



A labyrinth is a walking meditation with three stages - the journey in; the centre; and the journey out. Here's a few suggestions for your walk...

- † before you begin pause at the entrance and take some time to still yourself in
- God's presence, breathe deeply, you might like to take your shoes off so you can feel the earth beneath your feet
- † life is a journey - as you walk reflect on your life's journey and your relationship with God
- † walk slowly
- † avoid the temptation to chat with others on the journey
- † use the journey in to the centre to quiet down, to slow down, to let go of busyness and stress, to confess sin and ask forgiveness, and to prepare to meet with God
- † as you walk be aware of others on the journey - pray for them
- † sometimes you will be close to the centre and sometimes close to the edge - are you close or far from God in your journey?
- † as you reach the centre this is holy space - a space to be with God in prayer
- † in the centre there is some incense - place some granules on the hot coals as a sign of offering yourself and your prayers to

grace