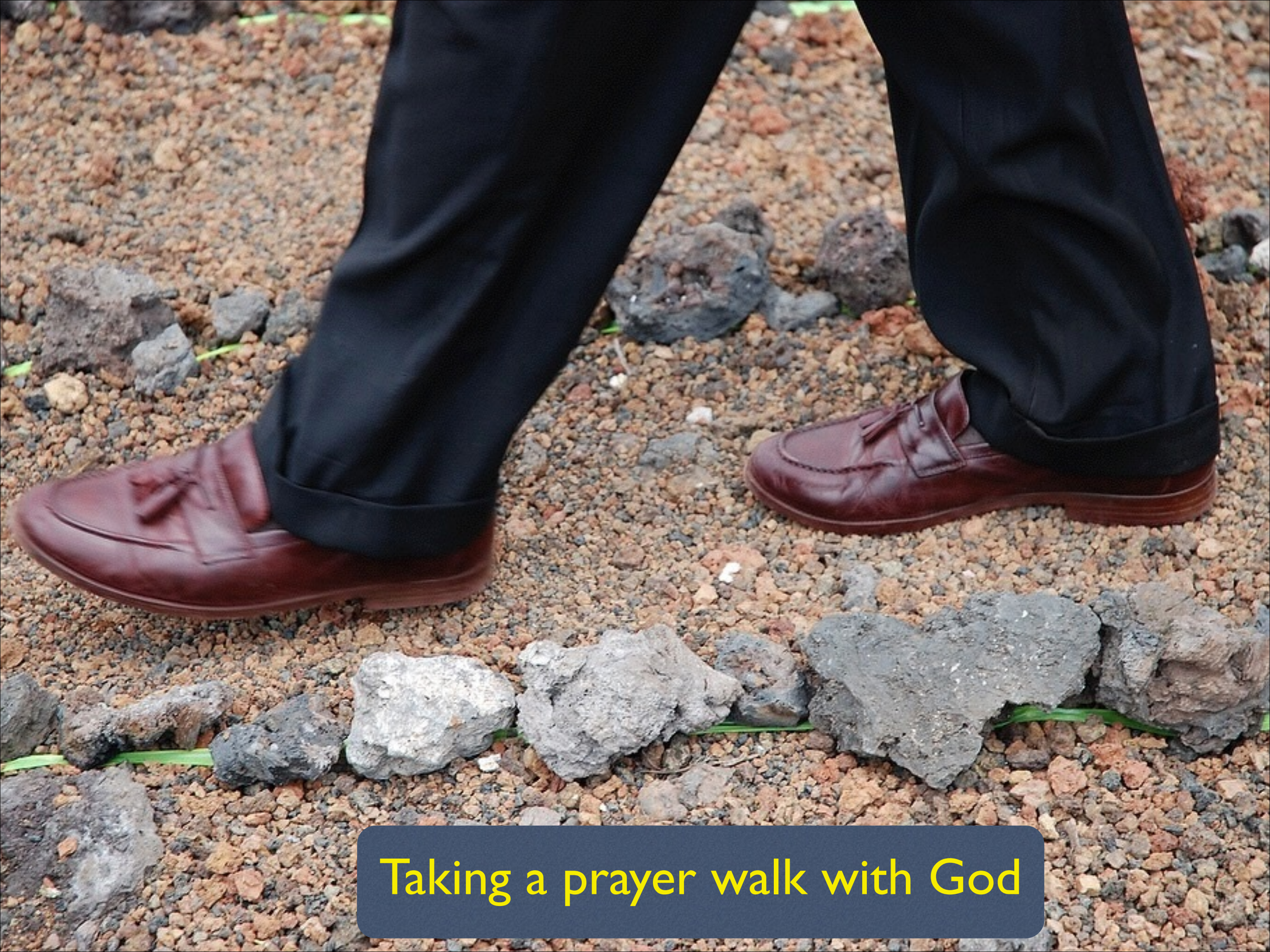


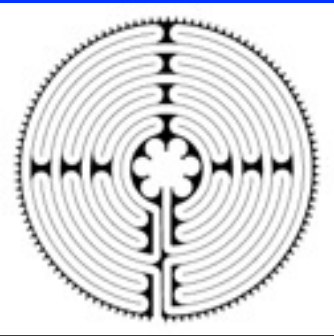
Introducing Labyrinth Prayer

The Spirit-Led Leader Retreat & Training,
Cambodia 2014

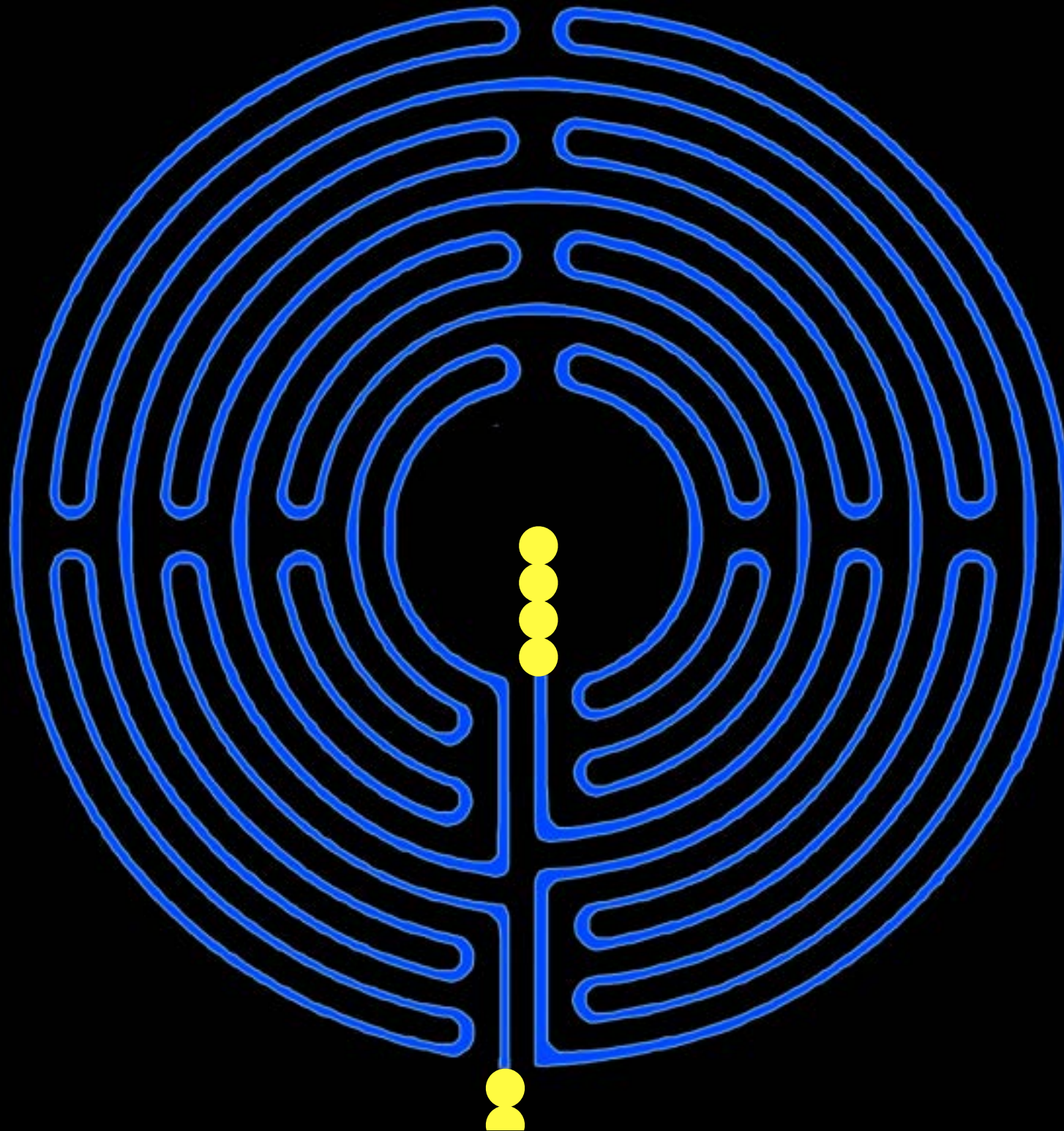
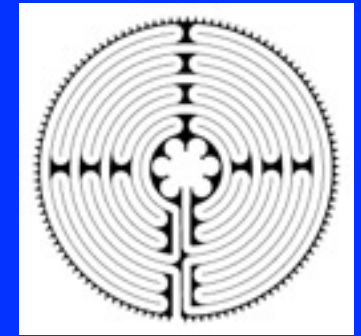




Taking a prayer walk with God



A labyrinth is a pattern with a winding path that leads to a center.



A labyrinth has one--and only one--pathway.
Mazes have many.
There are no tricks or dead ends in a labyrinth.
You can't get lost.

Karen Wingaba Maze
at a Buddhist Temple
Yangon, Myanmar

Historical labyrinths exist all over the world.
The oldest is approximately 4,000 years old.
It is found in Asia, on a rock surface in Goa, India.

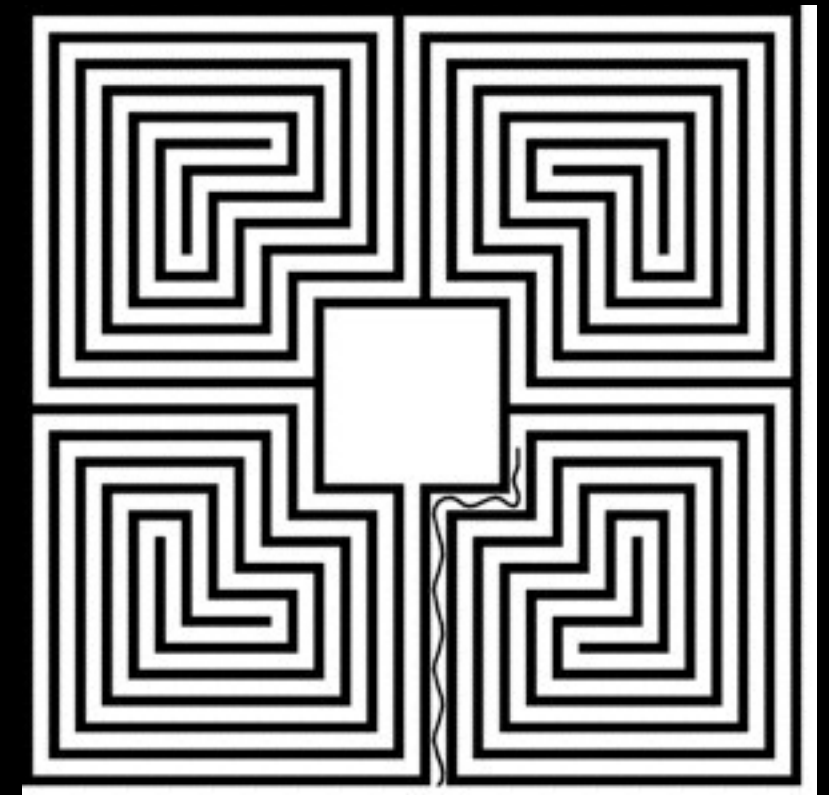
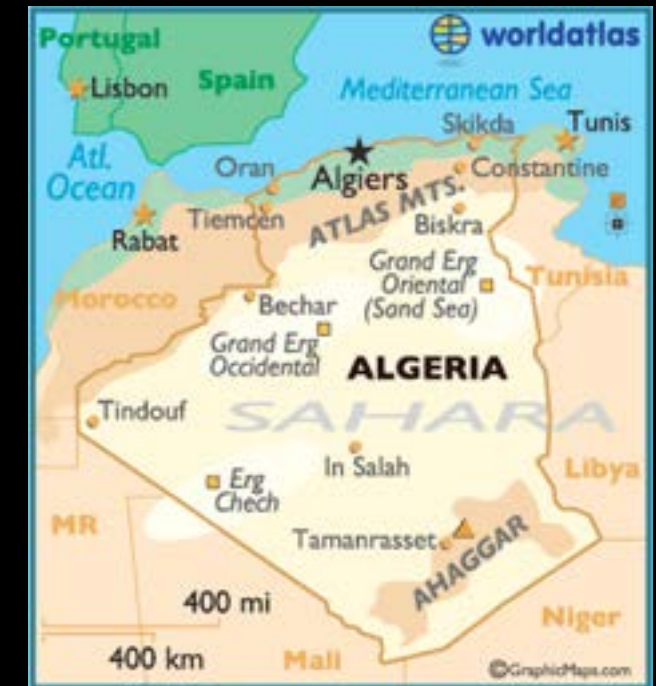
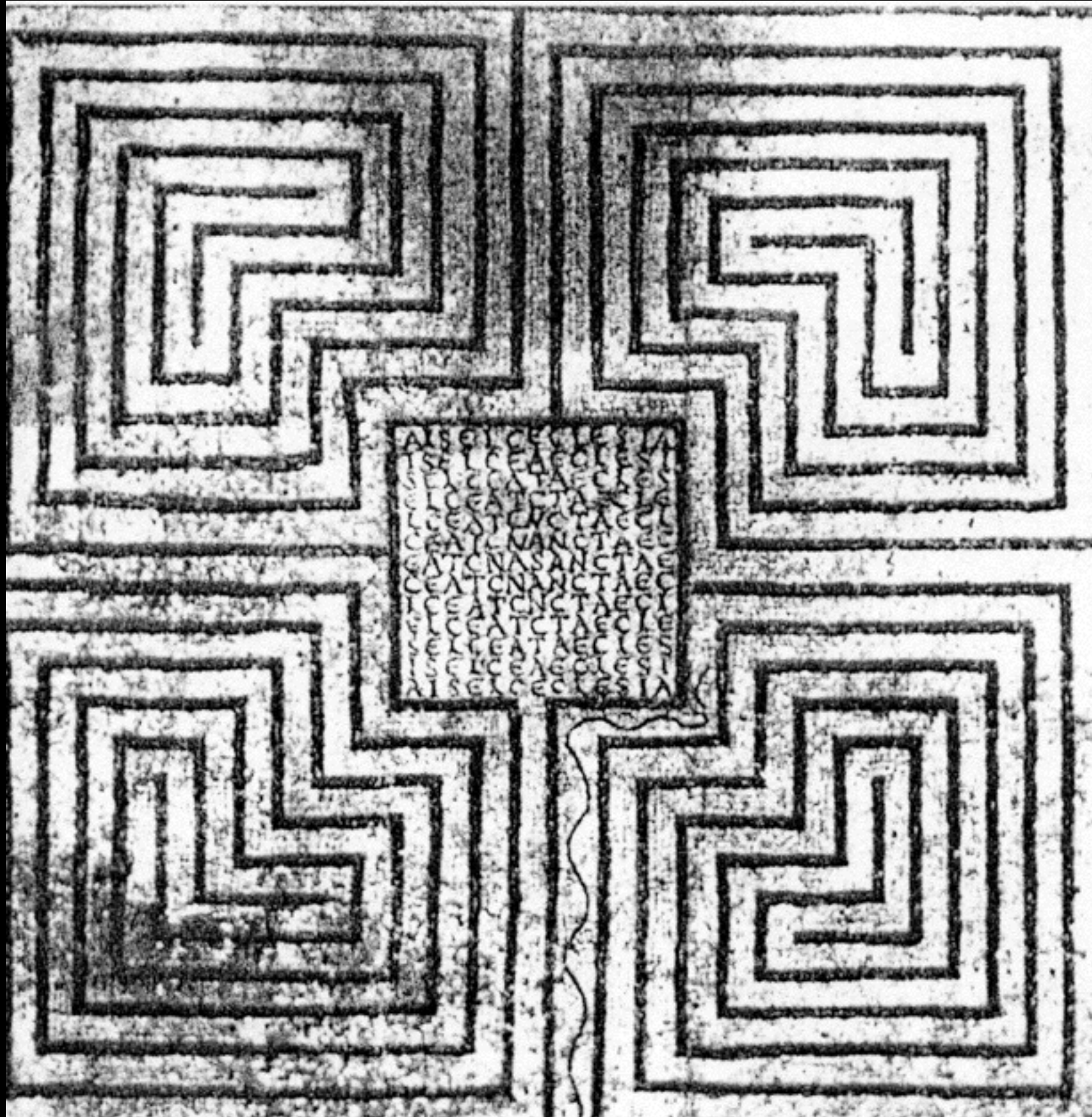


Goa, India 2,000-2500 BCE

Pansaimol Labyrinth

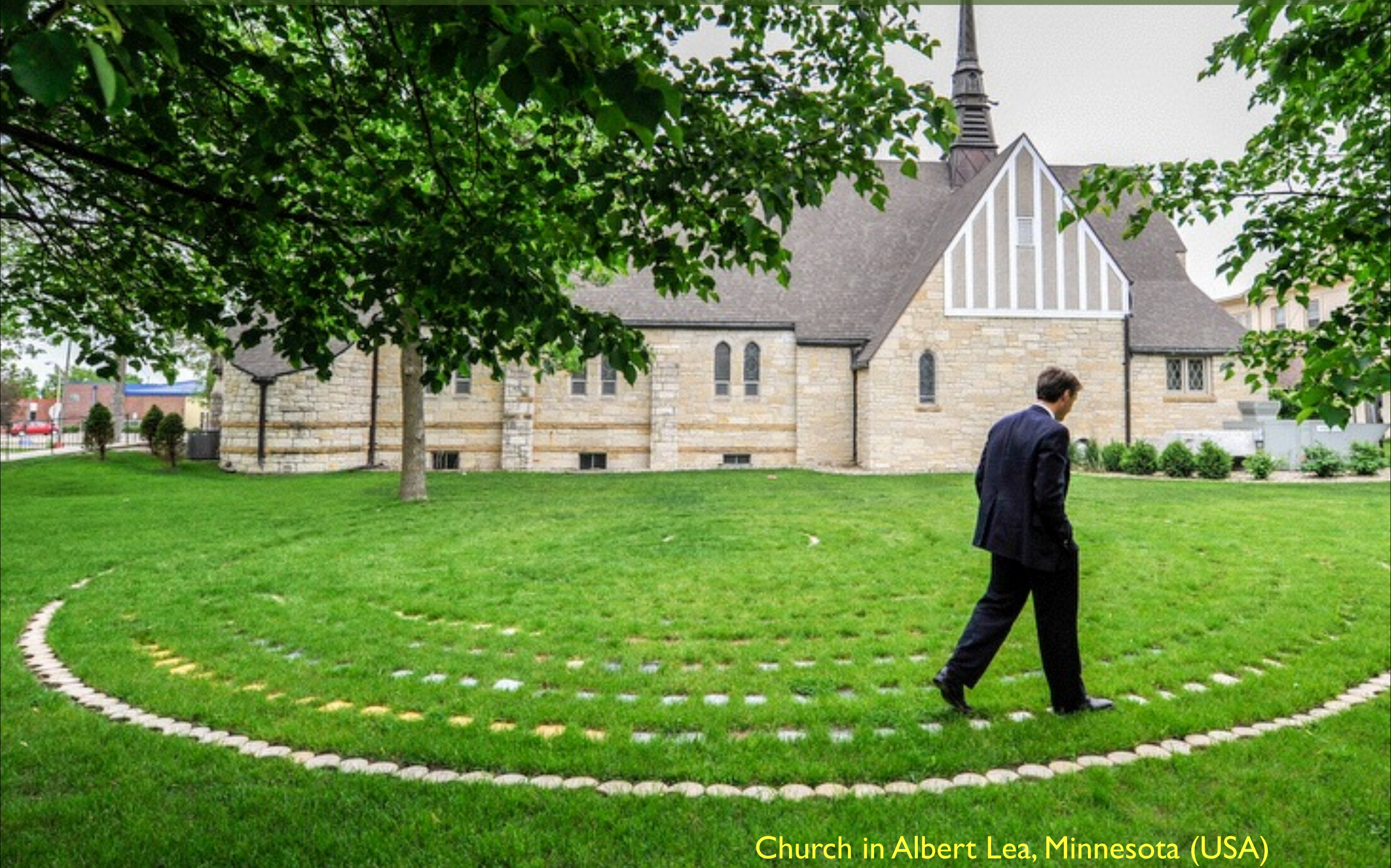
©Jeff Seward see [Labyrinths and Mazes](#) & www.labyrinthos.net

Christians began using labyrinths as early as 324 A.D.



From a church in Orléansville, Algeria (Africa)

Labyrinths are used by Christians for ministry at churches, retreat centers, schools, hospitals, and even prisons.



Church in Albert Lea, Minnesota (USA)

**There are 4,320 labyrinths
in over 76 countries that are currently listed on the
world-wide labyrinth locator at www.labyrinthlocator.com**



A Christian Biblical and Theological Understanding of Labyrinth Prayer



“Follow me...”
“I am the way...”

Symbols help us to grasp and
remember what is most important.

This is true of the symbol of the
labyrinth.



Grace Cathedral, San Francisco, California (USA)

A cross is
embedded
in the
symbol of
this
labyrinth.

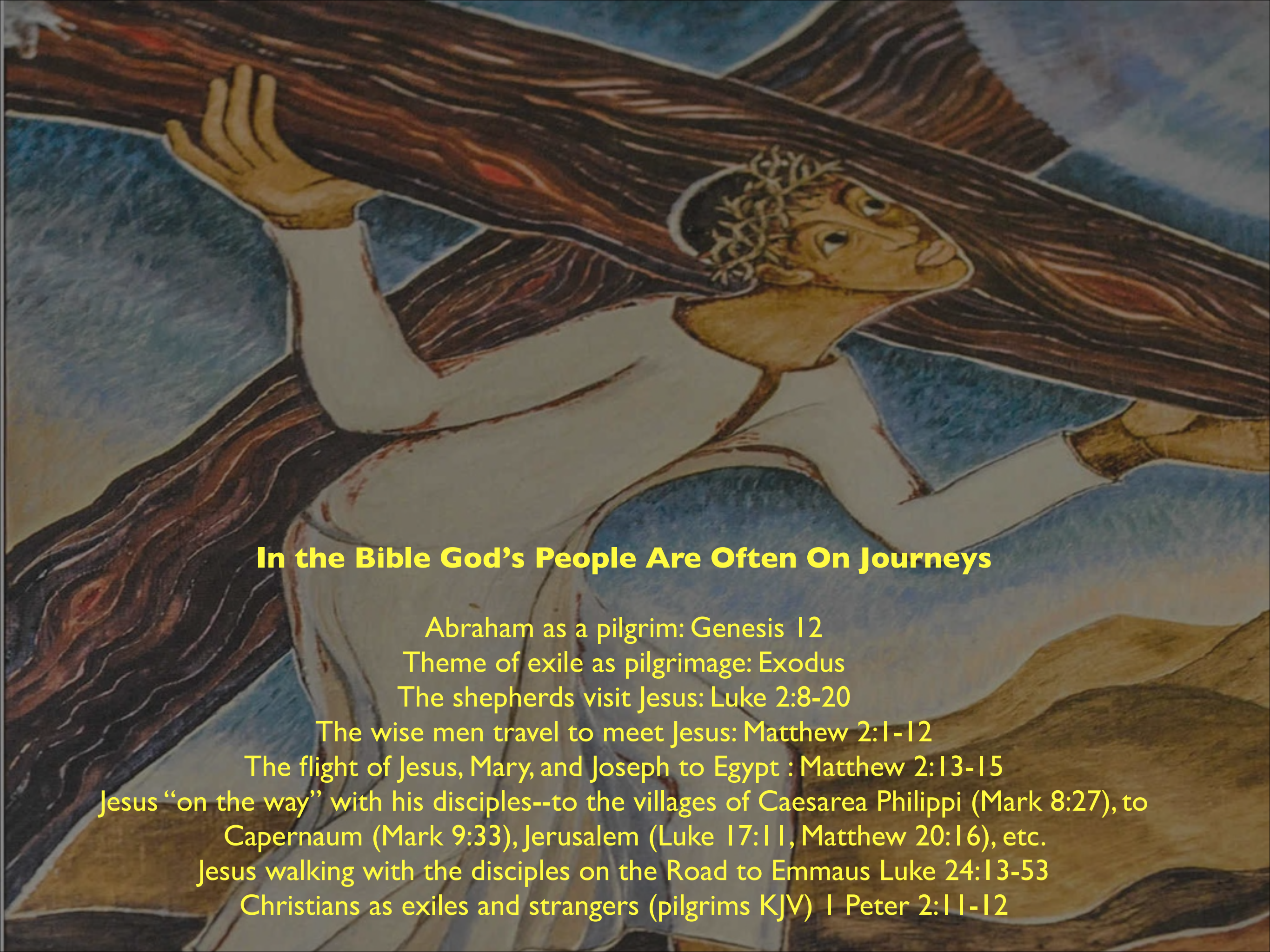


“Christian life is an on-going
response to Jesus’ authoritative call,
“Follow me.”

The following of Christ is often
imaged as a journey.

David Liedl, Labyrinth retreat leader





In the Bible God's People Are Often On Journeys

Abraham as a pilgrim: Genesis 12

Theme of exile as pilgrimage: Exodus

The shepherds visit Jesus: Luke 2:8-20

The wise men travel to meet Jesus: Matthew 2:1-12

The flight of Jesus, Mary, and Joseph to Egypt : Matthew 2:13-15

Jesus "on the way" with his disciples--to the villages of Caesarea Philippi (Mark 8:27), to

Capernaum (Mark 9:33), Jerusalem (Luke 17:11, Matthew 20:16), etc.

Jesus walking with the disciples on the Road to Emmaus Luke 24:13-53

Christians as exiles and strangers (pilgrims KJV) 1 Peter 2:11-12



Jesus said,
“I am the way,
the truth,
and the life.”

John 14:6

“Jesus’ claim can be
understood in terms of the
metaphor of labyrinths--
a single pathway, leading one
to God, The Center of All.”
Geoffrion, Christian Prayer and Labyrinths.

“Follow Me.”
Jesus

Matt. 4:19, 8:22, 9:9, 10:38 | 6:24, 19:21; Mark 1:17, 2:14, 8:34, 10:21;
Luke 5:27, 9:23 | 9:59, 14:27, 18:22;
John 1:43, 10:27, 12:26, 13:36, 21:19, 21:22

As we follow the path of a
labyrinth, we learn (anew) to trust
God to lead us where we need to go.



We come to the labyrinth as Christians.
Christ walks with us (within us) as we move on the labyrinth.

Praying on a Labyrinth: Step by Step

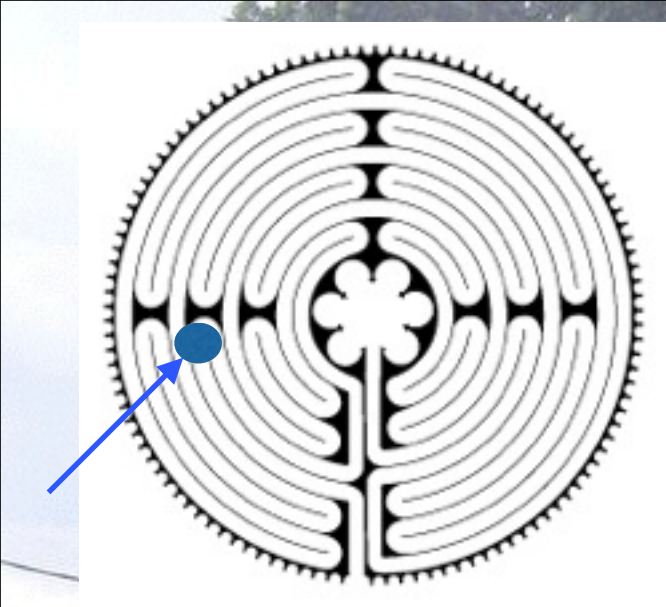


**Before entering:
Prepare yourself for your walk.**



Move through
the open
door into the
labyrinth.





When starting to walk in a group,
wait until the person in front of you goes around the first turn.
This gives her/him time and space to find an initial rhythm
that feels comfortable.
Then, it's your turn to cross the threshold.



Follow the path, it leads to the center.
This is a journey; it takes time.

When
walking on a
labyrinth
you can
move around
another
person,
or let
someone
“pass” you.



Labyrinths have lots of twists and turns
(There are 32 on the way to the middle
of a full Chartres-style labyrinth).



Brick Labyrinth, MIT Yangon 2011

When you get to the center:

A photograph showing four people kneeling in a circle on a large, circular, light green floor mat with a dark brown geometric pattern. The people are in a prayerful posture, with their heads bowed. Two women on the left wear green t-shirts with 'KSF' on the back. A man on the right wears a red and white plaid shirt. A person in the center wears a black hoodie. The background shows wooden benches in a well-lit room.

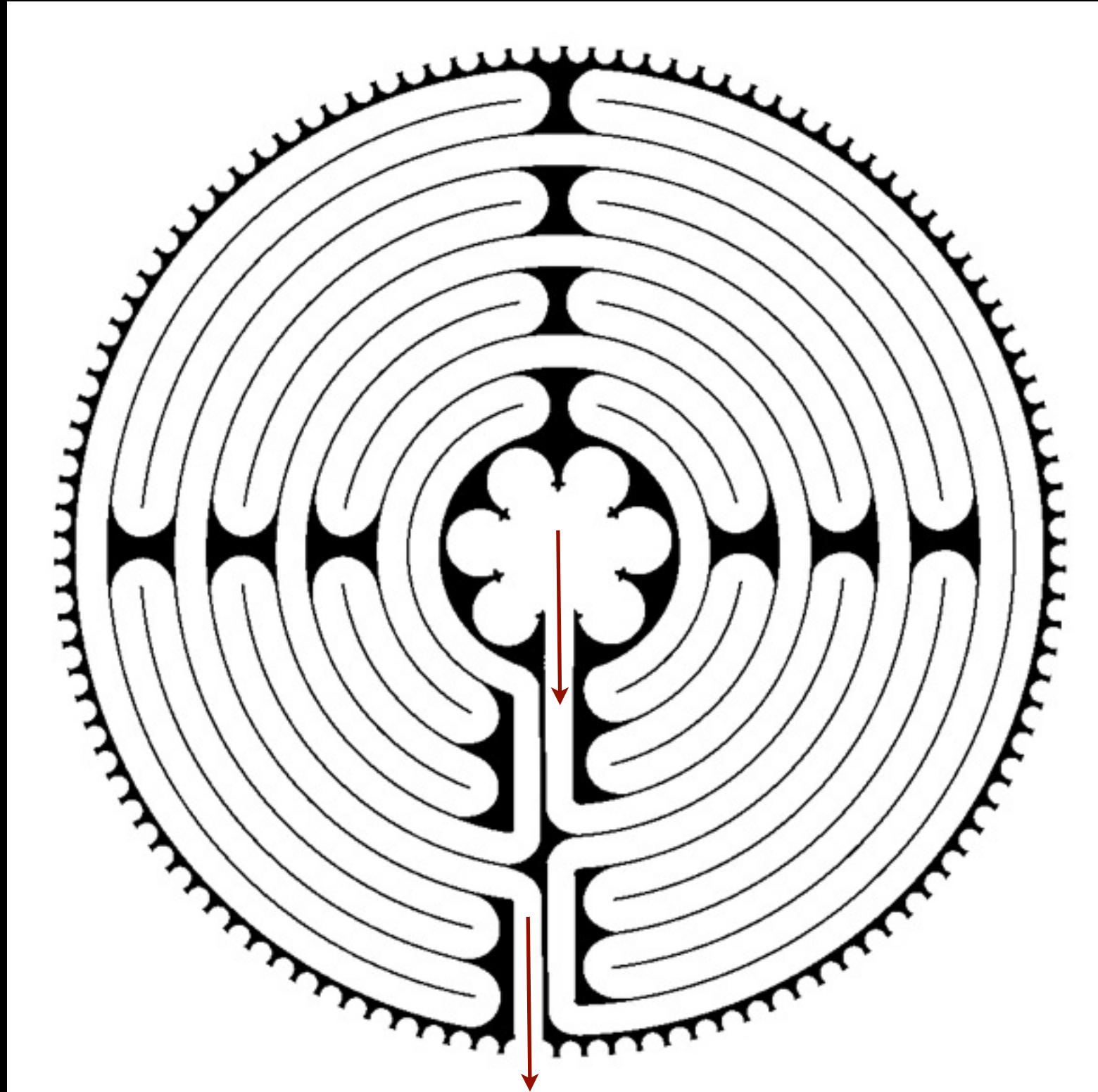
Rest with God.
Listen.
Offer thanks.
Stay as long as you want.



Christ in the center of the labyrinth
Alatri, Italy 12th century (restored)



The same path is used as you continue your prayer
when returning to door/gate.





You can get turned around,
but it's not a problem.
You will always arrive
either at the center
or at the gate.

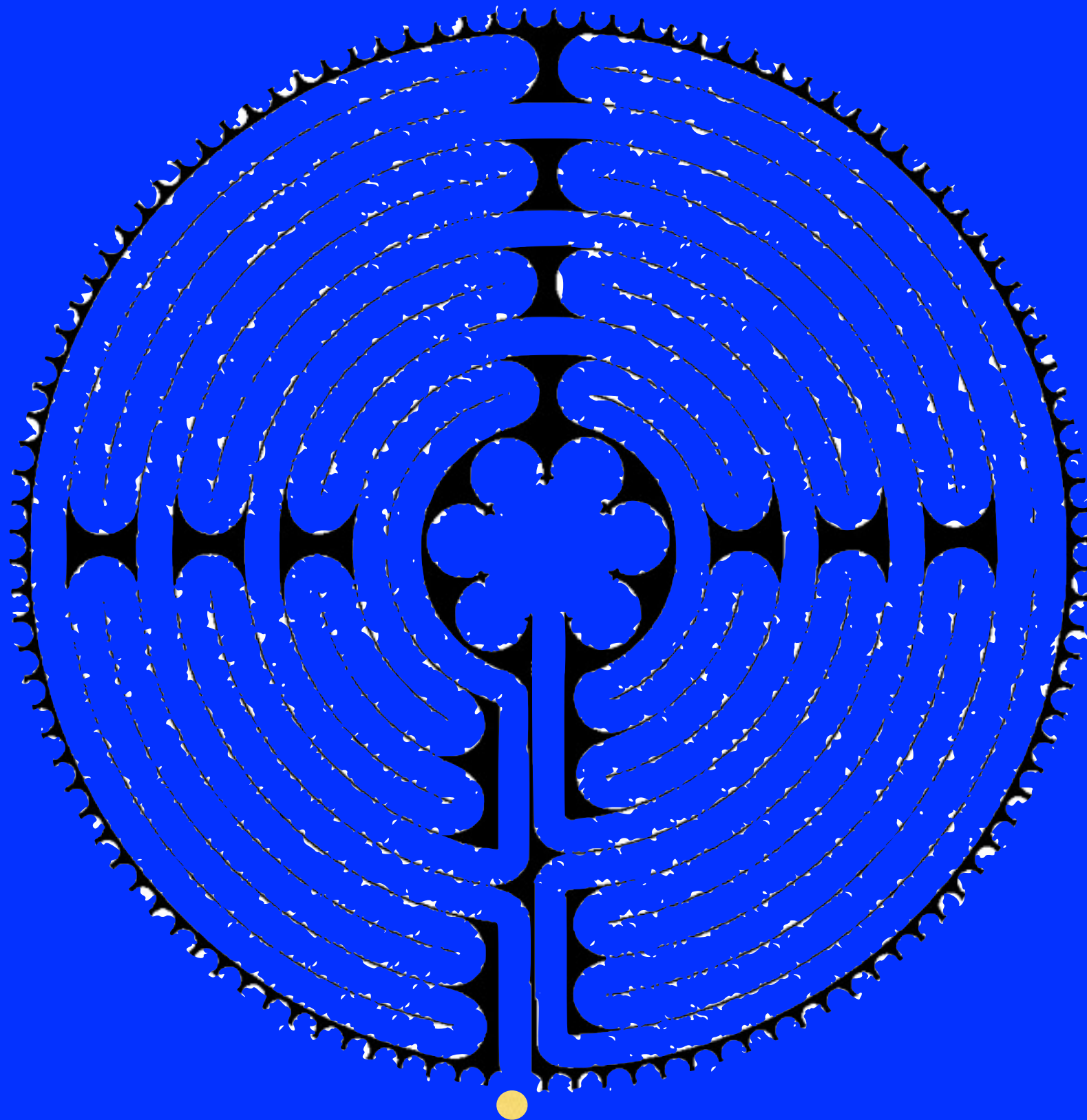


You are free to leave the labyrinth at any time.

Prepare yourself to exit.
Stop and thank God before
you walk out of the labyrinth.



Your Next Step: Personal Reflection and Growth and Integration.



After you walk the labyrinth:

**What did God
communicate?**

**What
images,
and/or
experiences
were important?**

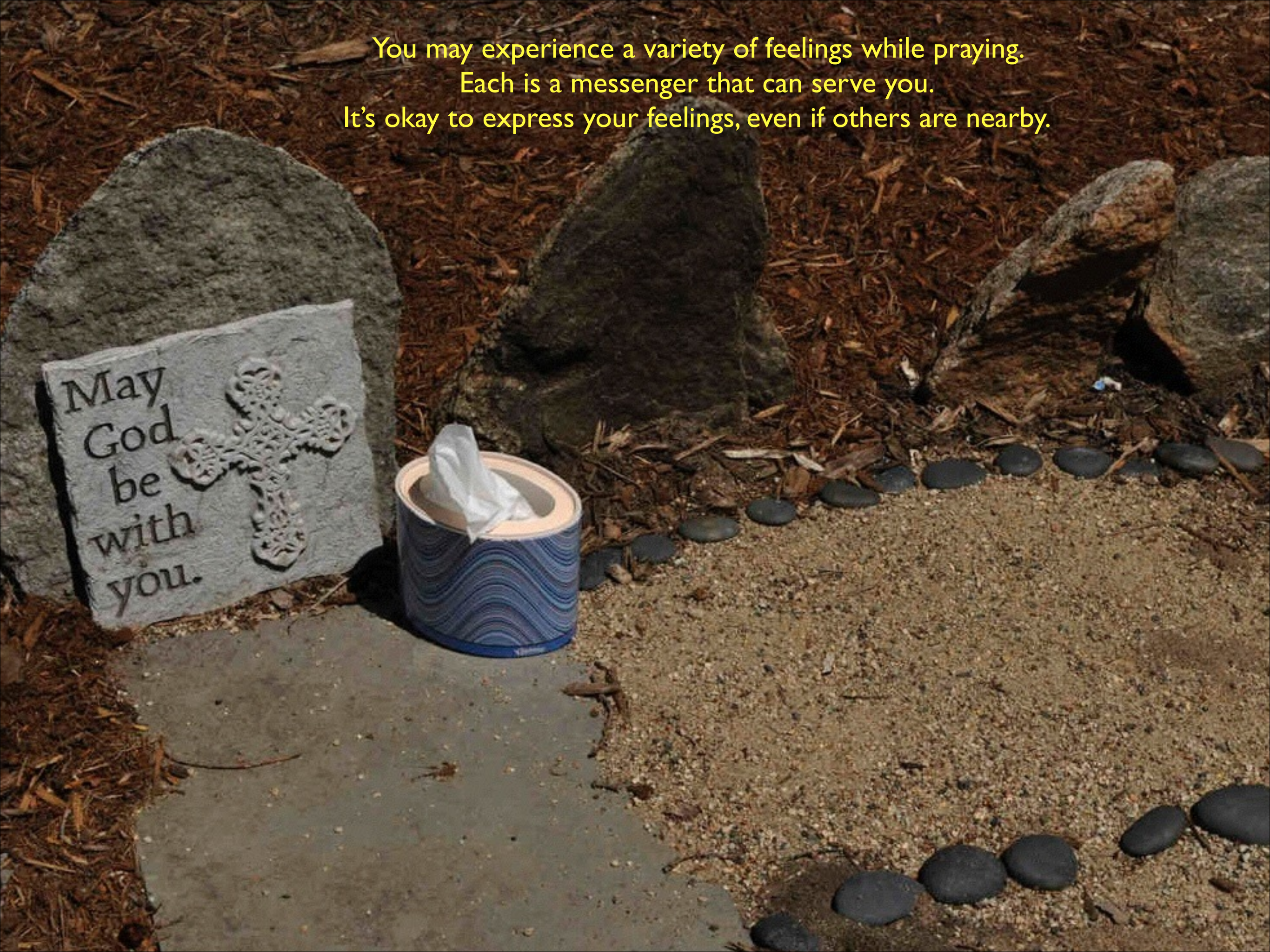
**What do I
want to
remember?**





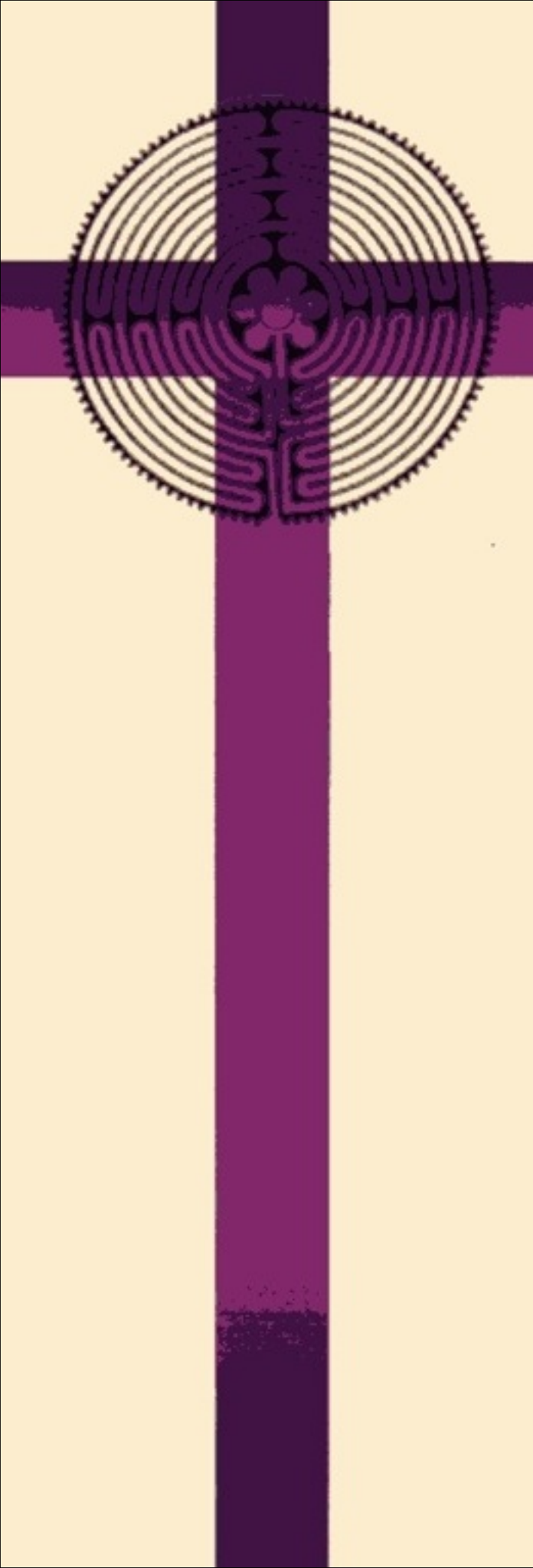
When you are not walking the labyrinth,
you can witness (rather than watch)
others, and pray for them.

You may experience a variety of feelings while praying.
Each is a messenger that can serve you.
It's okay to express your feelings, even if others are nearby.





My peace I give unto you...
Let not your heart be
troubled, neither let it
be afraid.
John 14:27



Our Labyrinth Prayer: “Speak Lord, Your servant is listening.”

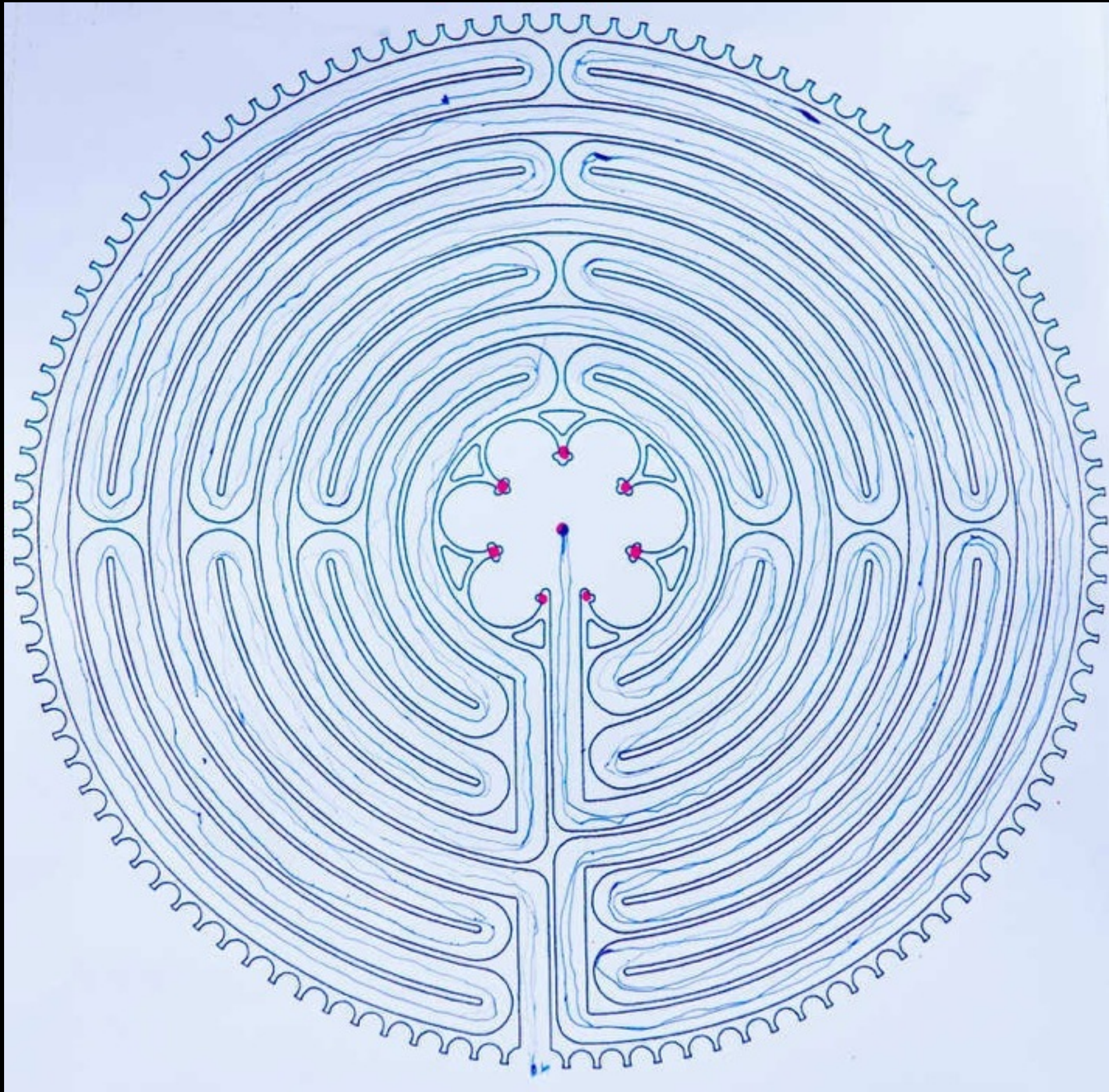
What do you want to say to me?
What do you want me to see?
What do you want me to feel?

...

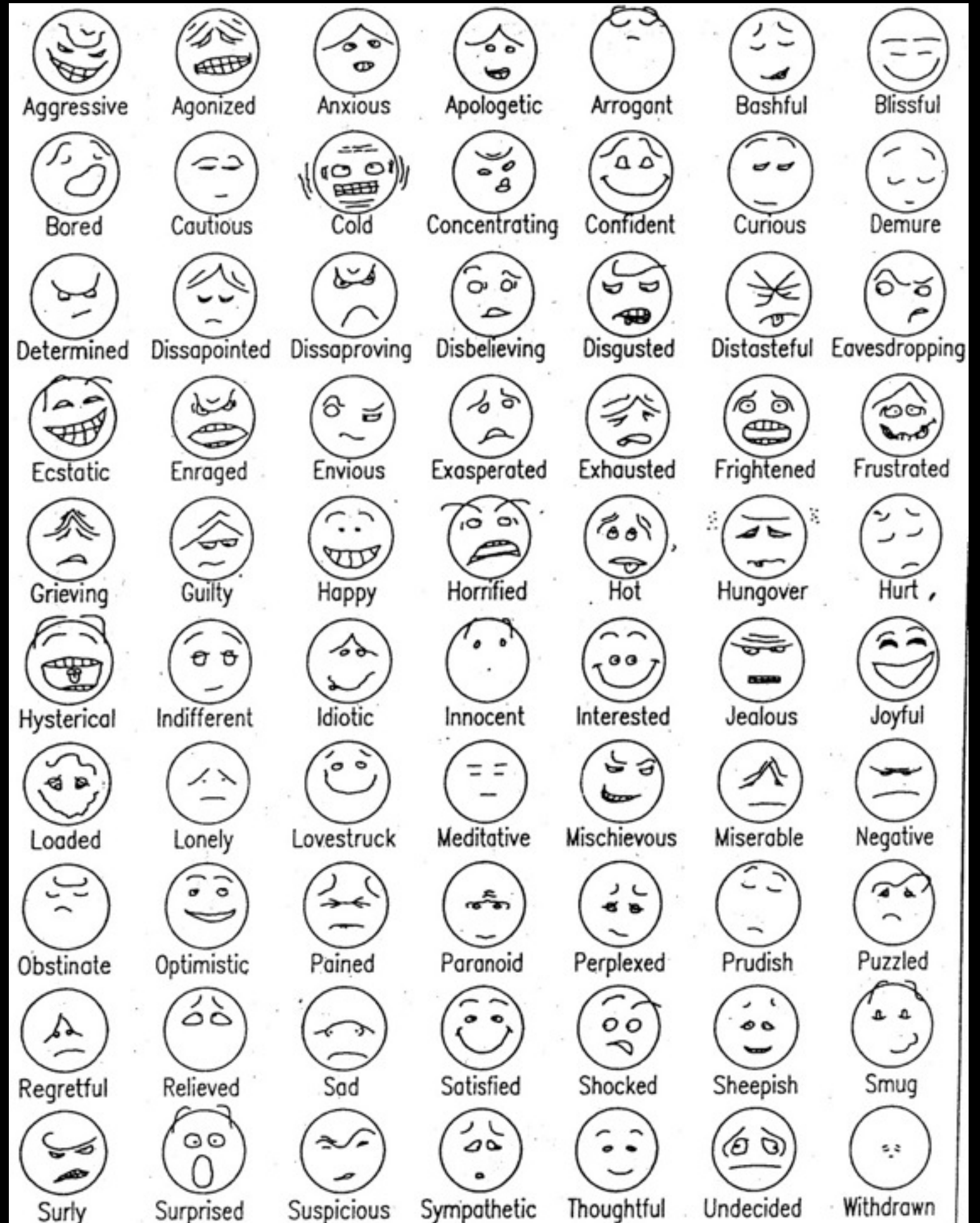
God may give you an image,
a word,
a song,
a Scripture,
a desire...

Now the LORD came... calling, “Samuel! Samuel!”
And Samuel said, “Speak, for your servant is listening.”
1 Samuel 3:10

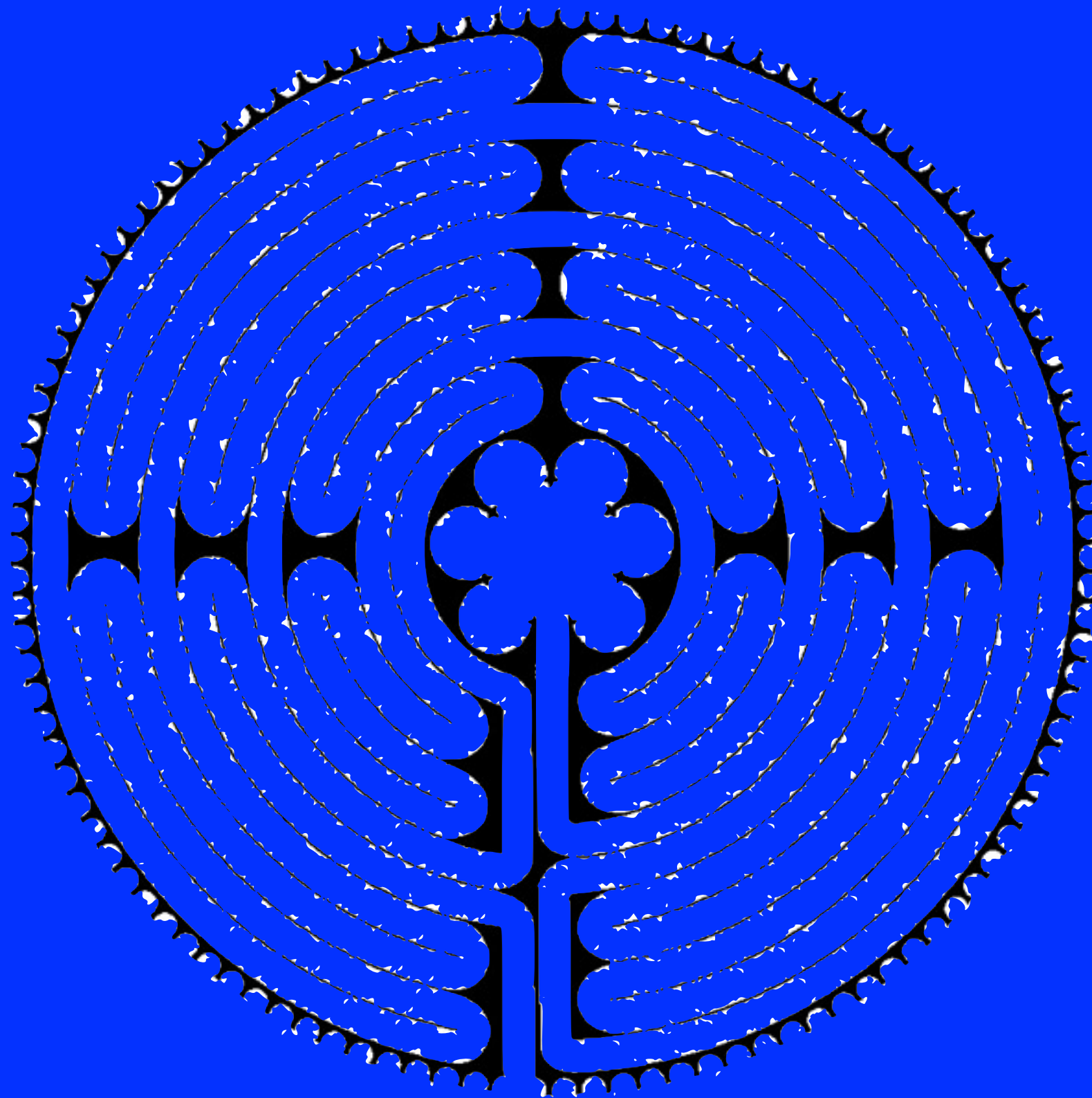
You can use a labyrinth design to pray with your hand and/or eyes.



Right now
I am feeling...



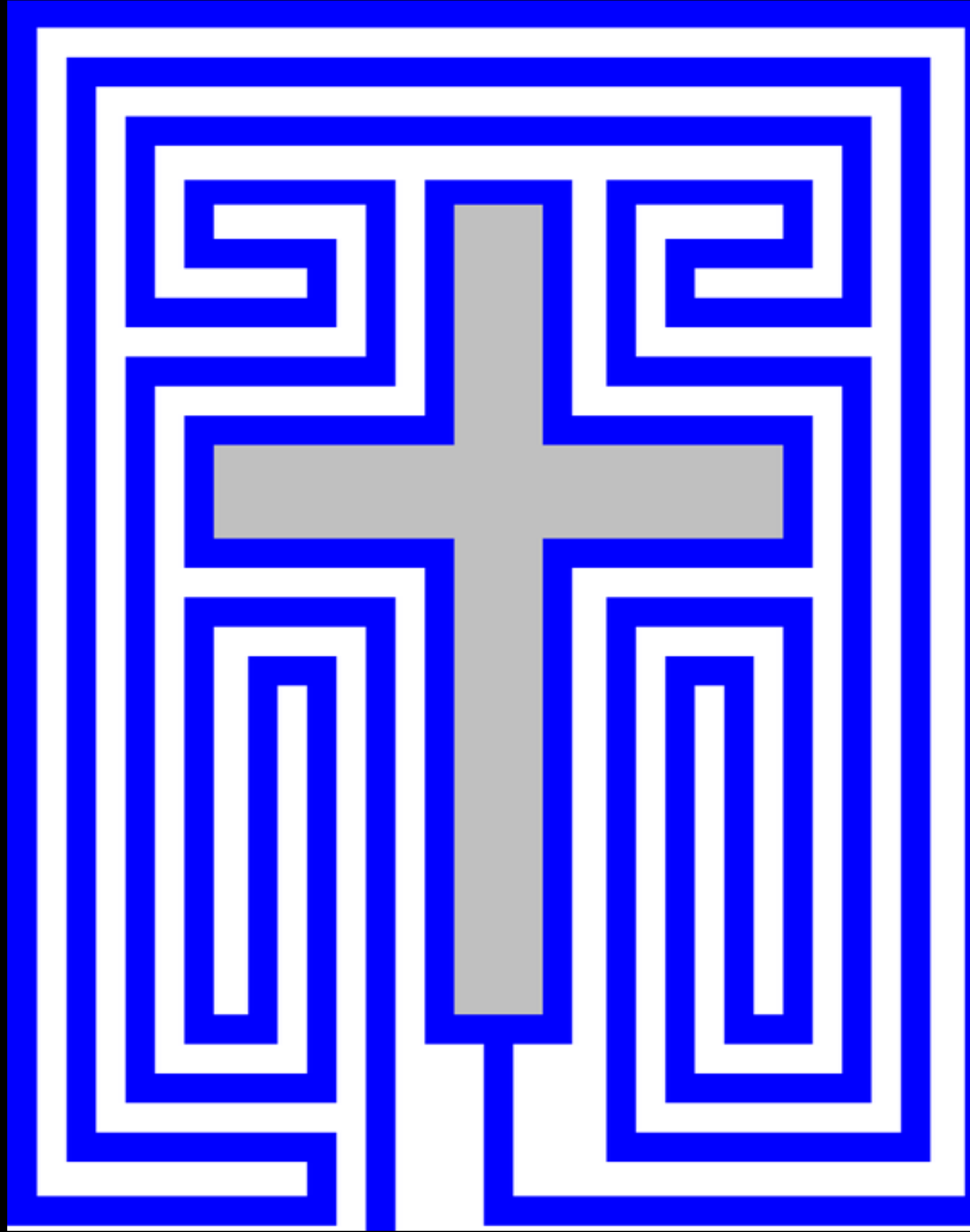
I experienced...





I want to remember...

Now,
my prayer is...



Ministry website www.fhlglobal.org

Labyrinth resources by jill www.jillgeoffrion.com

Photo blog by jill throughjillseyes.wordpress.com

Articles by Tim: www.spiritedleader.wordpress.com



Jill's email: jill.geoffrion@fhlglobal.org