



Guided Labyrinth Walk

June 6, 2024

What is a labyrinth?

A labyrinth is a pattern, usually in the form of a circle, that has one path, which begins at the outer edge and winds around to the center. Unlike a maze, there are no dead ends. The path inward is as important as the path outward.

They have been used for centuries for prayer, meditation, and symbolic pilgrimage as well as personal and spiritual growth.

A classical labyrinth has seven cycles, each representing a stage of life, and seven U-turns as we learn to change course throughout life. The turning circuits of a labyrinth remind us that life changes and we experience transformation.

Walking the Labyrinth

Walking the labyrinth is an “active way of praying.” It allows for integration of mind, body, and spirit. There is no “right” way to pray and no “right” way to walk a labyrinth. It’s about letting go, relaxing, and allowing the presence of the Creator to lead and speak to you.

Walking the labyrinth may provide a greater sense of closeness to the Creator. It may provide clarity on problems and questions. It may provide relief from a stressful world. It may bring comfort and peace.

Opening Prayer

Blessed are you, Creator of all
to you be praise and glory forever
as your dawn renews the face of the Earth
bringing light and life to all creation
bring hope to your people.
May we rejoicing in this day you have made
open our eyes to behold your presence
and strengthen our hands to work for justice for all of creation,
that the world may rejoice together and give you praise.

We gather in the image of the Creator
who is a community of love.

We gather in the name of the Redeemer
who reconciles all of creation.

We gather in the presence of the Life Giver
who inspires new life and renews it.

Creator, you made the world and declared it to be good:
the beauty of the trees, the softness of the air,
the fragrance of the grass speaks to us;
the summit of the mountains, the thunder of the sky,
the rhythm of the lakes speaks to us;
the faintness of the stars, the freshness of the morning,
the dewdrops on the flower speak to us.
But above all, our heart soars, for You speak to us
in your Son, Jesus Christ,
in whose name we offer these prayers.

Amen

Invite Wonder

What if you stepped into the shower each morning only to be baptized anew
and sent forth to serve the grocery bagger, the bank teller, and the bus driver
through simple kindness?

And what if the things that make your heart dizzy with delight were no longer
stuffed into the basement of your being and allowed out to play in the lush and
green fields?

There are two ways to live in this world:
As if everything were enchanted or nothing at all.

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**Come! Come welcome guest.
Set free our reluctance to live fully and deeply.
Awaken us to the beauty that holds and enfolds us.
Open our eyes to all we can become.
O Come!**

Closing Prayer

For everything that emerges from the earth
 thanks be to you, O God, Holy Root of being.
May we know that we are of You;
 may we know that we are one in You;
 may we know that we are one with You;
 together one.
Guide us, open us, lead us,
 that we may know the holiness of wholeness;
 that we may learn the strength of humility;
 that together we may live close to the earth
 and grow in grounded glory.

Glory be to you Great Creating Spirit and on earth, peace.

We invite you to walk the labyrinth or be seated for a time of reflection.

Sources and resources for further reading:

- *Exploring the Labyrinth: A Guide for Healing and Spiritual Growth* by Melissa Gayle West (2002, Penguin Group)
- *Living the Labyrinth* by Jill Kimberly Hartwell Geoffrion (2000, Pilgrim Press)
- *Praying the Labyrinth* by Jill Kimberly Hartwell Geoffrion (1999, Pilgrim Press)
- *Walking the Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice* (Revised & edited by) Lauren Artress (2006, Broadway Books)
- *The Circle of Life: The Heart's Journey Through the Seasons* by Joyce Rupp and Macrina Wiederkehr (2005, Sorin Books)
- *Praying with the Earth* by John Philip Newell (2011, The Canterbury Press)
- Select prayers adapted from Joint Catholic-Lutheran Commemoration of the Reformation Liturgy
- *Invite Wonder* by Christine Valters Paintner