

Personal Labyrinth

A labyrinth is a winding path that is used to simulate a pilgrimage. Usually it is laid out in a pattern on the floor and you make a physical journey in to the centre and then return to the world. Along the journey there are places where you can pause and reflect and pray.

When you can't walk a large labyrinth you can trace this one with your finger and make a symbolic journey.

On the inward journey, pause at each numbered place to let go and leave burdens behind.

Pause at the centre and enjoy time in God's presence.

When you are ready begin the outward journey, pausing at the numbered places to remind yourself that God is with you and will give you all you need as you continue to walk with Him in your daily life.

There are lots of prayers you can use as you journey on the Celtic Prayer Resource site at www.faithandworship.com

You might want to make a set of prayer cards to use on your journey. These can be varied for different seasons.



Inward Journey

1. Letting Go

What are you carrying on your journey?

In your mind imagine a large paper bag, put all your burdens in the bag and put it down.

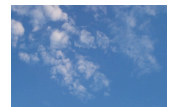
If you must you can always pick them up later, but for this time, leave them where they are.



2. Winding down

Sometimes we become too busy, always rushing around. Just for now sit, be still, breathe deeply.

Consciously slow your breathing down and relax in God's presence.



3. Becoming Still

Allow your mind to become still and become aware of the quiet sounds around you.

Enjoy being still.



Centre - resting in God's stillness

Here we can sit at God's feet and enjoy His presence, gaze on His majesty, talk with Him and experience His love for us.

Outward journey

4. Calmed

Leave the centre filled with the peace of God.



5. Reassured

Journey back to everyday life knowing He is always walking with us on our path.



6. Strengthened

Leave this quiet space knowing that as we take up life's burdens God carries them with us.

