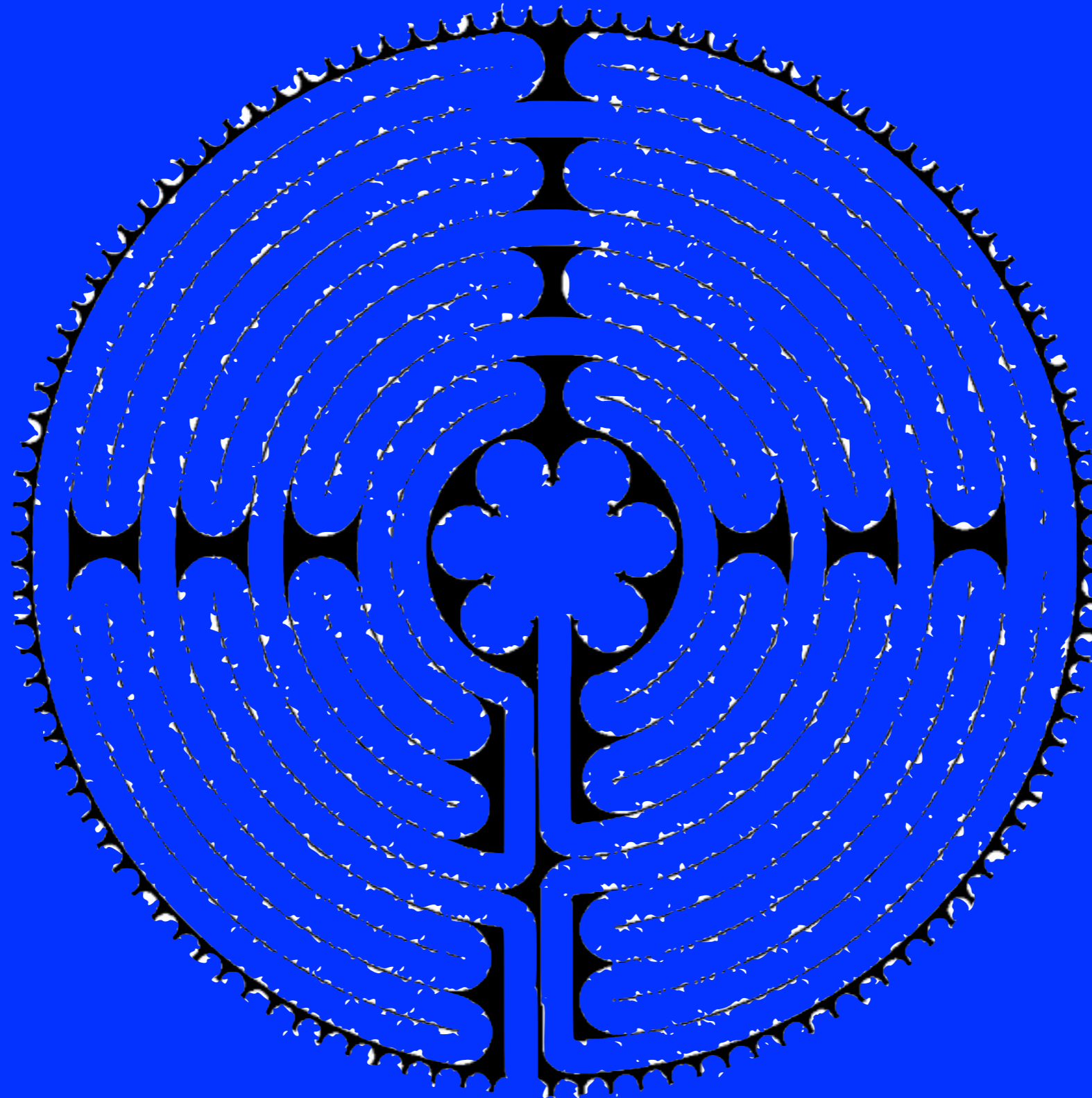
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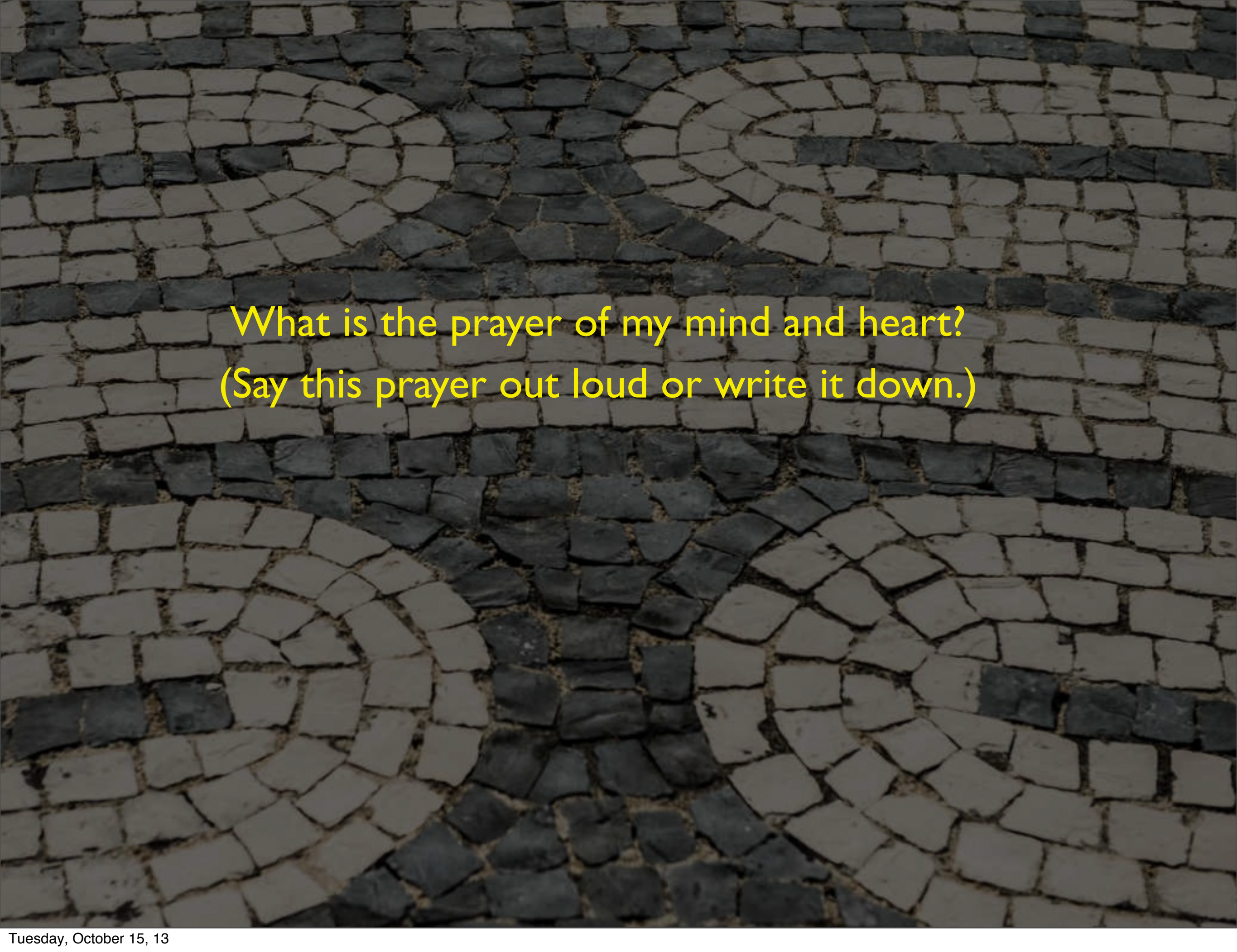


How was what I experienced like something else in my life?

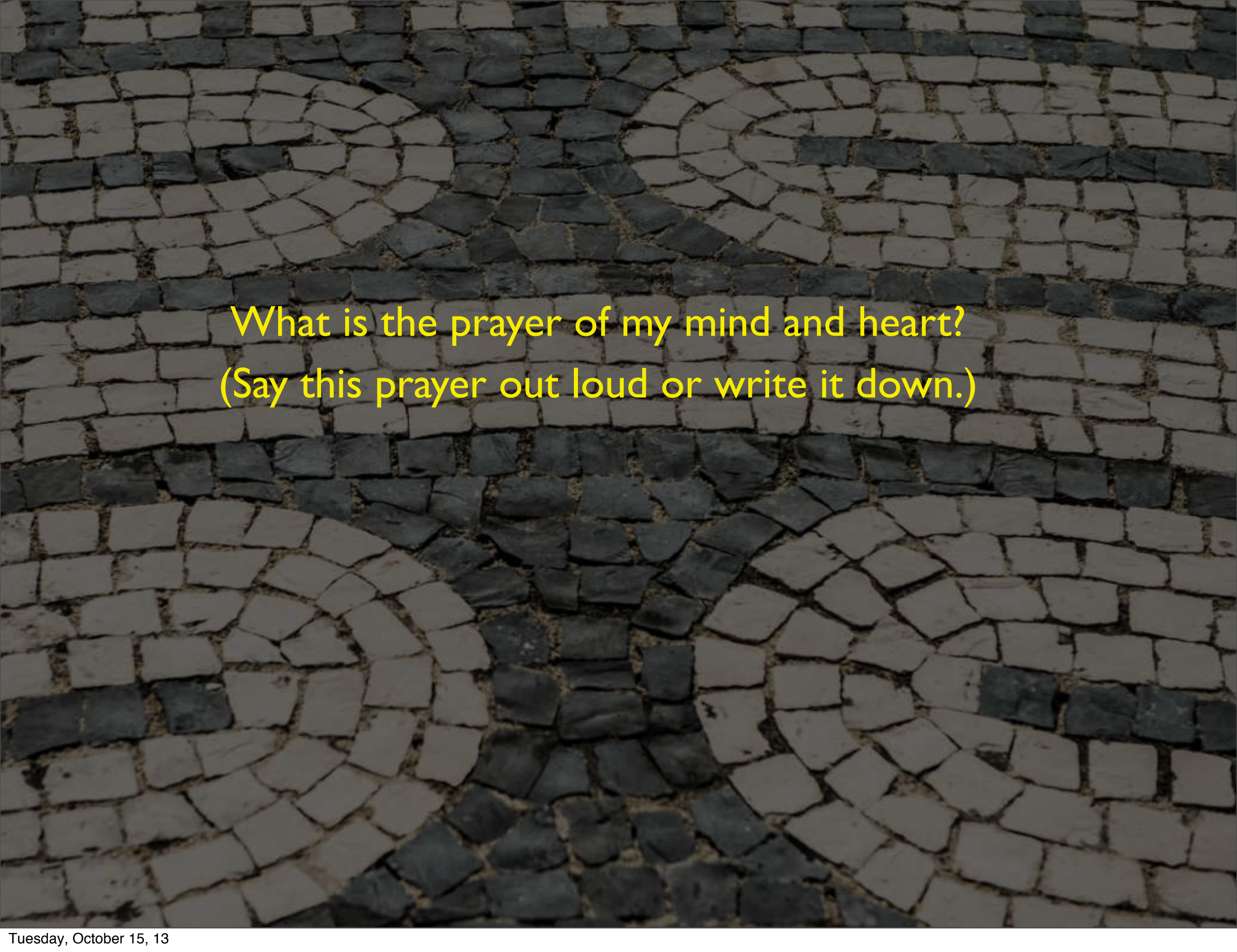
Ask yourself, “Where else in my life do I have the same feelings or experiences?”

What do I want to remember about this experience?



The background of the image is a close-up, top-down view of a cobblestone path. The stones are irregular in shape and size, ranging from light grey to dark grey. A prominent feature is a large, circular pattern of stones in the center, which appears to be a decorative element or a well. The overall texture is rough and uneven.

What is the prayer of my mind and heart?
(Say this prayer out loud or write it down.)

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