

# Prayer Labyrinth

By Chip Borgstadt

Sometimes our bodies can move us into prayer when our mind has no clue where to go. This paper labyrinth can help focus our prayers when life is distracting.

## For

Adult / Couple

## Season

Summer

## Needed

Copy of paper labyrinth pattern, one for each person (see last page). Other labyrinth patterns can be found by doing an internet search for "spiritual labyrinth."



## Background

The labyrinth is an ancient practice that has been adopted by Christians centuries ago. A labyrinth, unlike a maze which has dead ends in the paths, has a single path that goes to the center and leads the person back to the entrance. Larger walking labyrinths allow a person to trust the path and permit the mind to bring forth important concerns or affirmations. A paper labyrinth is followed with one's finger or a pointer (you may use a retractable ballpoint pen with the pen retracted.) It can have the same effect as a walking labyrinth. You can do this prayer exercise in solitude or with others. Additional information can be found at <http://www.lessons4living.com/labyrinth.htm>.

## Activity Plan

1. Find a quiet place free from distractions. Read Romans 8:26-27 aloud from your Bible or from the text here:

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

2. Take several deep breaths and relax. Place your finger or pointer at the entrance to the paper labyrinth and say a prayer. You might say something like:

*Eternal God, you guide us through your Spirit. Move through me this day. Open my spirit to understand your work in my life at this time. Amen.*

3. Move through the labyrinth slowly and deliberately. As a thought comes to mind, receive it and allow it to form. Reflect on that thought. You might consider relationships or situations that it suggests. Invite the Spirit to add to the thought. If you can form a prayer around it, do so.
4. When you reach the center of the labyrinth, hold your finger or pointer still. Silently name the thoughts you have had entering the labyrinth.
5. As you move out of the labyrinth by tracing the route in reverse, allow your spirit to receive new thoughts or reflect on those raised so far. When you get to the exit, pause. If you want to pray, you may do so.

6. Write a few words about your experience in the labyrinth on the margins of the page. Prayer concerns that you might not be aware of can be surfaced and developed in the coming days.
7. If you are doing this activity with others, take a moment when all are done to share something that you experienced or reflected upon while moving through the labyrinth.
8. The labyrinth can be done many times during the day. It can help you focus your spirit and thoughts. Moving through the labyrinth daily for a week can be quite beneficial.



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