



CREATING
SPACE

A prayer & contemplation series

PRESENTED BY
KINGDOM CAUSES BELLFLOWER
BORROWED FROM THE
MCGRATH INSTITUTE FOR
CHURCH LIFE

Praying with
a Labyrinth

Steps of praying with a Labyrinth

Praying with a Labyrinth

Praying with a labyrinth is a form of walking meditation that gives us time and space to listen and respond to the Lord. Consider reading a passage from Scripture to set your mind on God's accompaniment with you during this short pilgrimage of prayer.

Here are a few to get you started:

Deuteronomy 1:31

31 and in the wilderness.
There you saw how the Lord
your God carried you,
as a father carries his son,
all the way you went until you
reached this place.

I. NAME YOUR INTENTION

Since we embark on a walking meditation in order to hear and respond to the Lord, ask for the grace to hear and respond to him. If you have any particular intentions on your heart, name them to God at this time and tell him that you will carry these intentions with you during the walk.

II. WALK THE LABYRINTH

Enter and follow the path of the labyrinth, knowing that God is with you. Go at a pace that feels natural. As you move along the path, notice what is happening in your mind and heart. There is no agenda to this prayer. Rather, let your prayer unfold as you go and trust in God's guidance. If your mind wanders to thoughts that seem like distractions, name the distraction, lift it up to God and ask God to guide your mind and heart back to him. If the distraction returns, explore it with God.

III. GIVE THANKS

When you reach the center of the labyrinth, thank God for having walked with you along the way.

IV. REFLECTION

Afterwards, take time to reflect on your walking meditation. Write down your thoughts, feelings or anything else that you experienced. If something from these recollections stands out to you, consider exploring it at another time in prayer or in spiritual direction.