



Constructing and Using Labyrinths for Prayer

Spirit-Led Leadership
Cambodia March, 2014



God has told you, O mortal, what is good;
and what does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God?

Micah 6:8



**Walking a labyrinth can serve
as a wonderful metaphor
for your journey through life with Christ.**

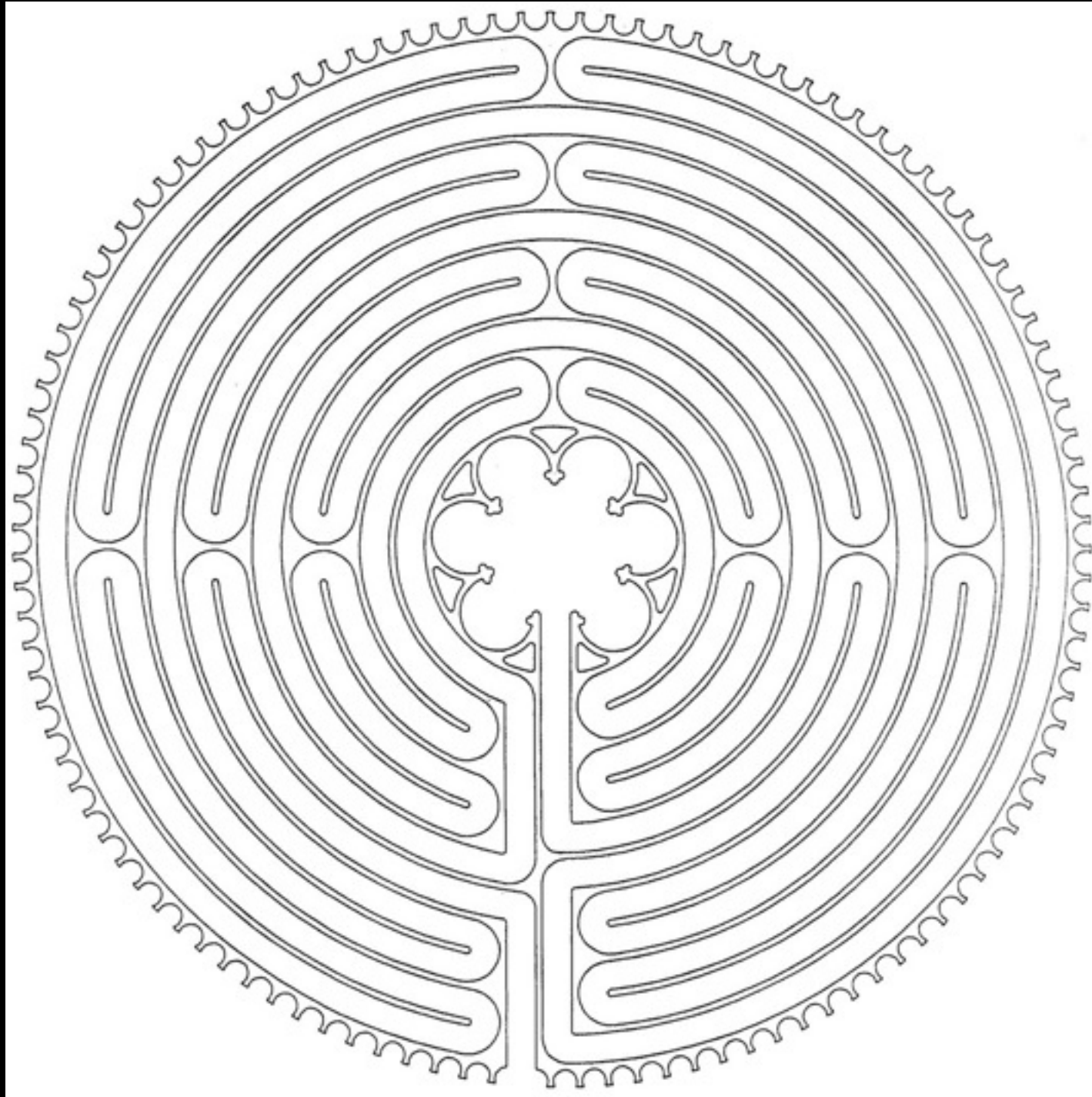


Our goal is not a labyrinth experience, but a [prayer] experience.



The more you pray using a labyrinth path,
the more natural it will become.

You can pray a labyrinth with your feet, eyes, or with your hand.





A “typical” labyrinth experience involves preparing oneself at the threshold, following the single path to the center, spending time in the center, following the same pathway out the threshold and then responding to the experience.

1. Before you begin, decide what you are going to pray for.

2. Place your finger near the entrance of the labyrinth. Prepare yourself.

3. Cross the threshold. Enter. Follow the path with any finger. Pray as you move towards the center.

4. As your finger rests in the center, rest in God's presence.

5. When you are ready, move your finger out of the center and back along the path towards the threshold (exit/entrance).


6. When you get close to the threshold, pause. Thank God for what you have experienced.

7. Take time to reflect on your labyrinth prayer experience.



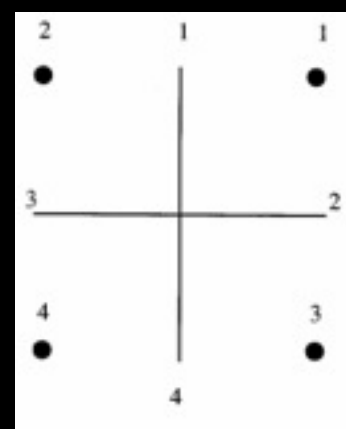
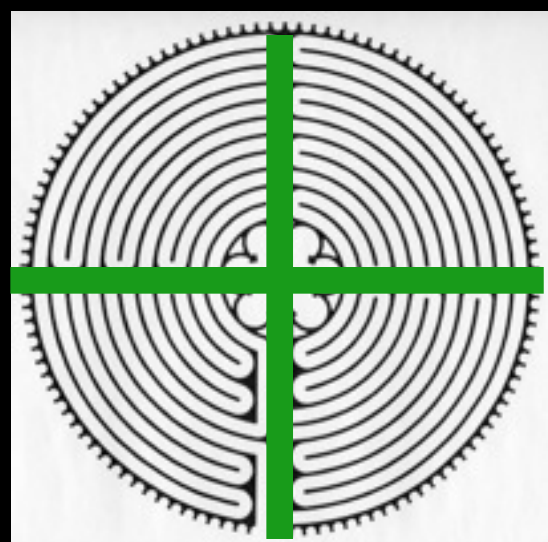
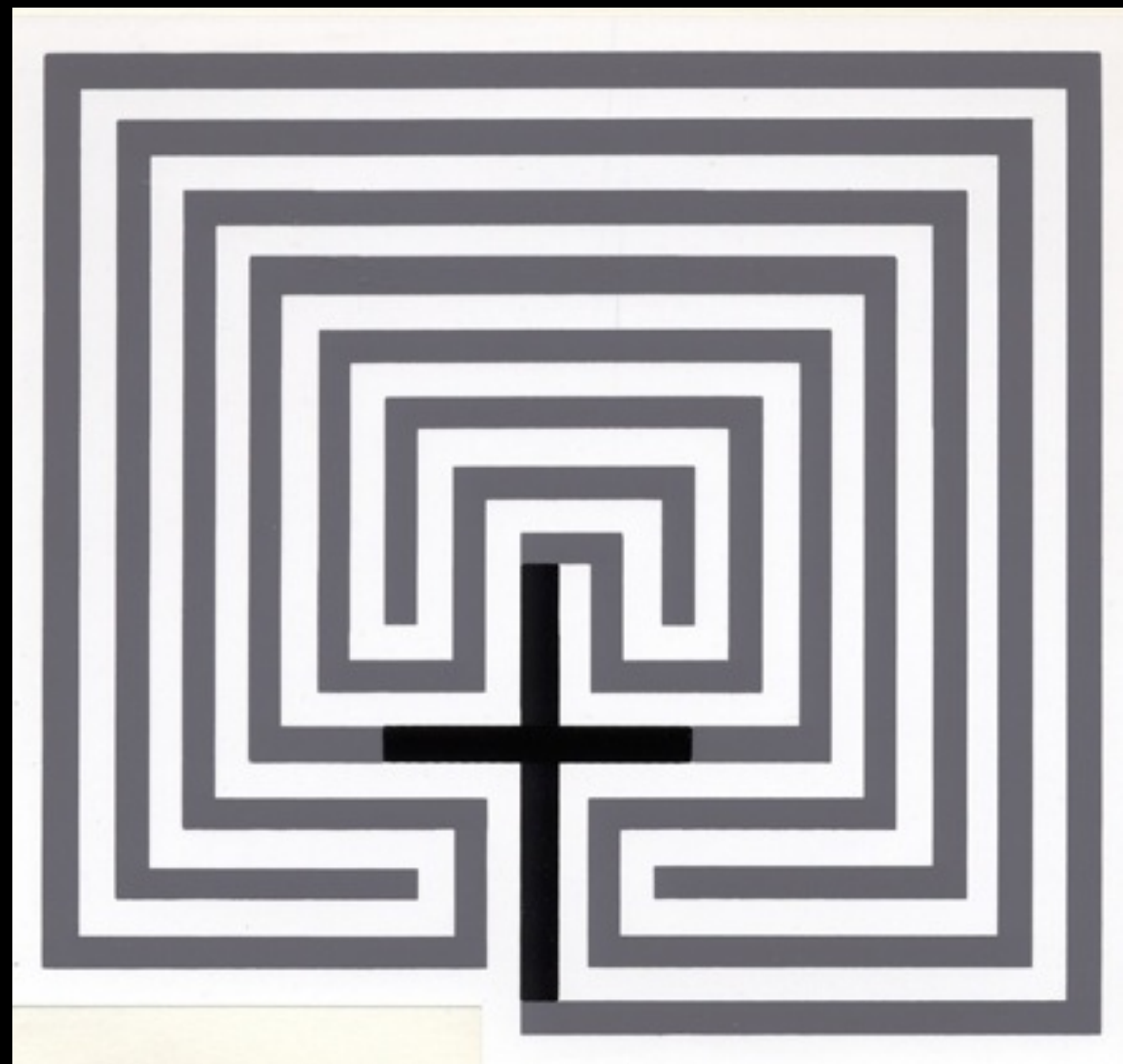
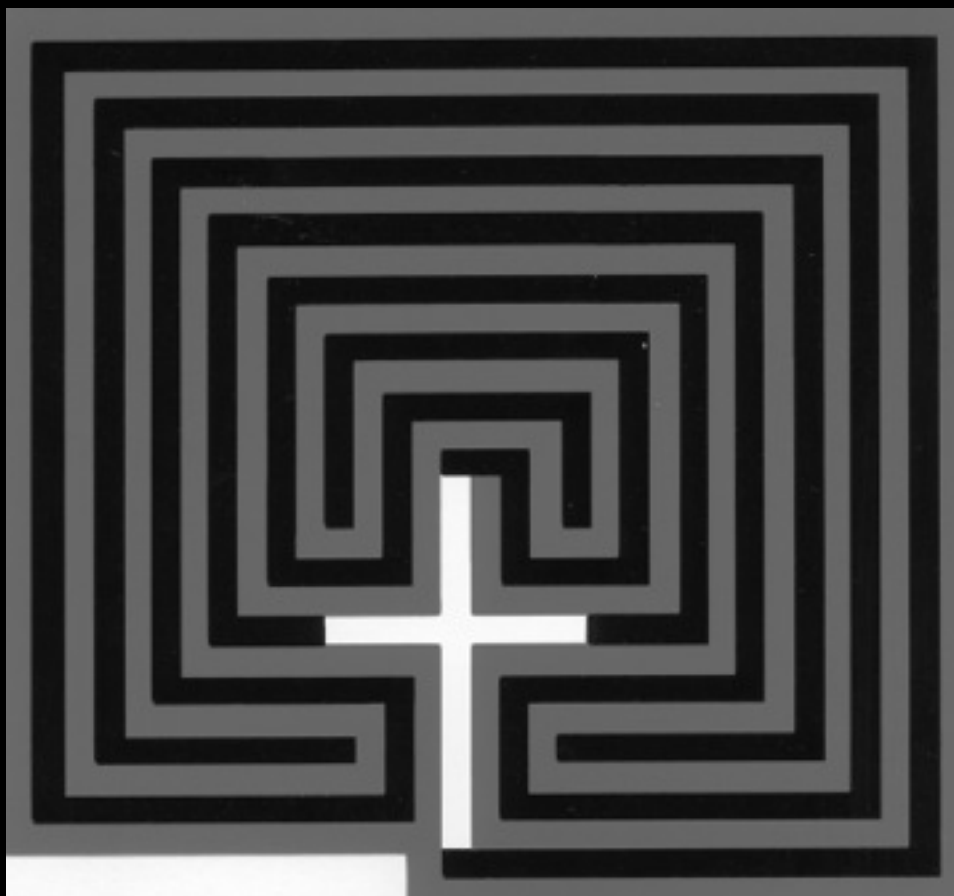
Walking the Labyrinth by Hand

Use your finger or a pen to follow the pathway from the entrance in to the center and back out.

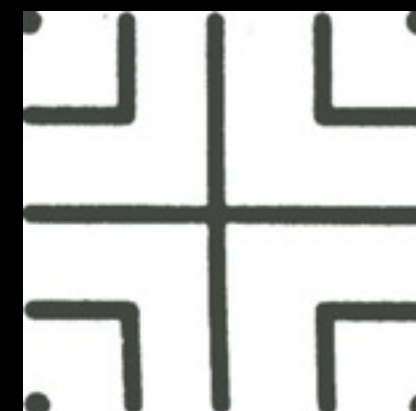


**Making Prayer Labyrinths
(It's easier than you think!)**

The cross is the starting point for building labyrinths.



Hansen Art labyrinths,
7 circuit classical squared,
with highlighted crosses.



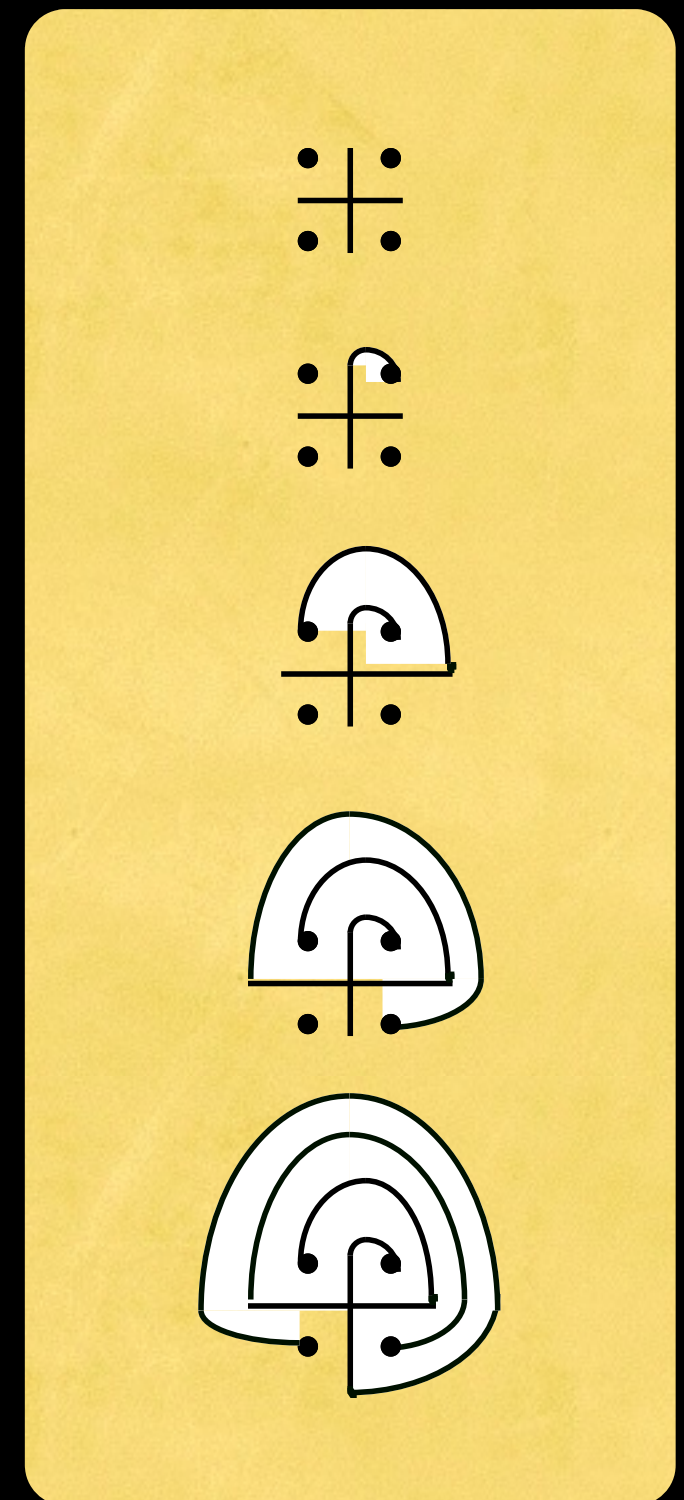
“May I never boast of anything but the cross of our Lord Jesus Christ,
by which the world has been crucified to me, and I to the world.”

Galatians 6:14

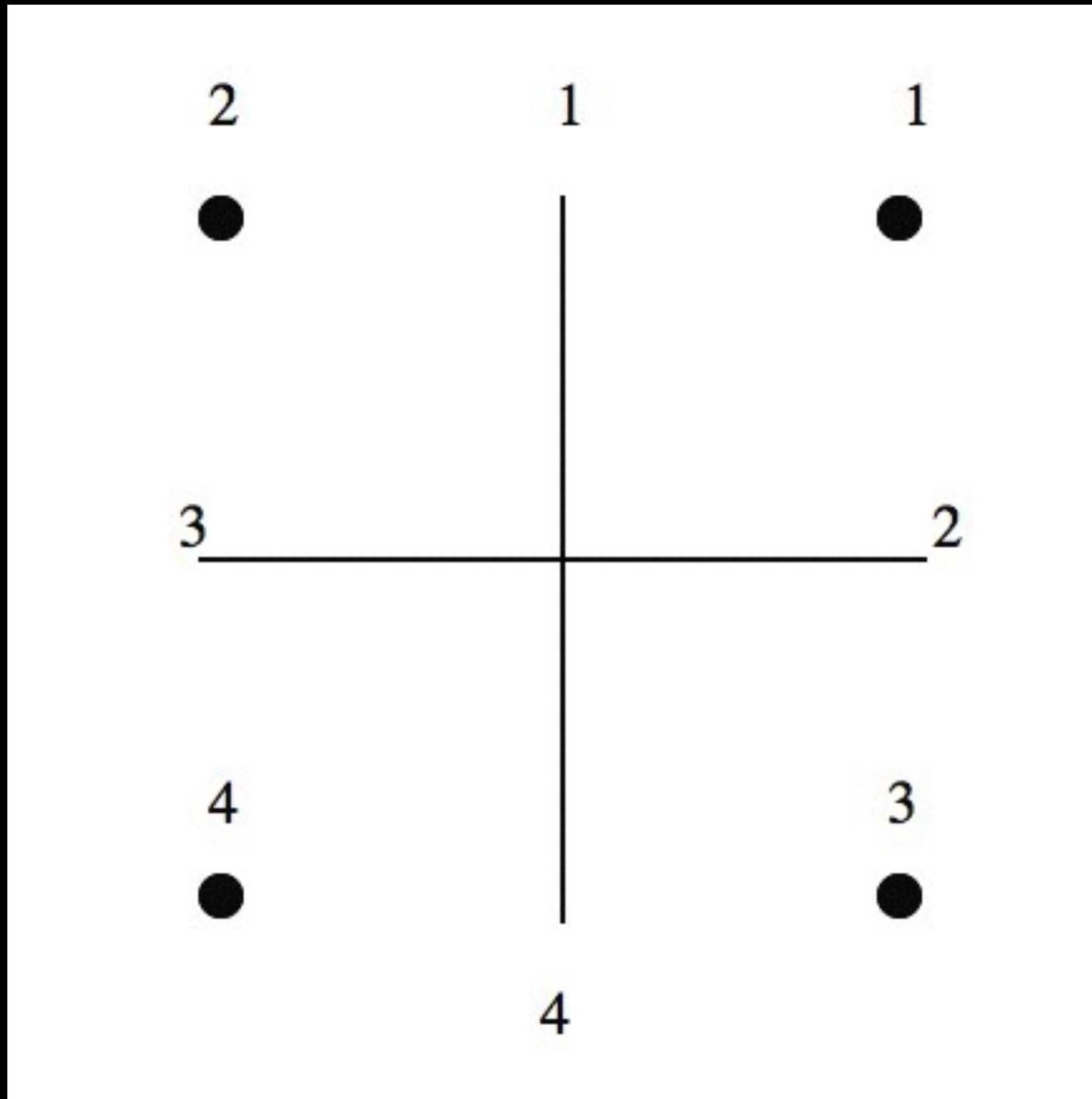
We start with a small 3 circuit labyrinth



Bukavu, D. R. Congo Africa

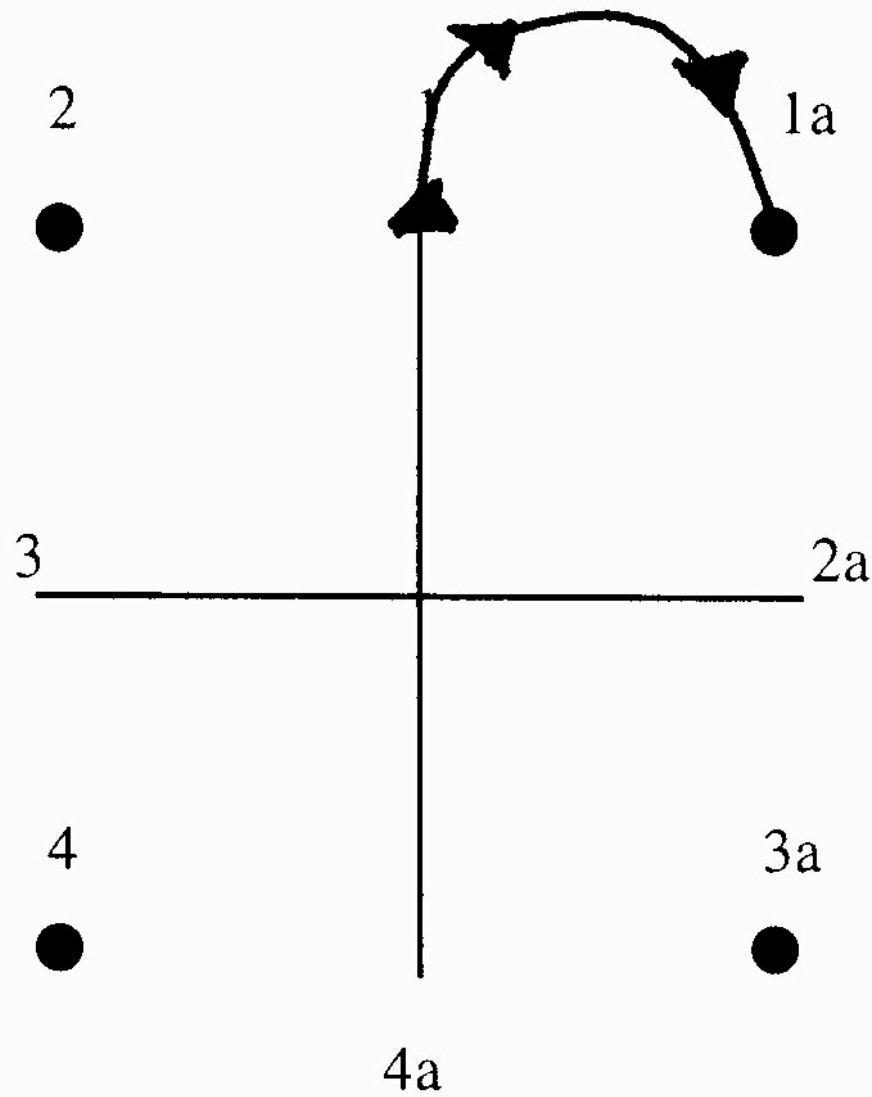


Step 1: Make a cross with four dots

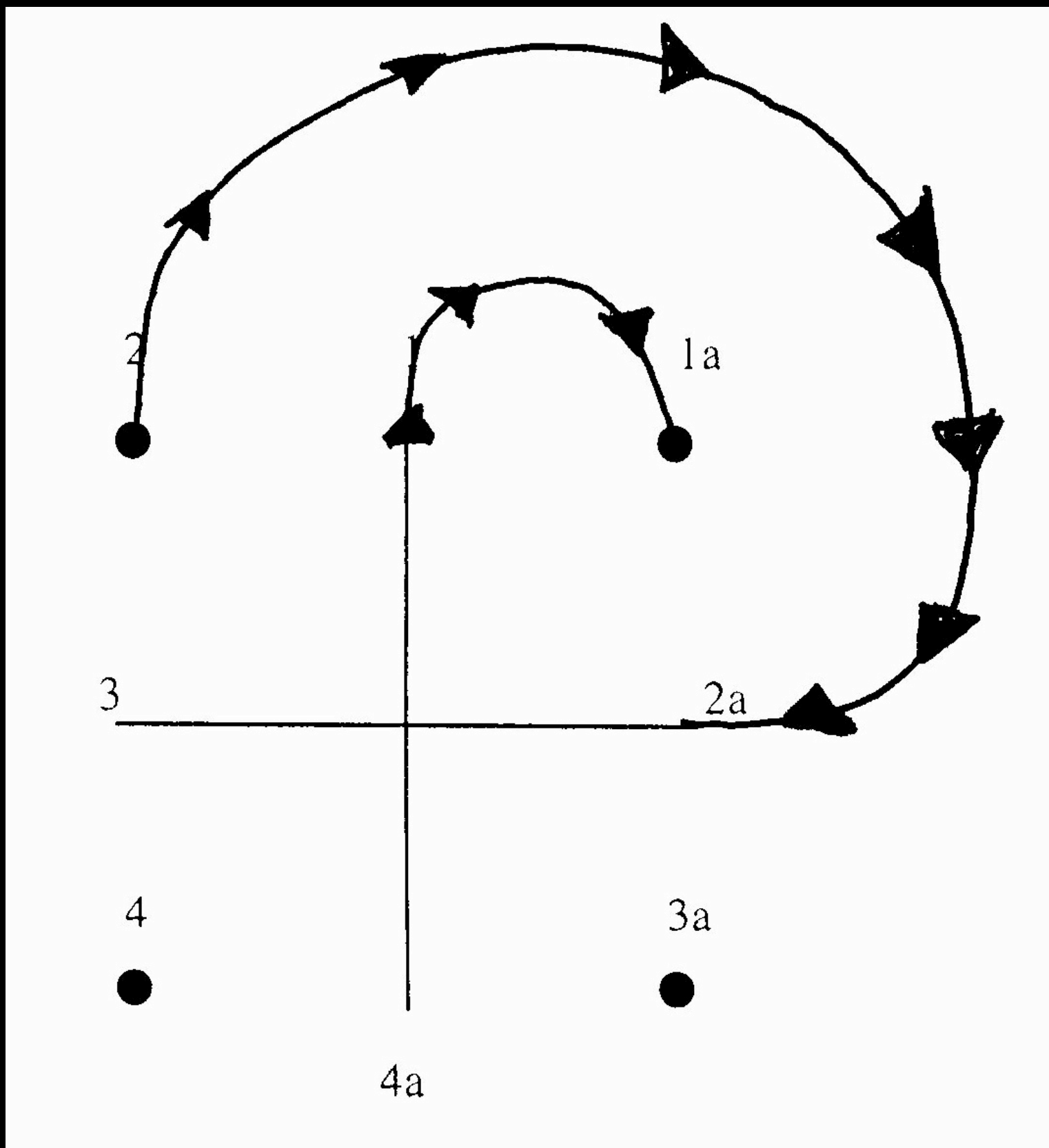


“Seed pattern” for 3 circuit labyrinth

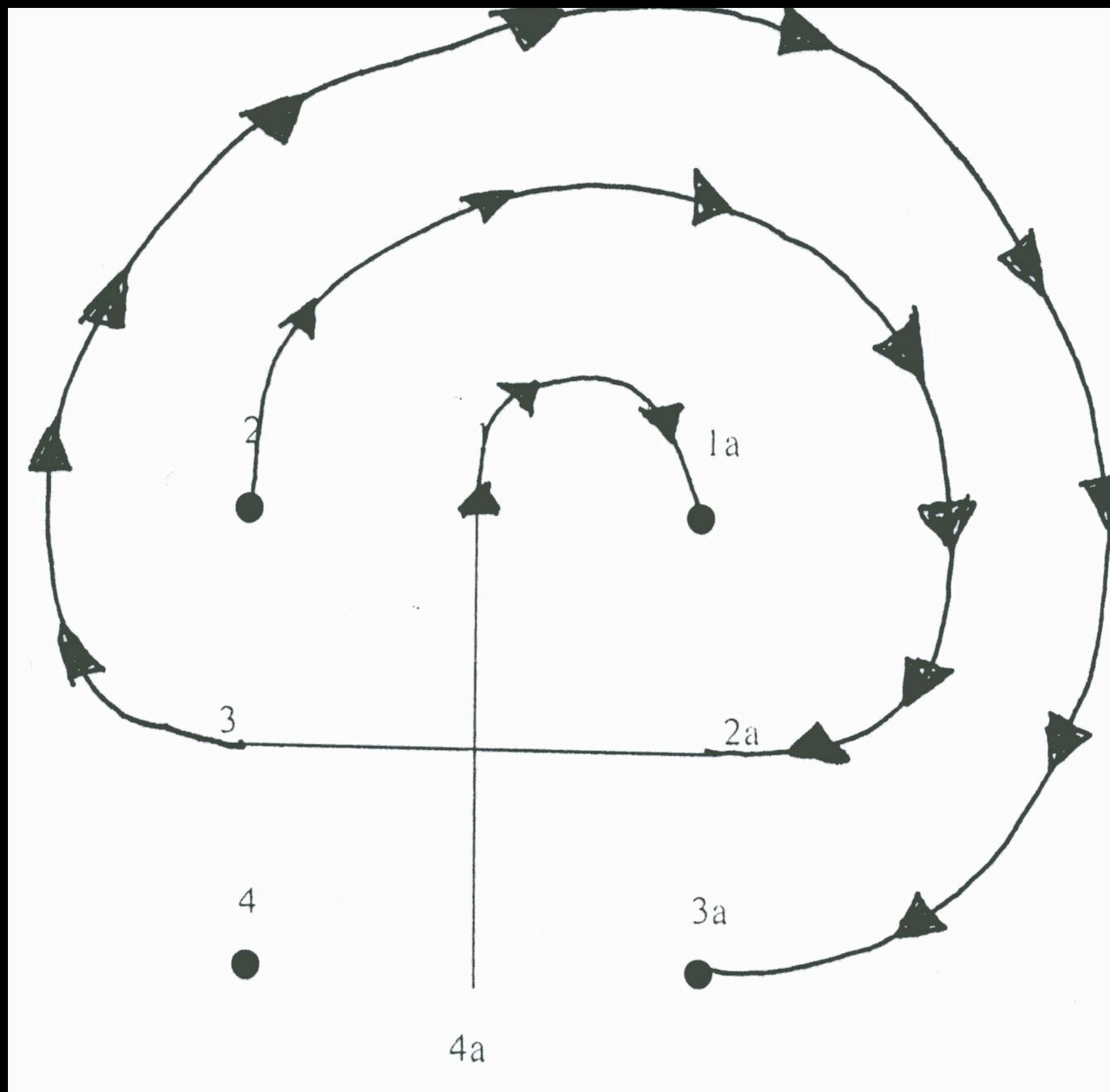
Step 2: Starting at the top of the cross make an arc from | in the center to | on the right.



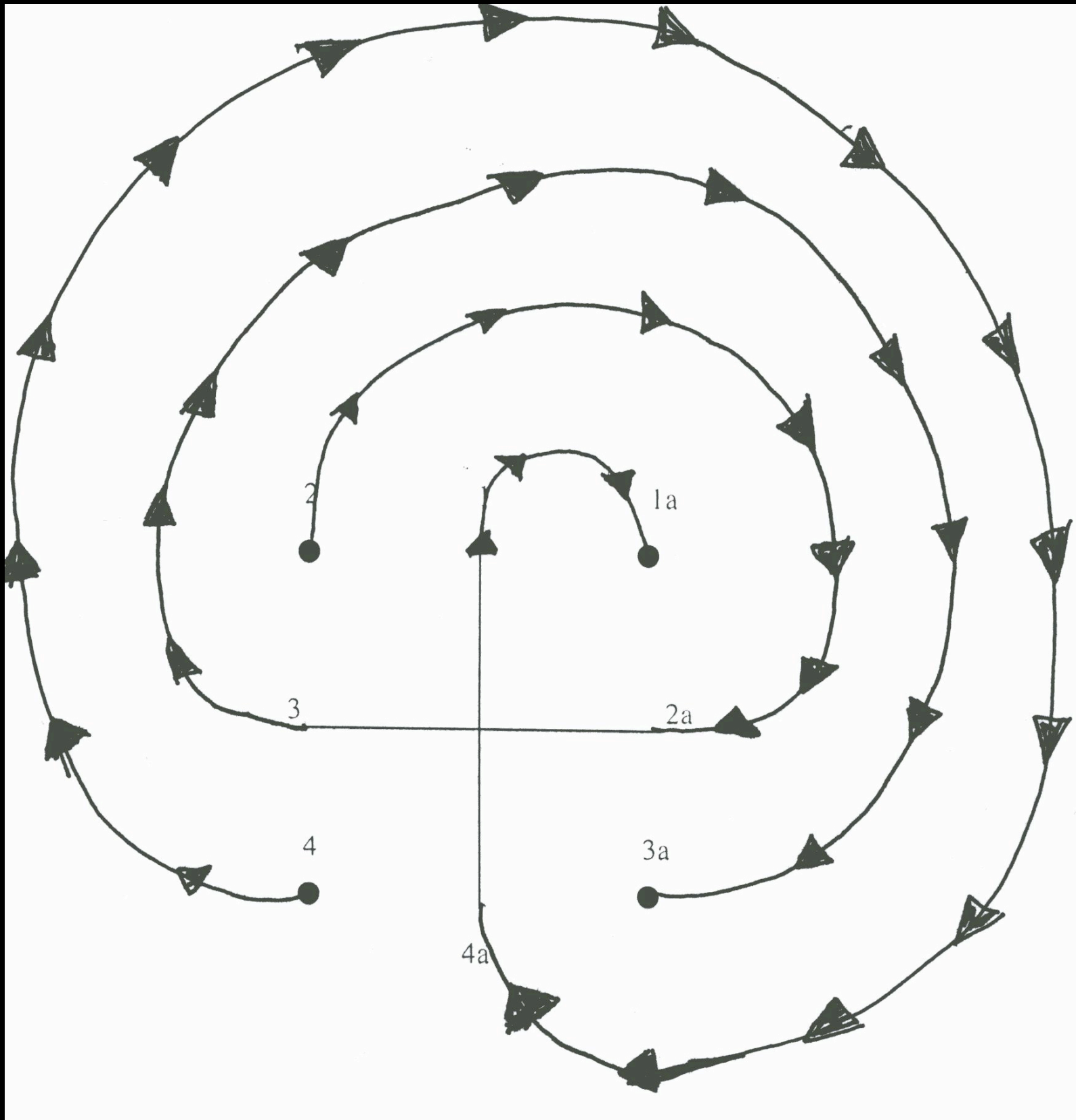
Step 3: Make an arc from 2 on the left side to 2 on the right side.



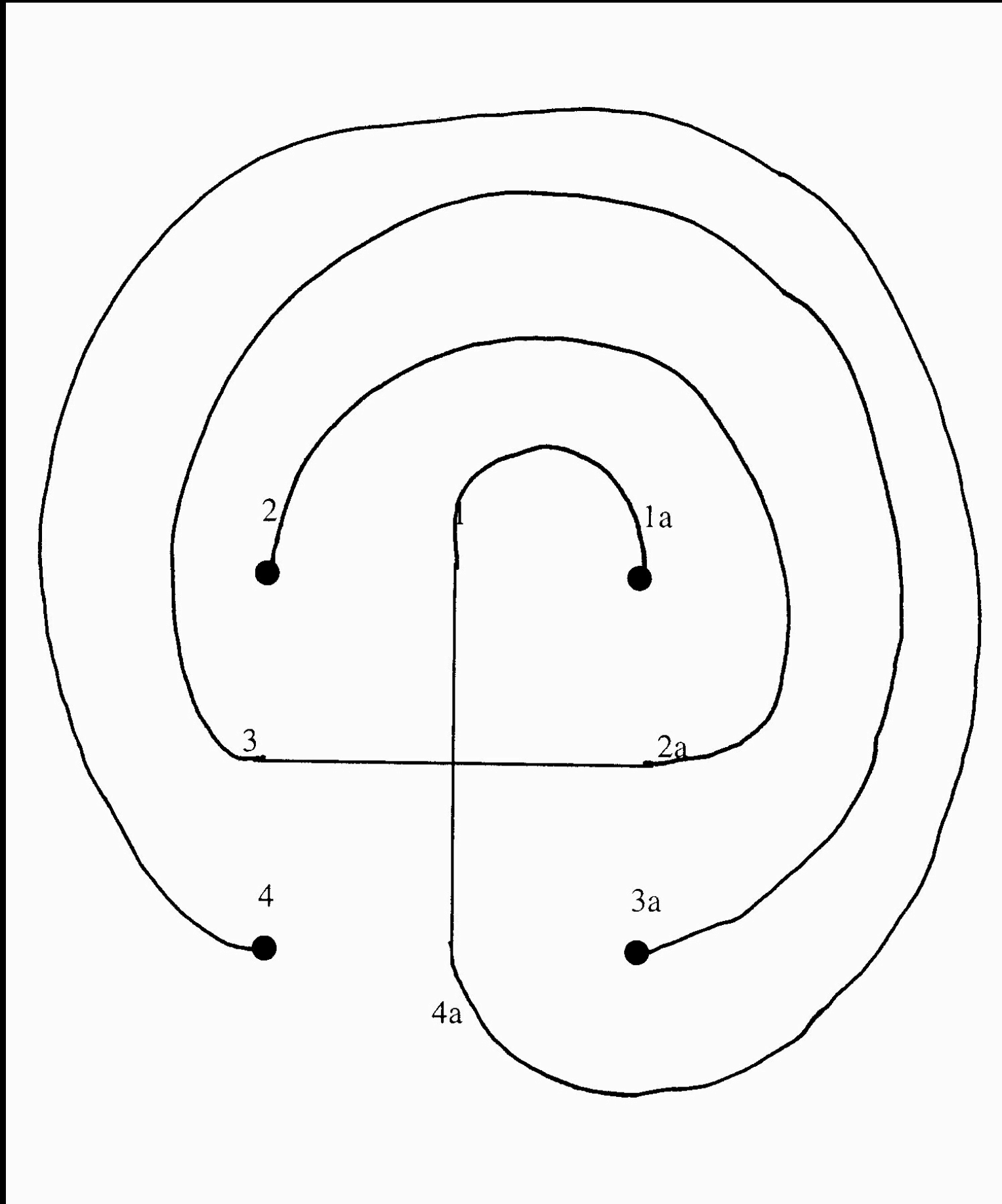
Step 4: Make an arc from 3 on the left side to 3 on the right side.



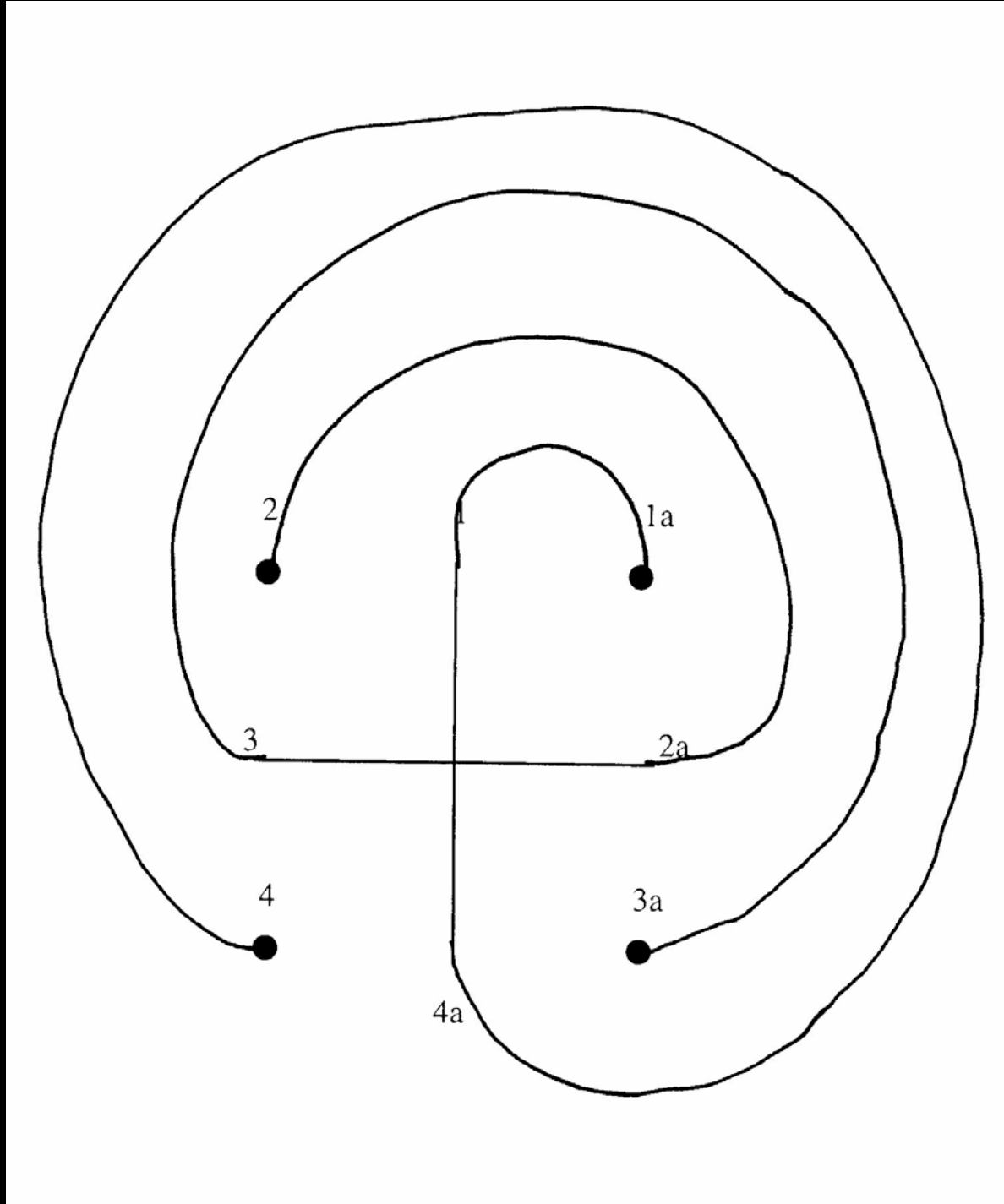
Step 5: Make an arc from 4 on the left side to 4 on the right side.



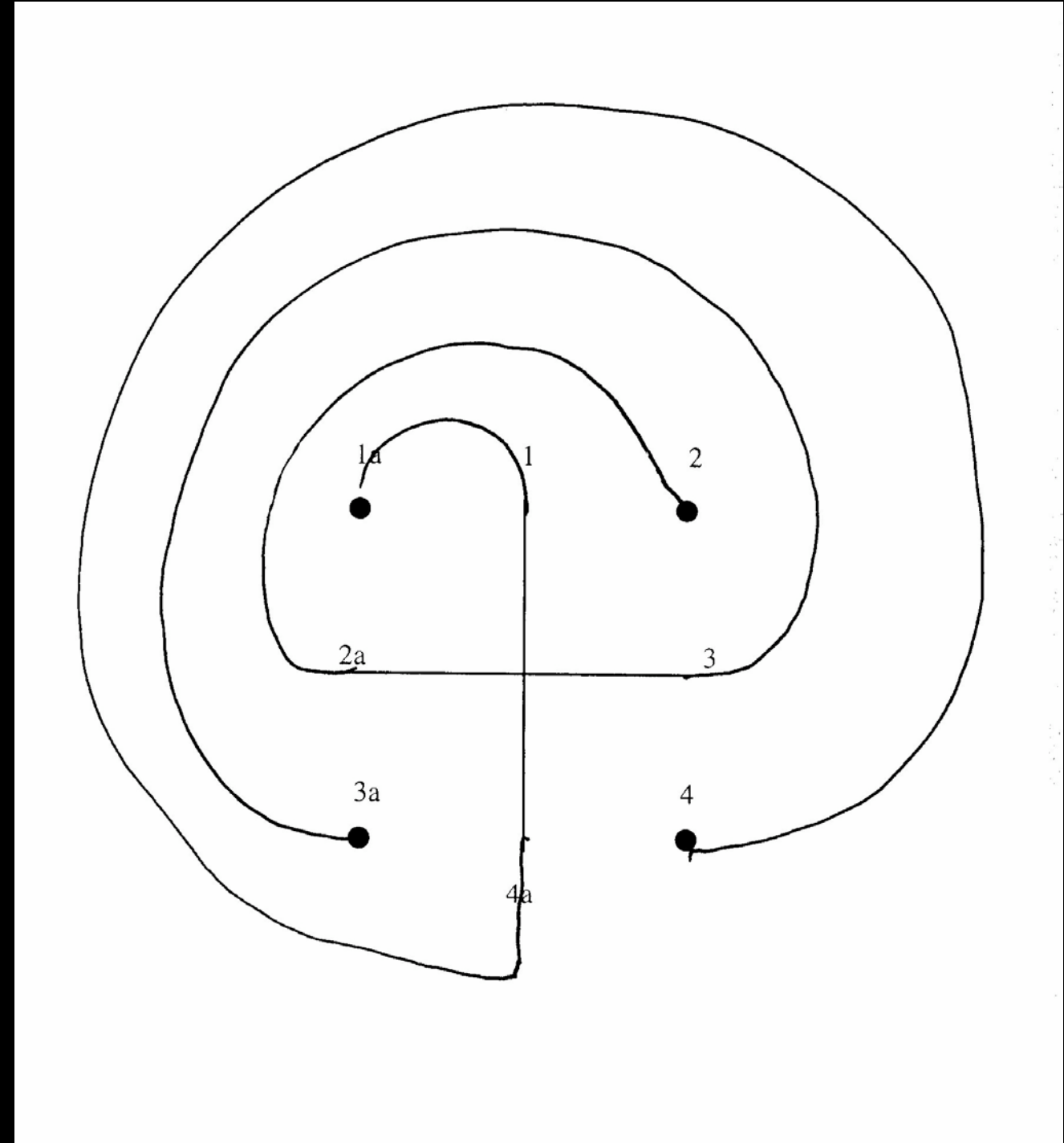
Congratulations! You have made a 3 circuit labyrinth.



**3 circuit labyrinth
opening from the left**



**3 circuit labyrinth
opening from the right**



**To create a left-opening labyrinth, make your first arc to the right.
To create a right-opening labyrinth, make your first arc to the left.**

Labyrinths can be made from any material. They can be small or big.



Seaweed on beach



Shells on carpet



Paint on a leaf



Snow on frozen lake



Matches near fireplace



Rocks & plants on sandy soil



Flowers & corn meal on sidewalk



Bricks placed in the grass



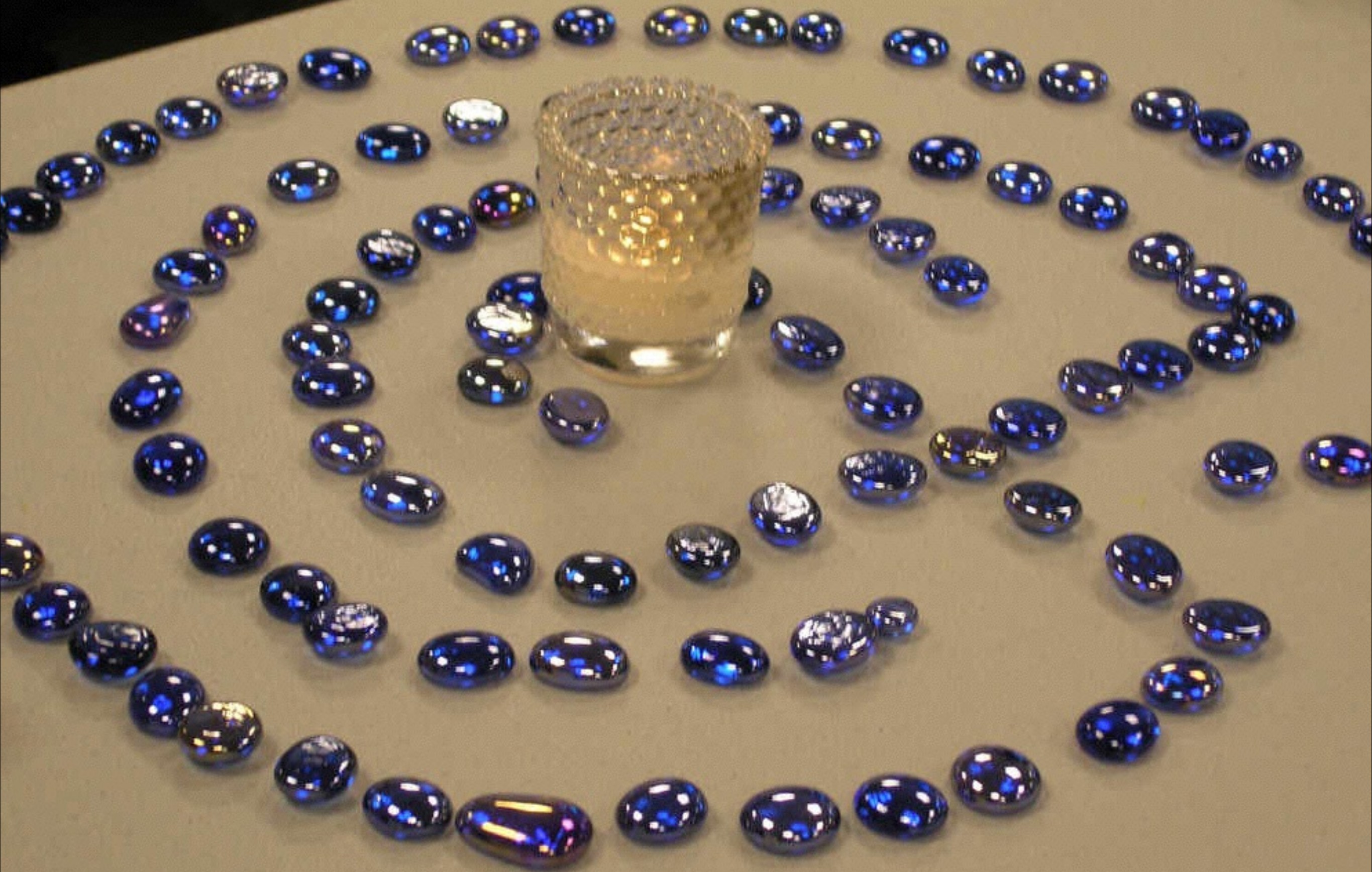
Lava stones on a beach

Pray with the your labyrinth using your finger.



1. Pray for yourself on the way to the center.
2. In the center, rest with God.
3. Pray for others as your return from the center.

A moment of reflection: What do you want to remember?



Creation of a 7 circuit/8 circle labyrinth
Use "Seed Pattern for 7 circuit labyrinth"



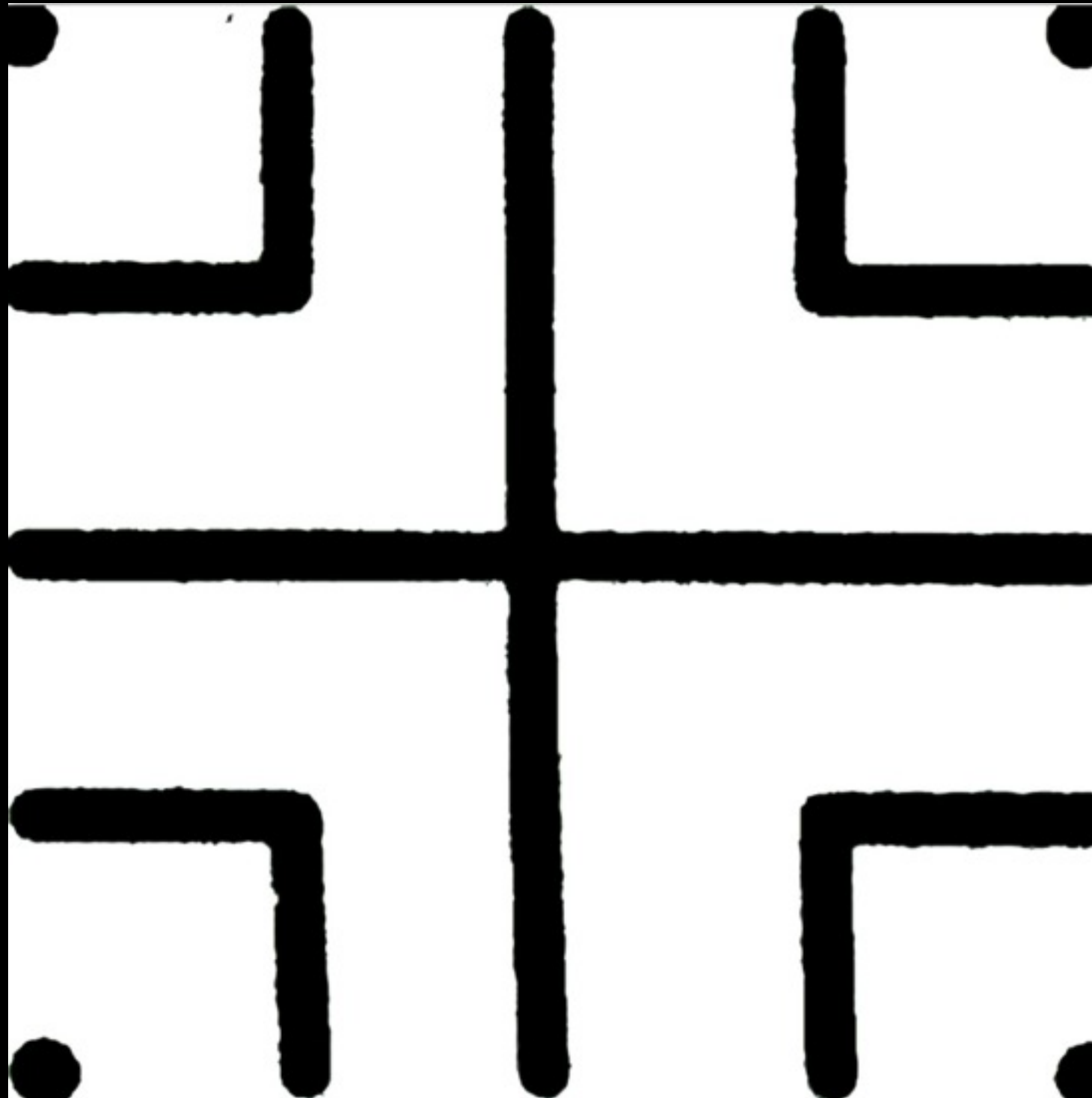
7 circuit labyrinth made of stones at a Christian Retreat Center in Arizona, USA

Step 1: Draw a cross.

Beyond each corner draw a "L" that mirrors that corner.

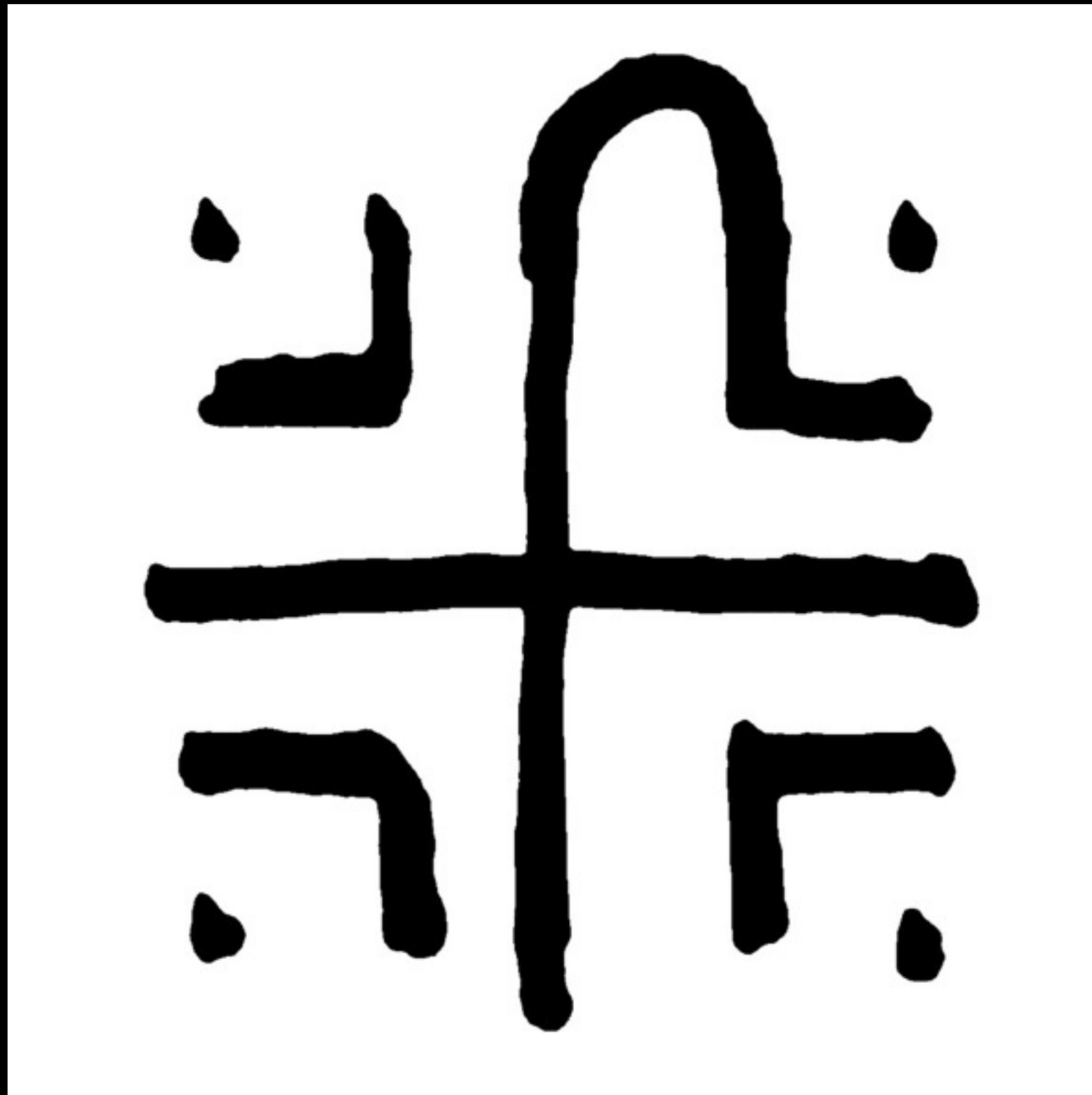
Farther out, draw a dot.

Be sure to draw this in the lower half of your page (not in the center).



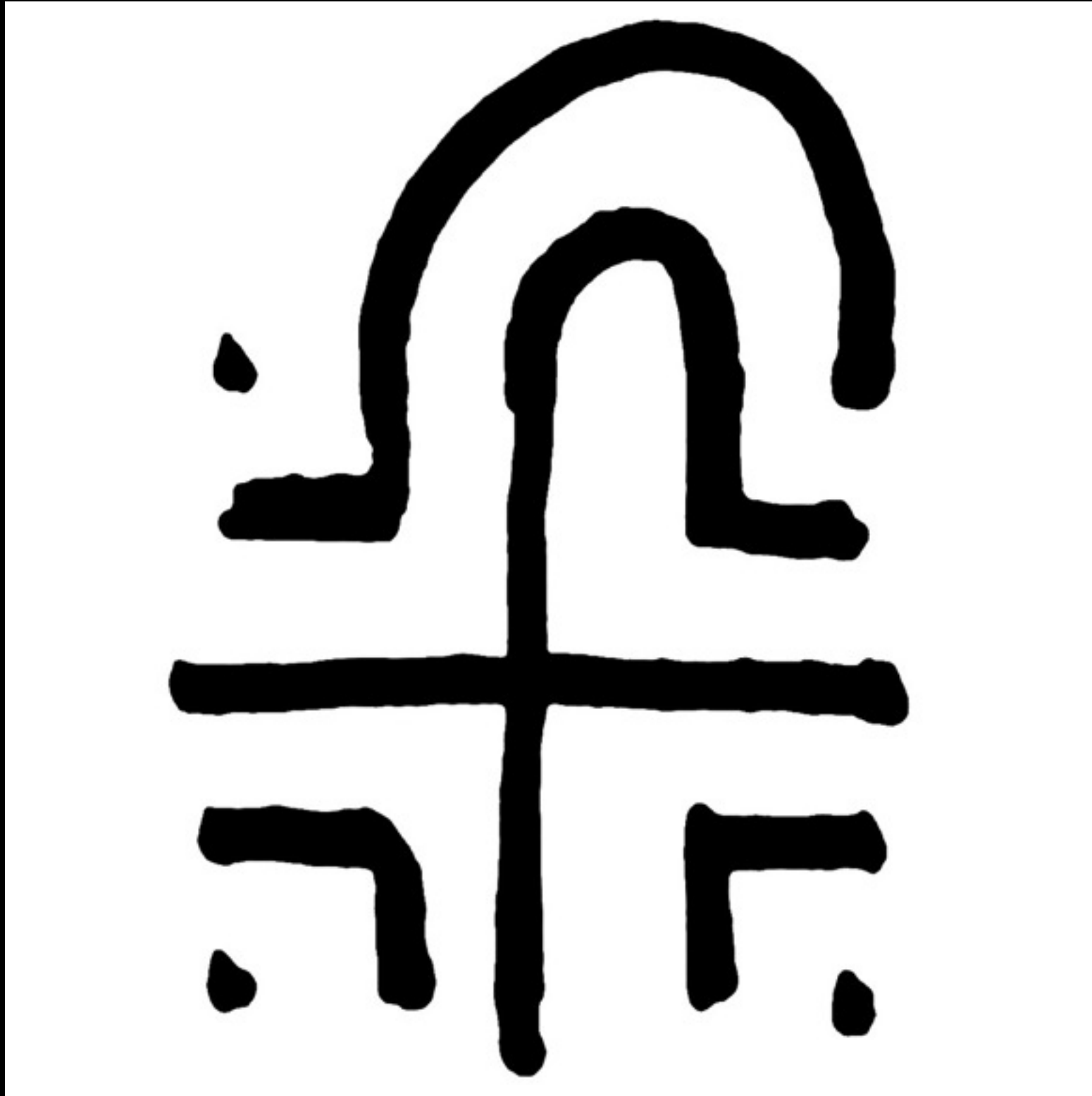
Your drawing should look like this.

Step 2: Draw an arc from the top of the cross to the top of the upper bracket.



Your drawing should look like this.

Step 3: Move one "next point" over to the left from the center.
Draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 4: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 6: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 7: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 8: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.



Your drawing should look like this.

Step 9: Move to the "next point" over from the center on the left.
Once again, draw an arc from that point to the "next point"
on the other (right) side of the diagram.

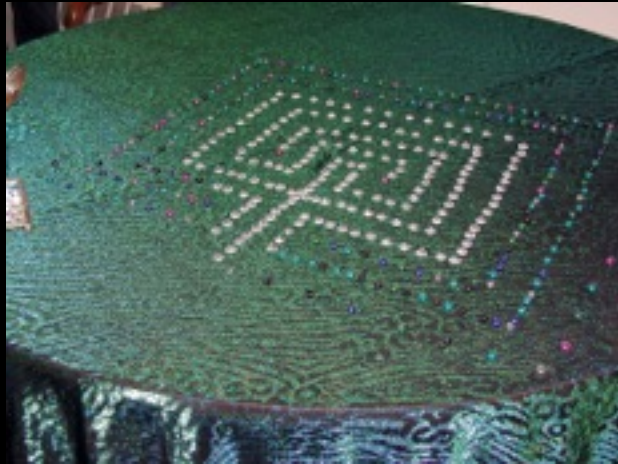


Your drawing should look like this.

Congratulations! You have made a 7 circuit labyrinth.



Labyrinths can be made from any material. They can be any size.



Beads



Seeds



Paint



Snow on frozen lake (ice)

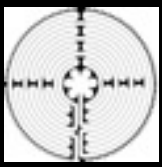
Praying with your 7
circuit labyrinth.



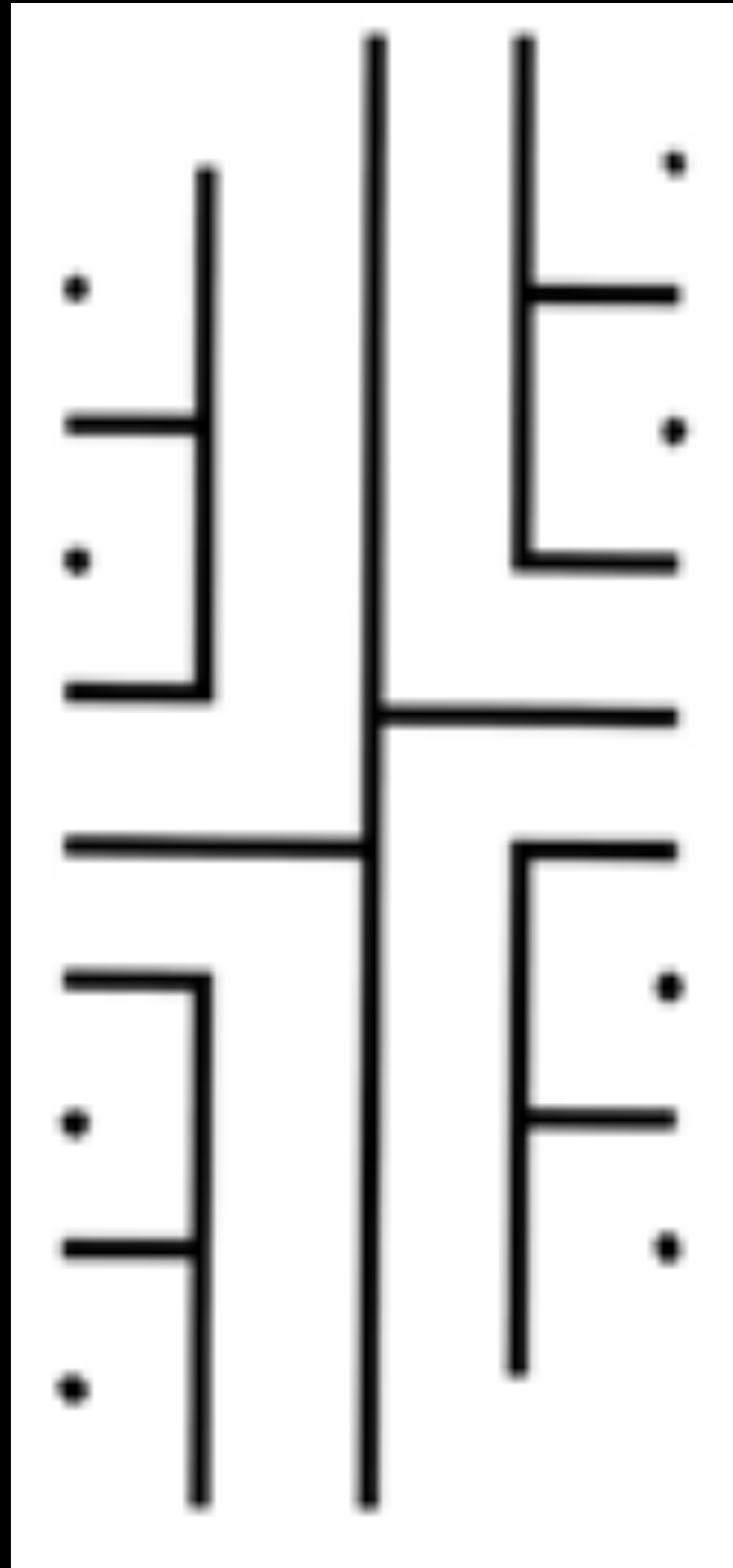
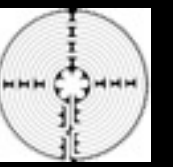
A large blue brain-shaped maze is set up on a grassy field. The maze is constructed from blue rope and has a central vertical path that branches into two horizontal paths, which then curve back into the brain's shape. Four yellow markers are placed at the corners of the brain's main body. The text "A moment of reflection: What do you want to remember?" is overlaid in yellow on the central part of the maze.

A moment of reflection: What do you want to remember?

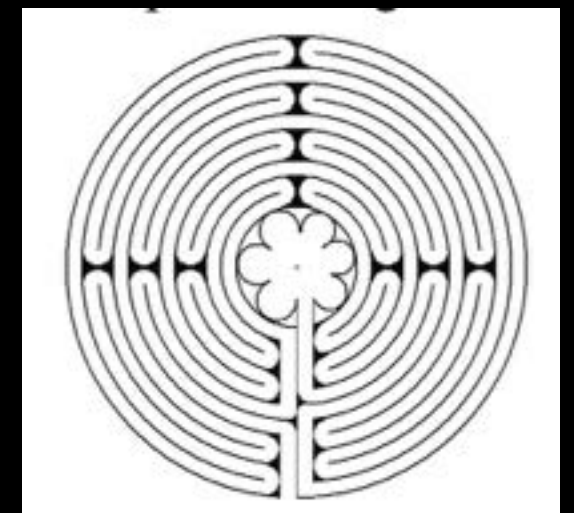
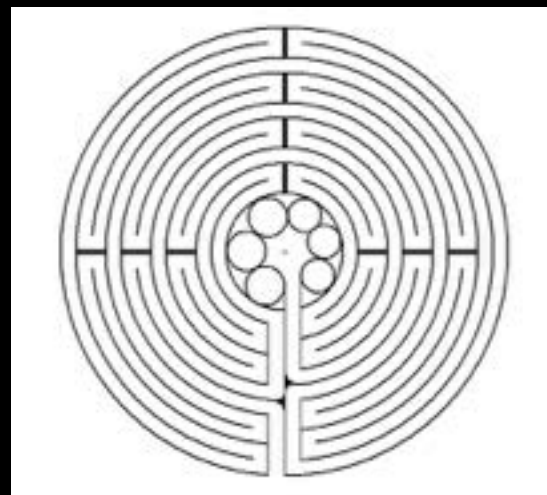
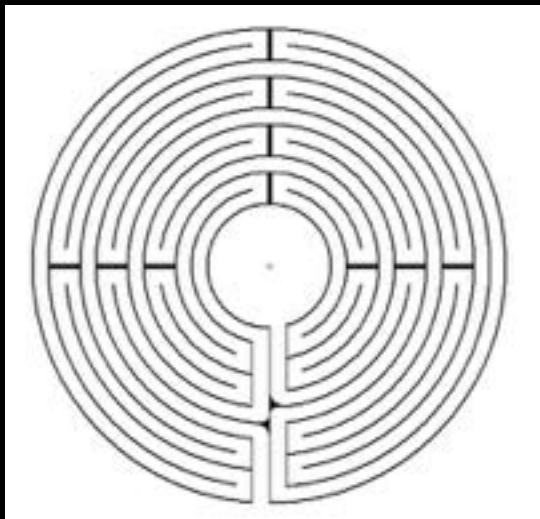
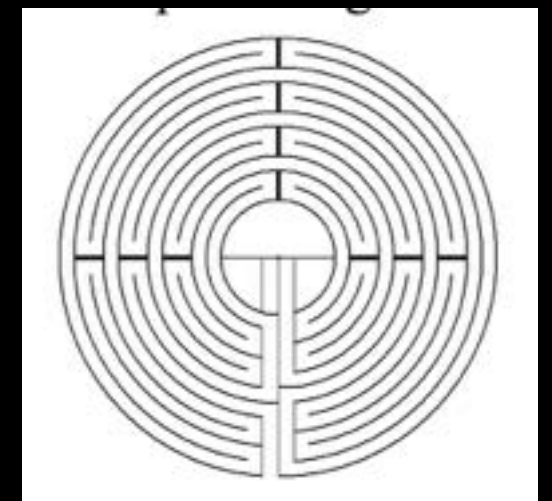
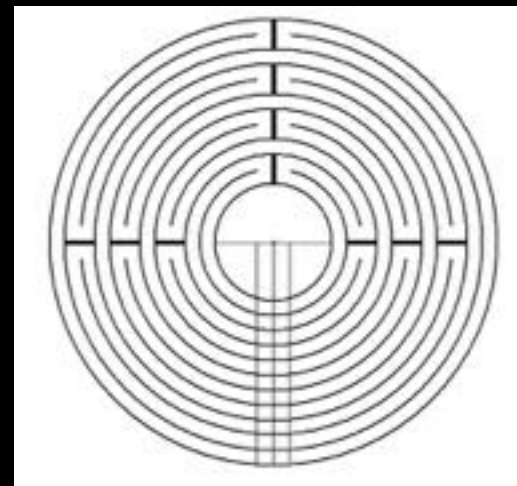
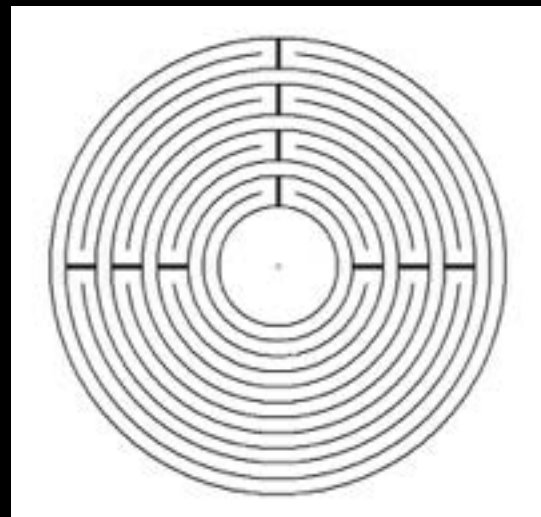
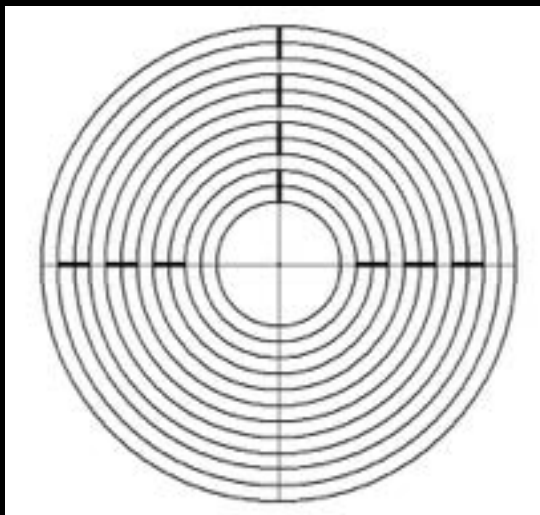
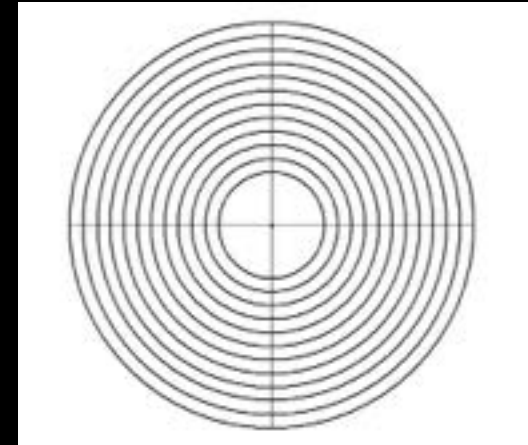
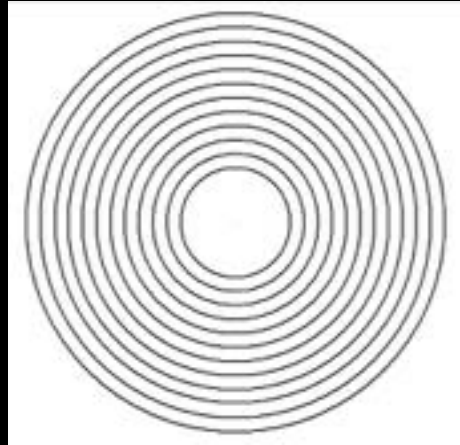
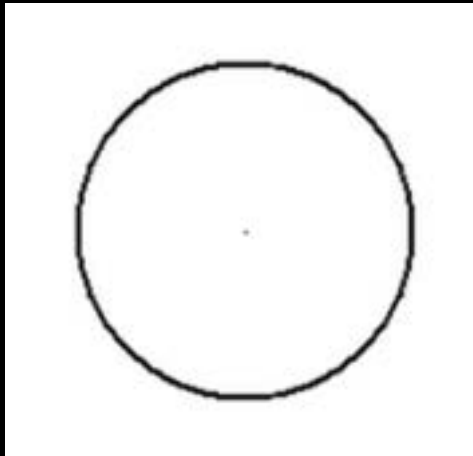
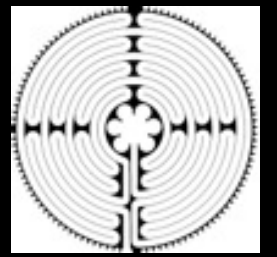
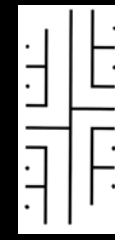
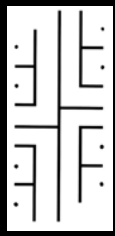
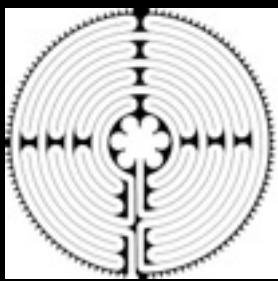




The seed pattern
12 circle
Chartres labyrinth



Drawing the II circuit Chartres labyrinth





Detailed directions for creating an 11 circuit (12 circle) Chartres-style labyrinth can be found at <http://labyrinth-enterprises.com/tapecl.html>
It is part of www.labyrinth-enterprises.com (web site for master labyrinth builder, Robert Ferré).
Look under: Labyrinth instructions.





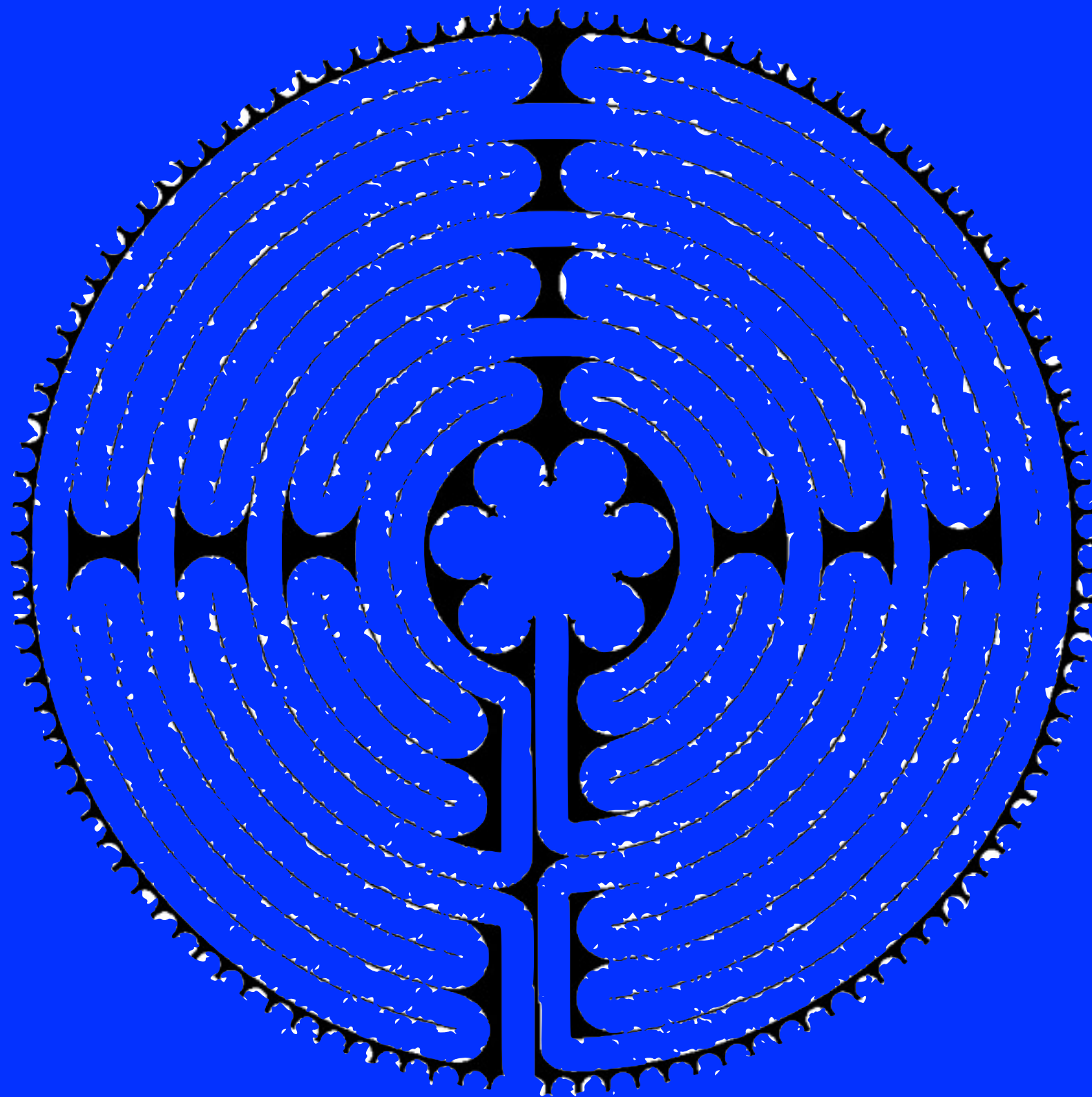
Praying Using Our Labyrinth

Right now
I am feeling...

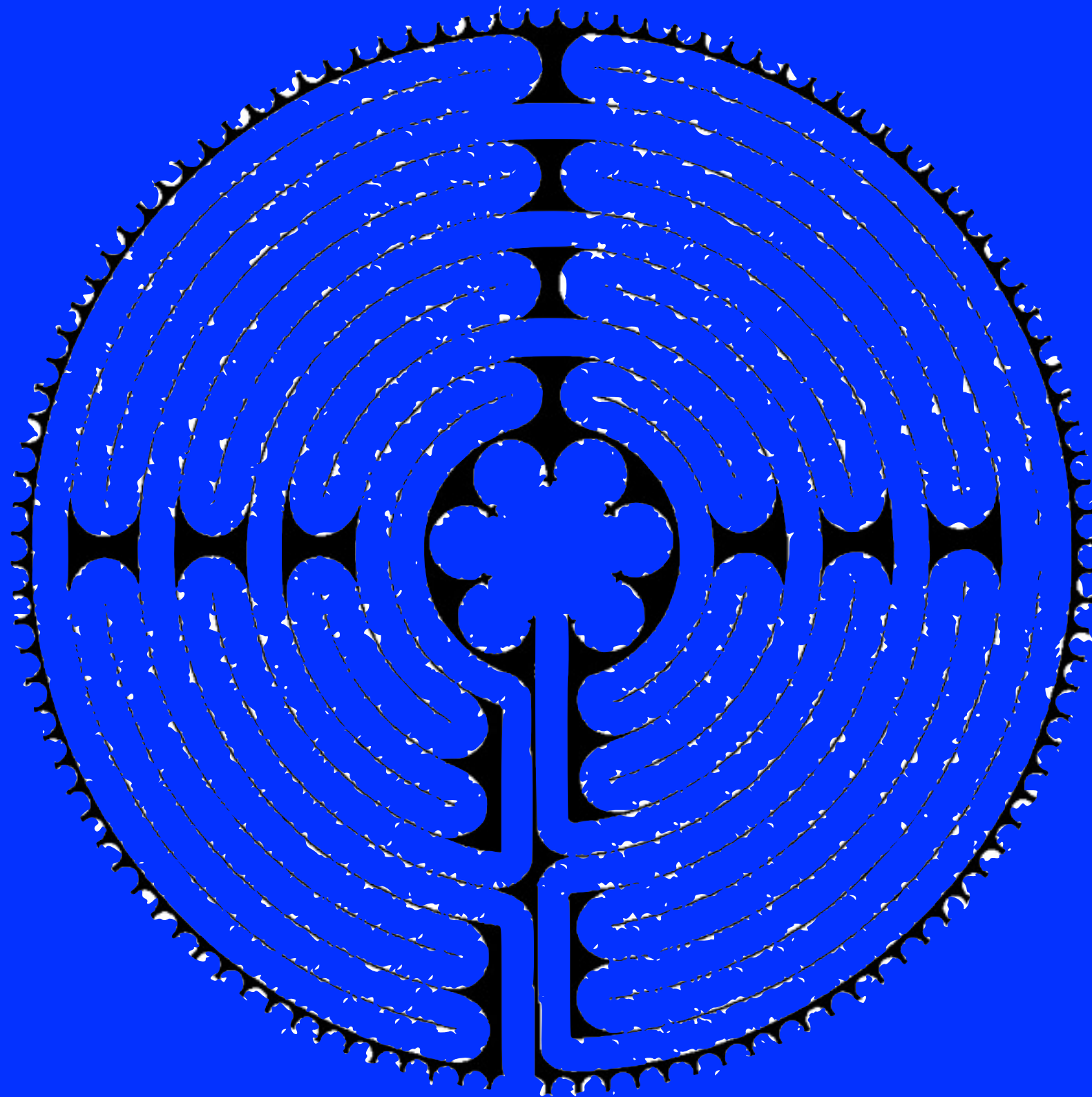



Aggressive	Agonized	Anxious	Apologetic	Arrogant	Bashful	Blissful
Bored	Cautious	Cold	Concentrating	Confident	Curious	Demure
Determined	Dissappointed	Dissaproving	Disbelieving	Disgusted	Distasteful	Eavesdropping
Ecstatic	Enraged	Envious	Exasperated	Exhausted	Frightened	Frustrated
Grieving	Guilty	Happy	Horried	Hot	Hungover	Hurt
Hysterical	Indifferent	Idiotic	Innocent	Interested	Jealous	Joyful
Loaded	Lonely	Lovestruck	Meditative	Mischievous	Miserable	Negative
Obstinate	Optimistic	Pained	Paranoid	Perplexed	Prudish	Puzzled
Regretful	Relieved	Sad	Satisfied	Shocked	Sheepish	Smug
Surly	Surprised	Suspicious	Sympathetic	Thoughtful	Undecided	Withdrawn

I experienced...



I want to remember...



A close-up, top-down view of a cobblestone pavement. The stones are irregular in shape and size, ranging from light grey to dark grey. They are arranged in a pattern that features a central circular area surrounded by concentric rings of stones. The overall appearance is textured and aged.

Right now, I want to pray...
(Let's pray together.)

Useful websites:

jillgeoffrion.com

labyrinth prayer

labyrinthos.net

leading journal re. labyrinths & mazes

labyrinthlocator.com

world-wide labyrinth locator

labyrinth-enterprises.com

resources on labyrinth building

I would like to offer my special thanks to
Erwin Reissman for permission to use the
3 circuit labyrinth images
from his blog:

<http://blogmymaze.wordpress.com/>

See: <http://blogmymaze.wordpress.com/2009/11/09/the-3-circuit-classical-labyrinth/>



A woman with short brown hair, wearing a white long-sleeved shirt and a blue patterned apron, is kneeling on the ground in a garden. She is using a wooden stick to work on a path made of wooden planks. The garden has several winding paths made of wooden planks. In the background, there is a white fence and trees.

I would like to express
my gratitude
to God
for this ministry of
healing,
to all the donors of
Faith, Hope and Love
Global Ministries,
and to all those
who use the labyrinth
as we seek the healing
that is needed in our lives
and in the world.



Ministry website www.fhlglobal.org

Labyrinth resources by jill www.jillgeoffrion.com

Journey blog by jill jillgeoffrion.wordpress.com

Articles by Tim: www.spiritedleader.wordpress.com



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