

Prayer Labyrinth

There will be footprints on the ground leading to the next station.

There will be a handout explaining what a Labyrinth is and how to use it

Meditative music – no words

1: Inward Journey

- On a journey to the centre and out again; a journey of receiving and giving – introduction
- In the beginning - John 1

2: Noise

- Two sounds: signal and noise
- Focus on the noises we hear

3: Letting Go

- Water and stones
- Thinking about breathing - what sustains us
- Take a stone from the water and pile: imagine the concerns are in the stone – hold the stone over the water – in your own time let go into the water.

4: Hurts

- A Bin with Rubbish
- Broken world: plant, God, ourselves
- Opportunity to draw

5: Distractions

- Map; compass in the centre; small magnets
- Move the magnets around the compass
- What takes our focus away from God?
- Refocus on God

6: Holy Space

- Bread and wine
- God is here – you are welcome

7: Outward Journey

- Take the encounter with you
- 'God become flesh and blood and moved into the neighbourhood
- Freely you've received, freely you give
- Make a difference

8: Self

- Mirror
- Psalm 113
- What do you see?
- Fearfully and Wonderfully made
- Love others as we love ourselves
- What is the U in You

9: The Planet

- Picture from space
- Watching the earth
- No markings for each country
- No signs of ownership
- Who's does this belong?

10: Others

- Mosaic tiles – web of relationships
- Who are we connect to
- Light a candle – hold them in prayer

11: Impressions

- Sand – footprints
- Look at them
- What will be left of us when we have left?