

## Prayer labyrinth

This is an interactive, non-threatening way to pray.

It's for anyone who wants to experience God in some way, shape or form; it's designed to aid reflection and help us to pray.

The Labyrinth is a maze-like path which takes you on a symbolic journey, creates space to unwind and think - in particular about our relationships with ourselves, one another, our community and God.

Labyrinths were a feature of many medieval cathedrals; unlike a maze they have only one path - there are no dead ends. People walk the labyrinth slowly, as an aid to contemplative prayer and reflection, as a spiritual exercise, or as a form of pilgrimage.

This contemporary version will include music, meditations, art, media and symbolic activities at intervals along the path.

Participants walk the Labyrinth with a booklet

Take your time to journey through the Labyrinth

You can download the mediations from our church website

## Station 1: Inward Journey

You are on a journey, a journey towards the light that is God.

Walk with expectancy.

As you journey, reflect on what you see, hear, think.

Breathe deeply. Relax. Don't rush; savour the moment.

God spoke the word, and the Word was God.

And there was light.

As you journey, begin to focus on God.

Experience the love, feel the warmth. Choose life.

Can you receive from God?

Through all the interference and the static of on-screen culture, God's voice is breaking through the airwaves:

"Are you receiving me?"

**Are you receiving me?"**

## Station 2: Noise

Sound engineers speak of two things - **signal** and **noise**.

Take some time to identify the noises around you one by one:  
traffic; children playing; dogs barking; the hubbub of life...

As you recognise each one, savour it and then place it to one side.

### What are the noises on the inside?

that song you can't get out of your head; thoughts that won't stop chattering;  
nagging worries; hurt; anger; things you have to do tomorrow...

Identify them one by one, listen to them and place them to one side.

Let God still the oscilloscope of your soul,

turn the noise off

and give you peace.

Then listen for his signal.

## Be still

quiet

listen

still

be

### Station 3: Letting Go

Take some slow deep breaths and relax.

In front of you is a pile of stones and a pool of water.

Take a stone from the pile.

**Imagine** that all your concerns and worries are held in the stone.

**Hold** the stone **tightly** and name the concerns and worries in your mind.

Hold the stone over the pool of water.

In your own time **let it go.**

**Watch** your concerns and worries fall.

Imagine them falling into God's lap.

**How does it feel to release them?**

## Station 4: Hurts

What hurtful things have been said to you?  
What hurtful things have been done to you?

What hurtful things have you said?  
What hurtful things have you done?

Look at your symbols.

Do you want to take them with you?  
Or do you want to let them go?

*"If we confess our sins God is faithful and just and will purify us from all unrighteousness"*

*Jesus said if you let go of the hurtful things people do to you, so God will also let go of the hurtful things you do. This is forgiveness.*

Think carefully.

Are you willing to 'let go'?

You are loved

You are free

You are forgiven

## Station 5: Distractions

In front of you is a map

In the centre is a compass

The needle of the compass points directly north.

Also on the map are some small magnets, some 'false norths'.

Try moving these magnets around the compass.

See what happens

The 'false norths' pull the needle away from true north.

If God is true north, what are the false norths  
distracting your focus away from God?

As you identify these false norths move them to the edge of the map.

Refocus on true north...

Begin to focus on God

## **Holy Space**

This is holy space

God is here - you are welcome

This is your space to be with God  
And God's space to be with you

Make yourself at home

Be yourself

## **Be real**

There's no rush

## **Let God love you**

Let God know you

## **Let God heal you**

Let God speak to you

## **Receive from God**

Commune with God

## **Feed on God**

## Station 7: Outward Journey

Reflect on how this encounter might affect or change you.

Freely, freely you have received. Freely, freely give...

Take: eat. Take: out.

You can choose a lifestyle.

Or you can choose life.

The choice, as they say, is **yours**.

So where do we go from here?

As the journey seems to be ending, it is only just beginning.

We are caught between a world that is passing, and a world that is yet to come.

A world of the now, and the not yet...

Someone once spoke of a road less travelled.

Of a narrow path.

Today, we are going on a journey...



## Station 8: Self

'You created my inmost being  
You knit me together in my mother's womb  
I praise you because I am fearfully and wonderfully made  
Your works are wonderful, I know that full well'

When you look in the mirror what do you see?  
Does what you see make you want to praise or cringe?

What do you think Jesus meant when he said to  
love others as we love ourselves?

What is the **you** of **you**?

**Stop** to feel your pulse

Life is running through you  
Life is a gift of God

You are **unique**

You are **made in God's image**

You are **loved by the Creator** who is  
proud of you, the created.

Look again at the mirror  
*Ask God to show you the real you, the you without image, the you that  
God sees*

## Station 9: Planet

You are out in space

### Watching the earth

Listening to its uninterrupted stream of noise  
From the silence of infinite space

You are looking for signs of ownership but none are visible  
You are looking for clues of permanence  
But all is slowly changing  
To who does this all belong?  
Who has the right to claim its power, plunder its resources?

You are out in space  
Breathless and patient  
Awe-struck and motionless in front of this big, blue, bright ball  
This great glittering, god-filled gift  
This unbounded blessing you can only call  
Home

In the palm of your hand you hold a small seed

This seed contains all the information needed to reproduce its own  
kind

You plant the seed in some soil

As you do so, feel the moist earthiness of the soil

Think of the darkness the seed experiences before it can spring  
to life -

on the brink of creation there is darkness

As you plant the seed you are participating in one of the greatest mysteries of the cosmos -  
you are co-creating with God. Together you give birth to life.

As the seed grows and flowers it is a symbol of your love  
and care of nature, creation, of the planet, of home.

## Station 10: Others

Reflect on the web of relationships within which you live

Who are the other people with whom your life is connected?

One of the oldest ways of praying we know is lighting a candle.

# Light a candle and pray for one or more of the people

Give thanks for them

Hold them in prayer before God

## Station 11: Impression

In front of you is some sand  
You remove your socks and shoes  
Tread in the sand to leave your footprints  
Step back and look at them

Where you have walked has left an impression

What will be left of us when we've left,  
when we're gone under down into darkness, the earth and memory?  
When our dust and ashes have shaken themselves down and reverted  
to their original state will their miraculous interlude have leaned on  
history's rudder?

What will be left of us when we've left?

What traces will we leave?

Will the evidence be compelling?

What will the surviving witnesses say?

How will they know we were here?

Will the future be better because of what we did with our present?

How many breaths make a life?

How long does it take to make a difference? (When can I start?)

What will history say of us when we're history too?

What will be left of us when we've left?