A group of people, mostly men, are gathered in a large, brightly lit hall. Some are standing, while others are kneeling on the floor, which has blue lines drawn on it. They appear to be in a state of prayer or worship. In the background, there are red and gold curtains. A red text box is overlaid at the bottom of the image.

God has told you, O mortal, what is good;
and what does God require of you
but to do justice, and to love kindness,
and to walk humbly with your God?
Micah 6: 8



Constructing and Using Labyrinths for Prayer

Spiritual Journey Workshop
Cambodia March, 2016

The Rev. Jill K H Geoffrion, PhD www.jillgeoffrion.com praywithjillgeoffrion.wordpress.com

សេចក្តីបន្ថែម

«វិថីដ៏ស្មុគស្មាញ៖ ឧបករណ៍នៃការអធិស្ឋានមួយ»



រៀបរៀងឡើងដោយលោកRev៖ Jill Kimberly Hartwell Geoffrion, PhD

www.jillgeoffrion.com

www.fhlglobal.org

www.throughjillseyes.wordpress.com

សេចក្តីអធិស្ឋានតាមផ្លូវស្មុគស្មាញ៖ តាមបែបបុរាណ តែនៅឡើយជារបៀប“ថ្មី”

ក្នុងការអធិស្ឋាន

Translated by Kimsua

Walking a labyrinth can serve
as a wonderful way to understand more about
your journey through life with Christ.





Labyrinths can help us
to make time to pray.



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

You can pray in a way that is natural for you.
There is no one “right way” to pray the labyrinth.
This is *your* time with God.



Praying for others
Resting in center
Praying for self

Open to God's leading

Reciting Scripture

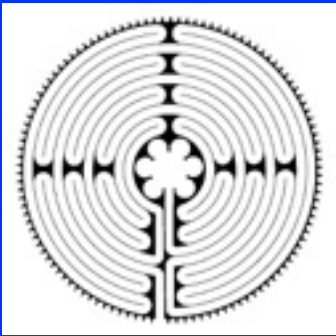
Praying a question

Singing a spiritual song

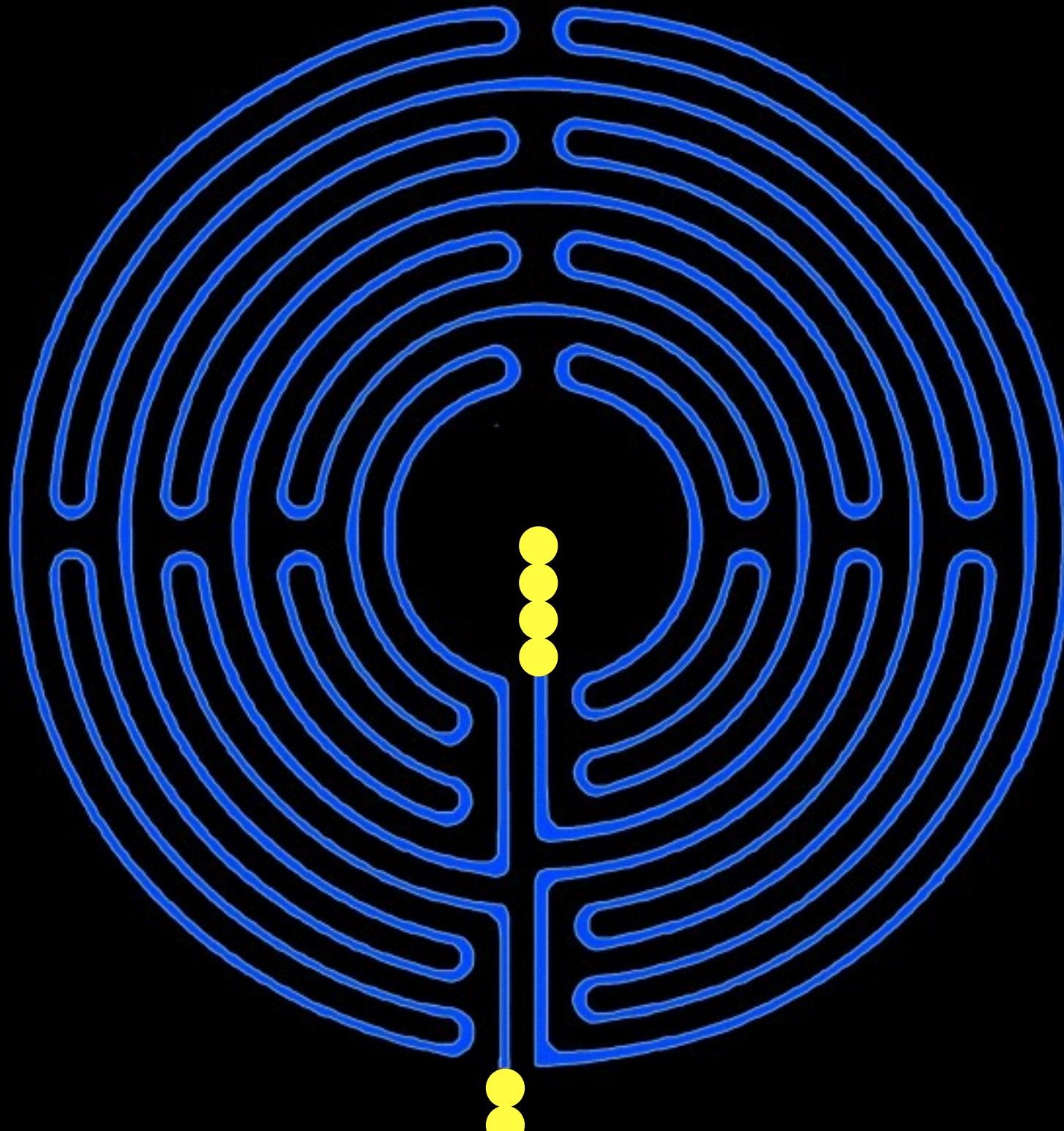
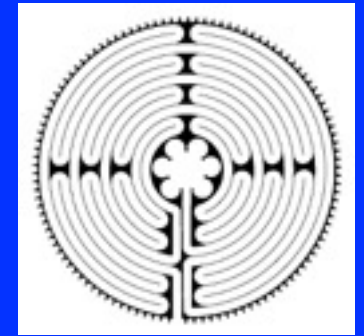


Labyrinth experiences
can be understood as a mirror of one's life.

Pay attention to what you are “seeing” while you
pray.

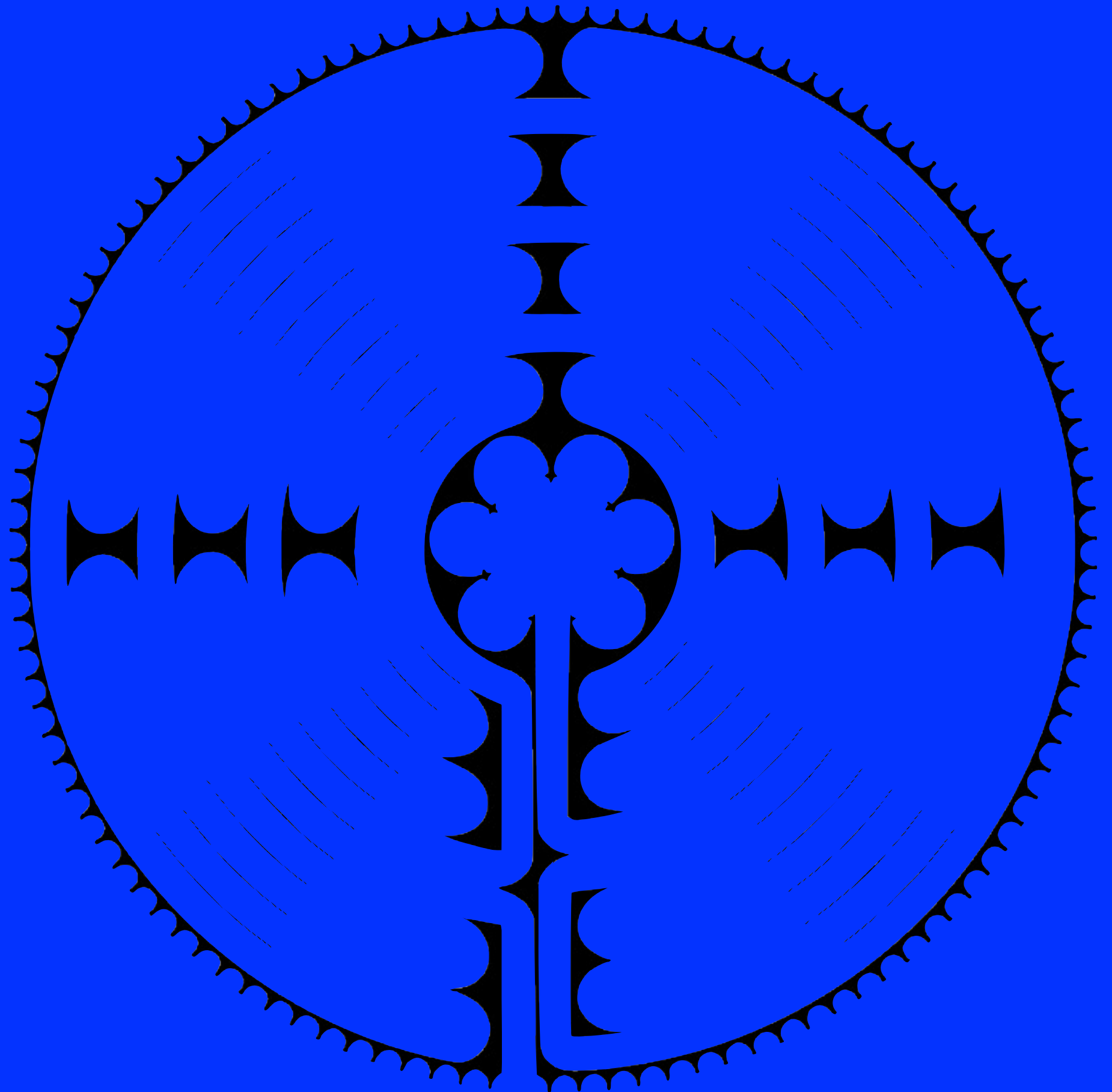


Labyrinths are designs that consist of a single, winding path that begins at the periphery and leads to a central space. The way out is on the same path, but in the opposite direction.



You are
being led to
the center.

No matter
how lost or
alone you
feel, God is
with you,
guiding.



You can learn to look at a situation from different perspectives and angles as you circle back and forth, moving closer, farther away, then closer again.






There is room in the center for many people.
As you enter make room for others.

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



A person with short dark hair, wearing a light blue shirt, is seen from behind, sitting at a wooden table. They are holding a blue pen and writing in an open notebook. On the table, there is a stack of books, including one with a pink cover and a yellow 'E' logo, and a black wallet. The table is covered with a patterned cloth featuring red and yellow stripes and a blue and white geometric design. The background shows a blue and white patterned surface.

Take time to reflect on your prayer experience. Writing or drawing a picture can help you understand more about what God is communicating.



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.

All religions involve people searching for God. There are a variety of ways of doing this.
The Christian revelation is unique in that it is God that has searched for humanity.
Paul Evdokimov, *Les âges de la vie spirituelle*





Moving our (outer) bodies on a labyrinth
helps transformation to happen inside.
This is a prayer of the mind, body, and spirit.



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

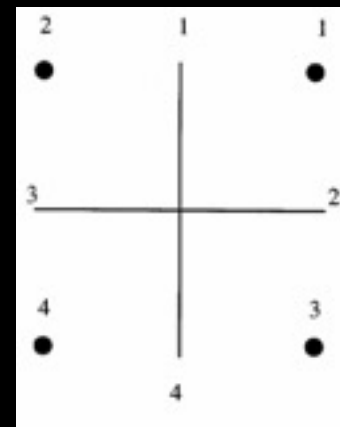
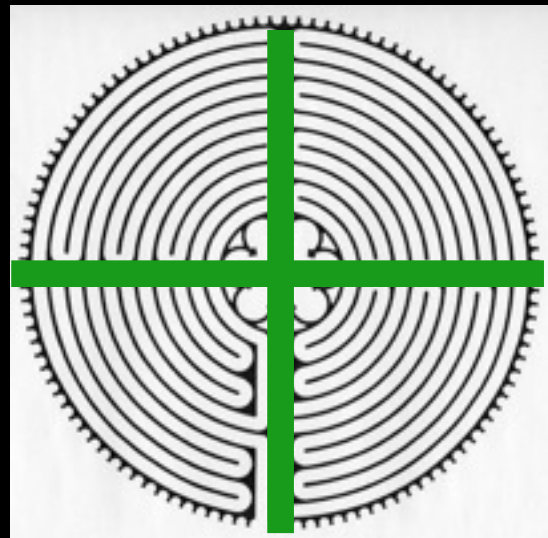
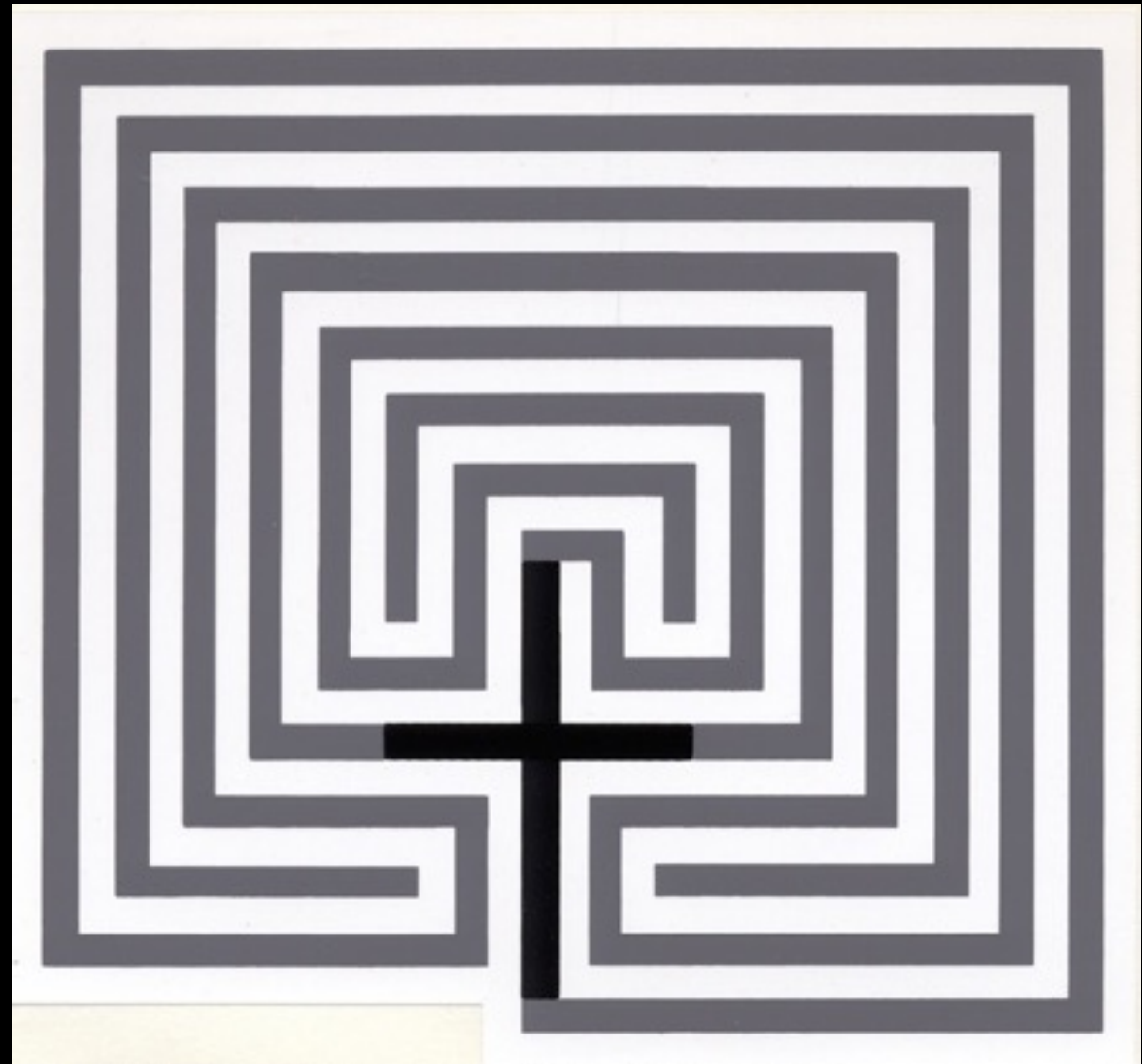
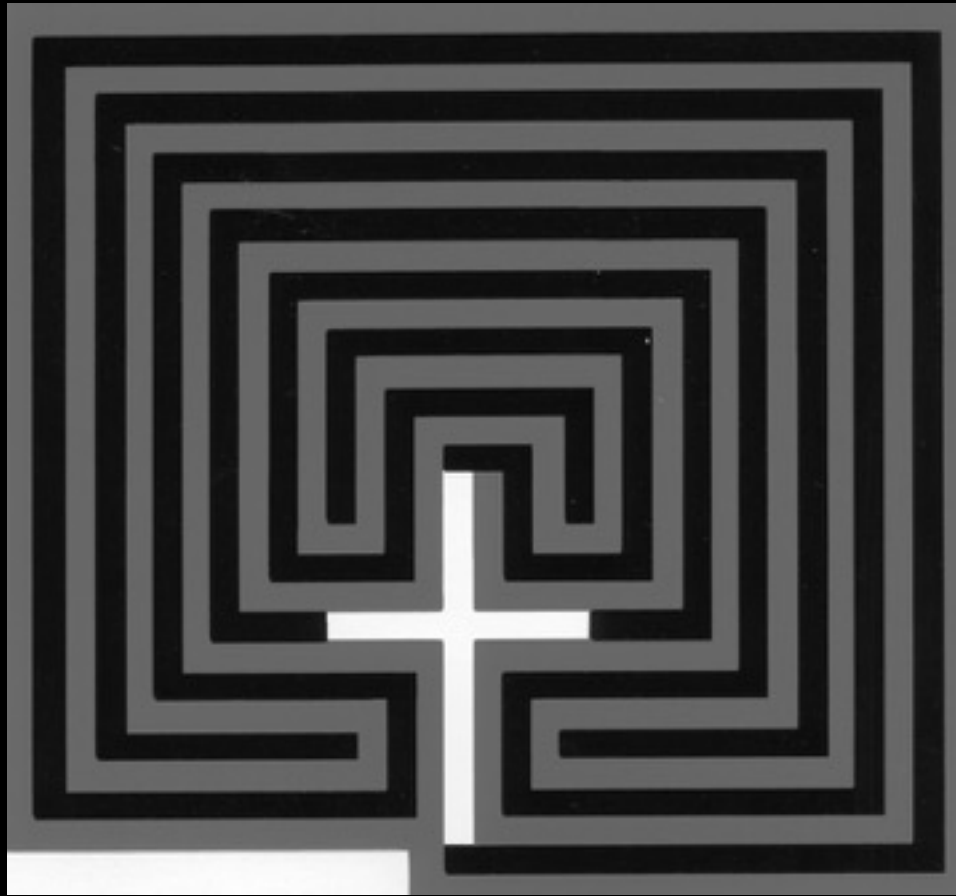
Making Prayer Labyrinths (It's easier than you think!)



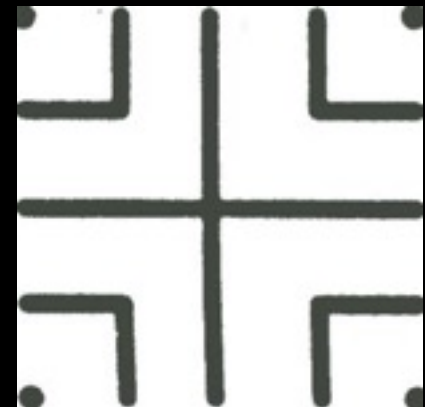


Making Prayer Labyrinths
(It's easier than you think!)

The cross is the starting point for building labyrinths.



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

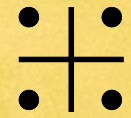


“May I never boast of anything but the cross of our Lord Jesus Christ,
by which the world has been crucified to me, and I to the world.” Galatians 6:14

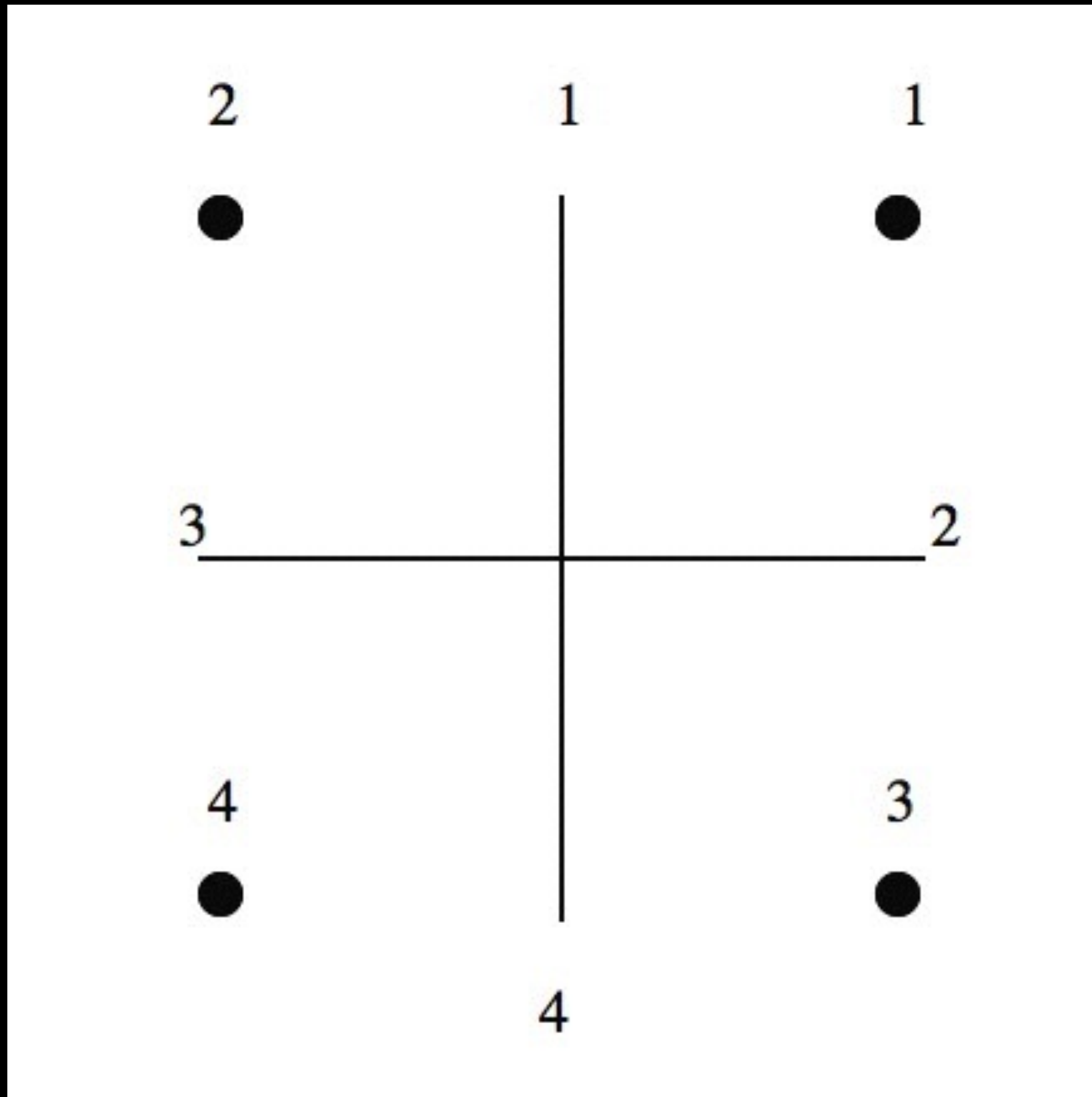
We start with a small 3 circuit labyrinth



Bukavu, D. R. Congo Africa

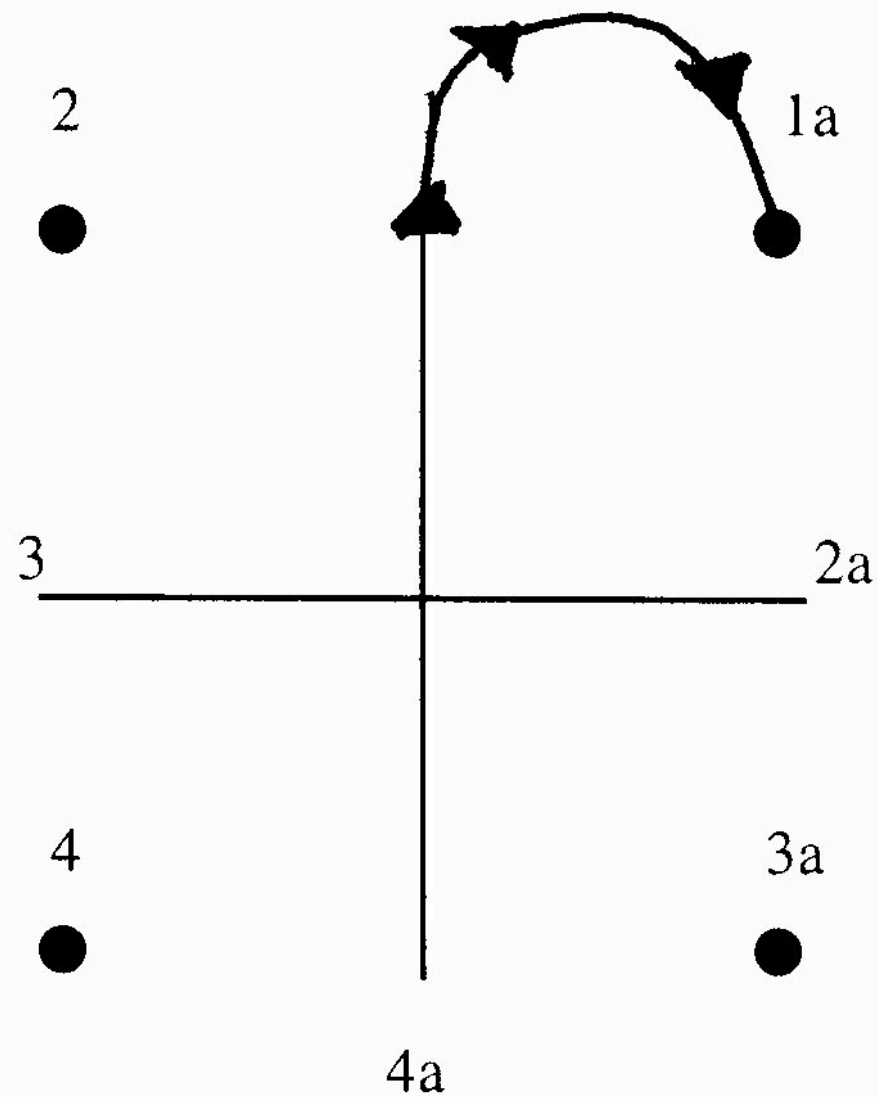


Step 1: Make a cross with four dots

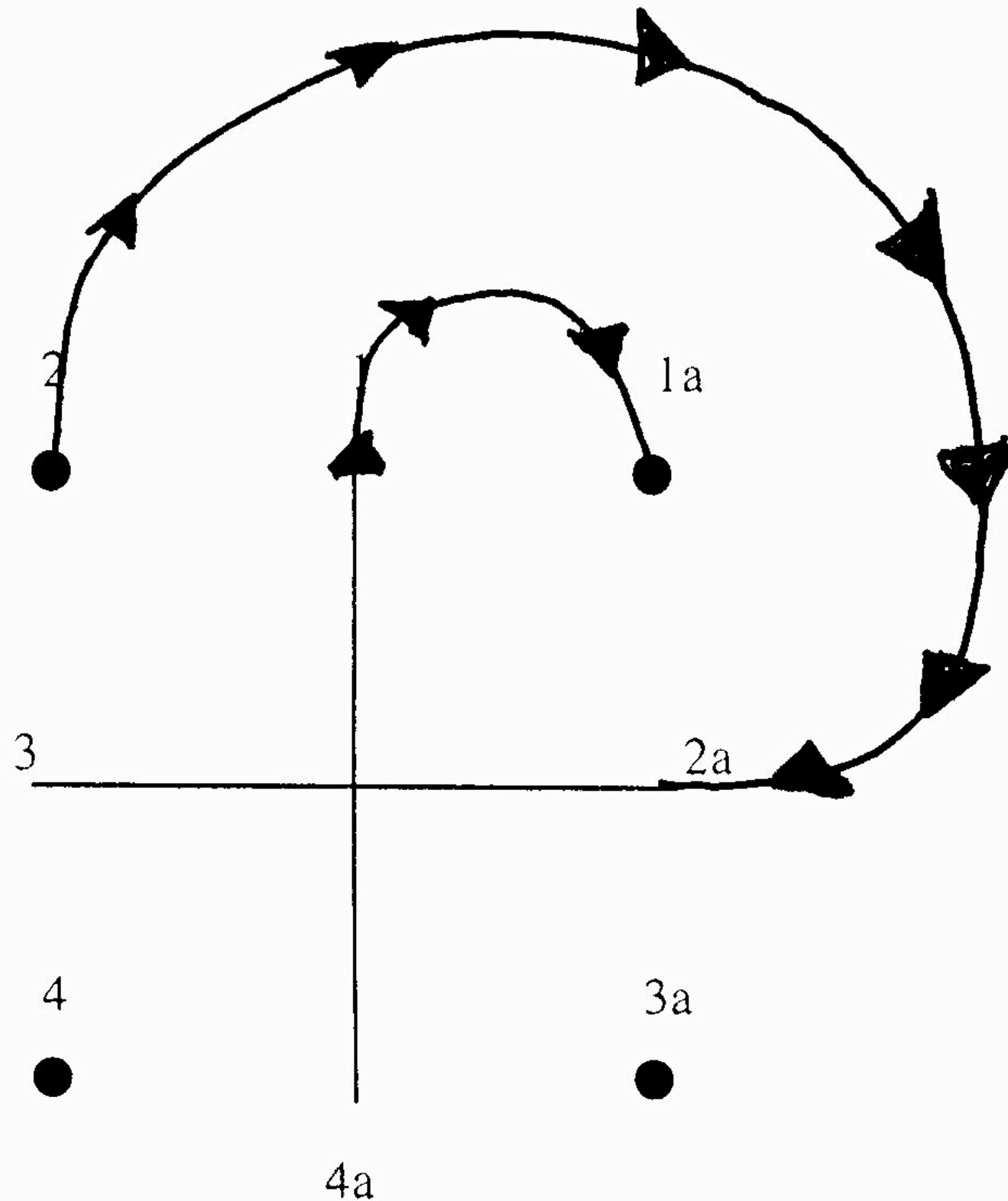


“Seed pattern” for 3 circuit labyrinth

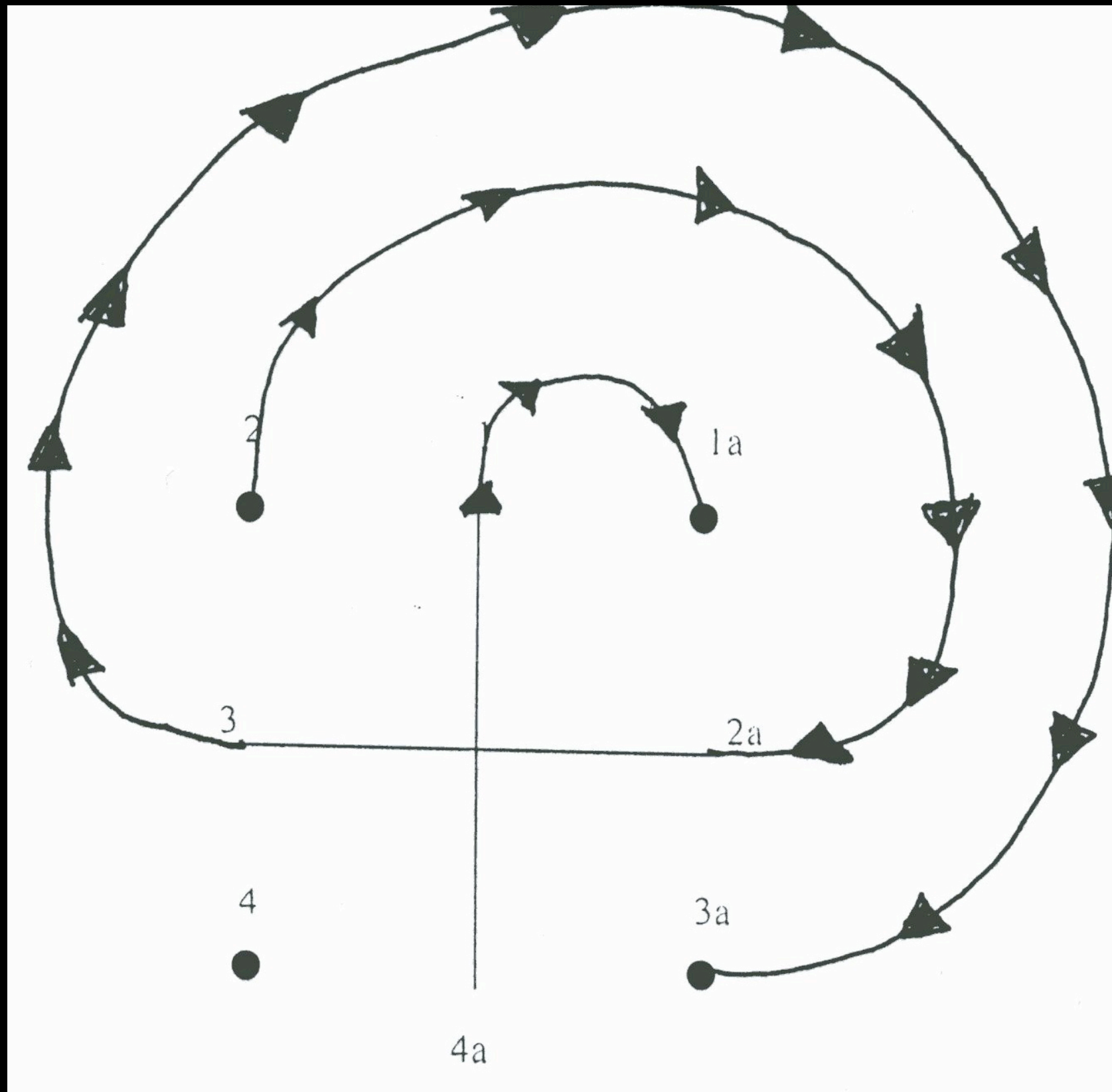
Step 2: Starting at the top of the cross make an arc from 1 in the center to 1 on the right.



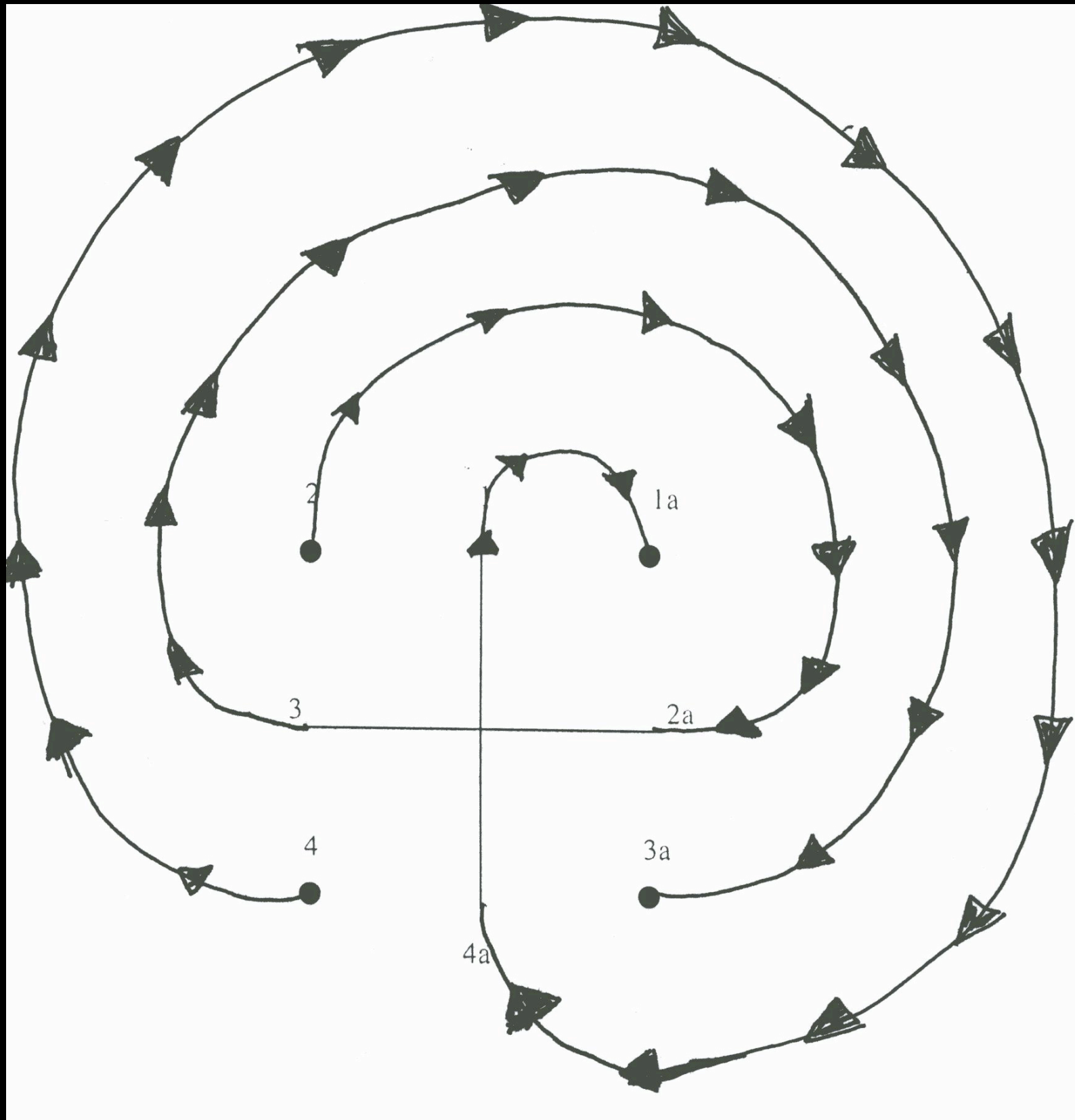
Step 3: Make an arc from 2 on the left side to 2 on the right side.



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

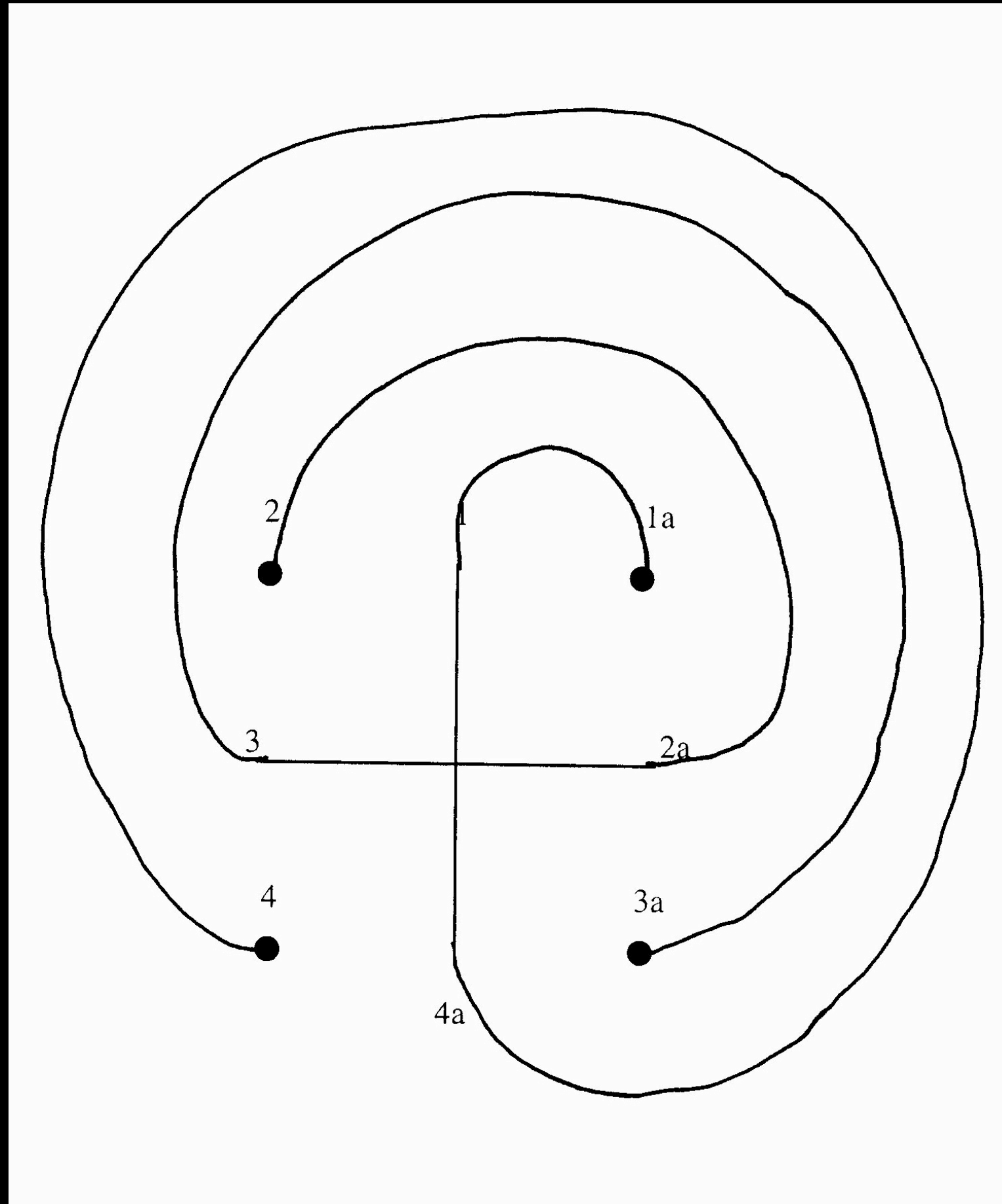


Step 5: Make an arc from 4 on the left side to 4 on the right side.





Congratulations! You have made a 3 circuit labyrinth.



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



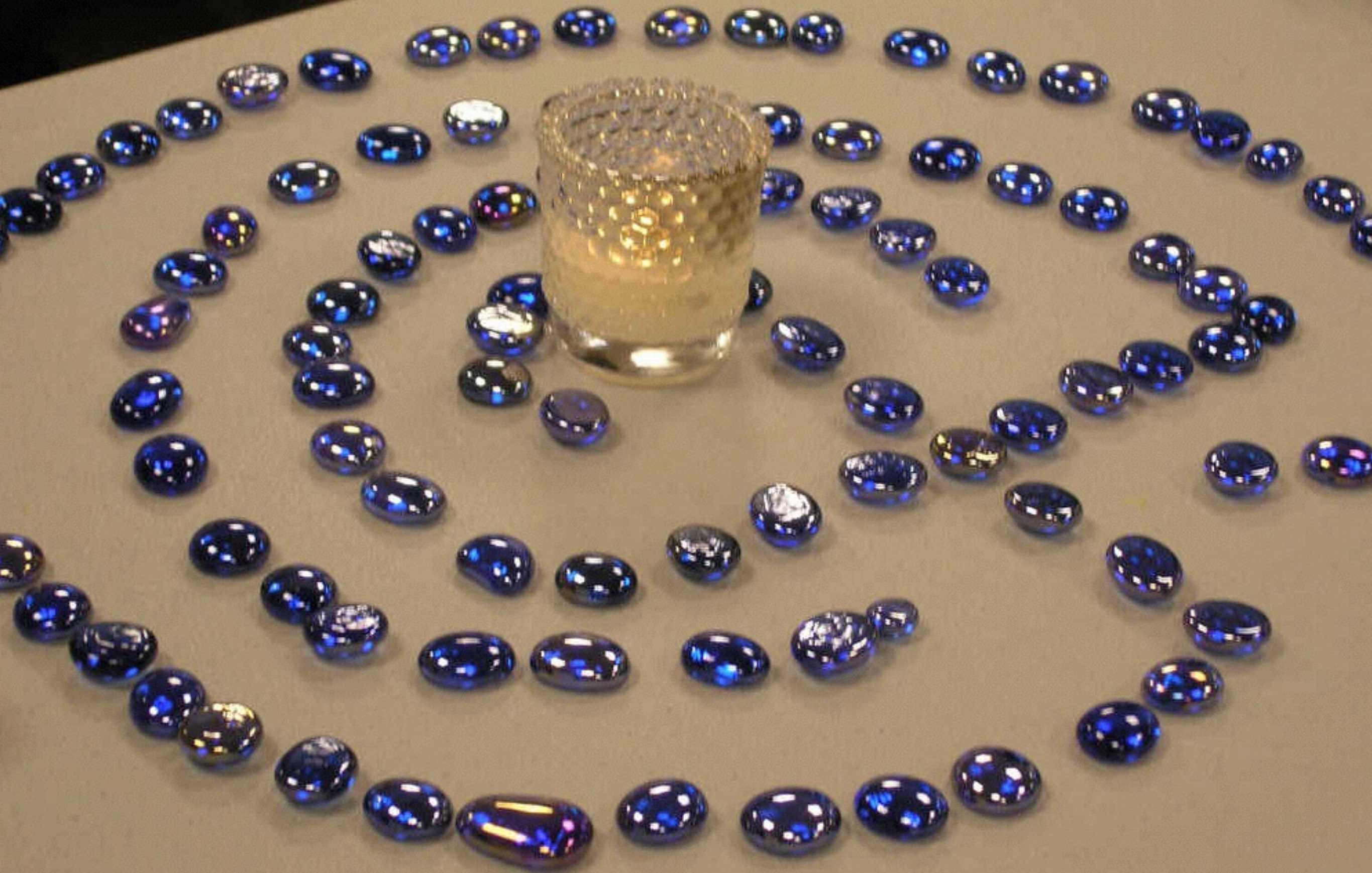
Lava stones on a beach

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?



Choose a biblical story where someone journeyed to or with God.
As you walk the labyrinth, pray with the story.
Ask God, "What are you saying to me?"

God's people wandering in the desert on the way to the promised land: Exodus

The shepherds visit Jesus: Luke 2:8-20

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

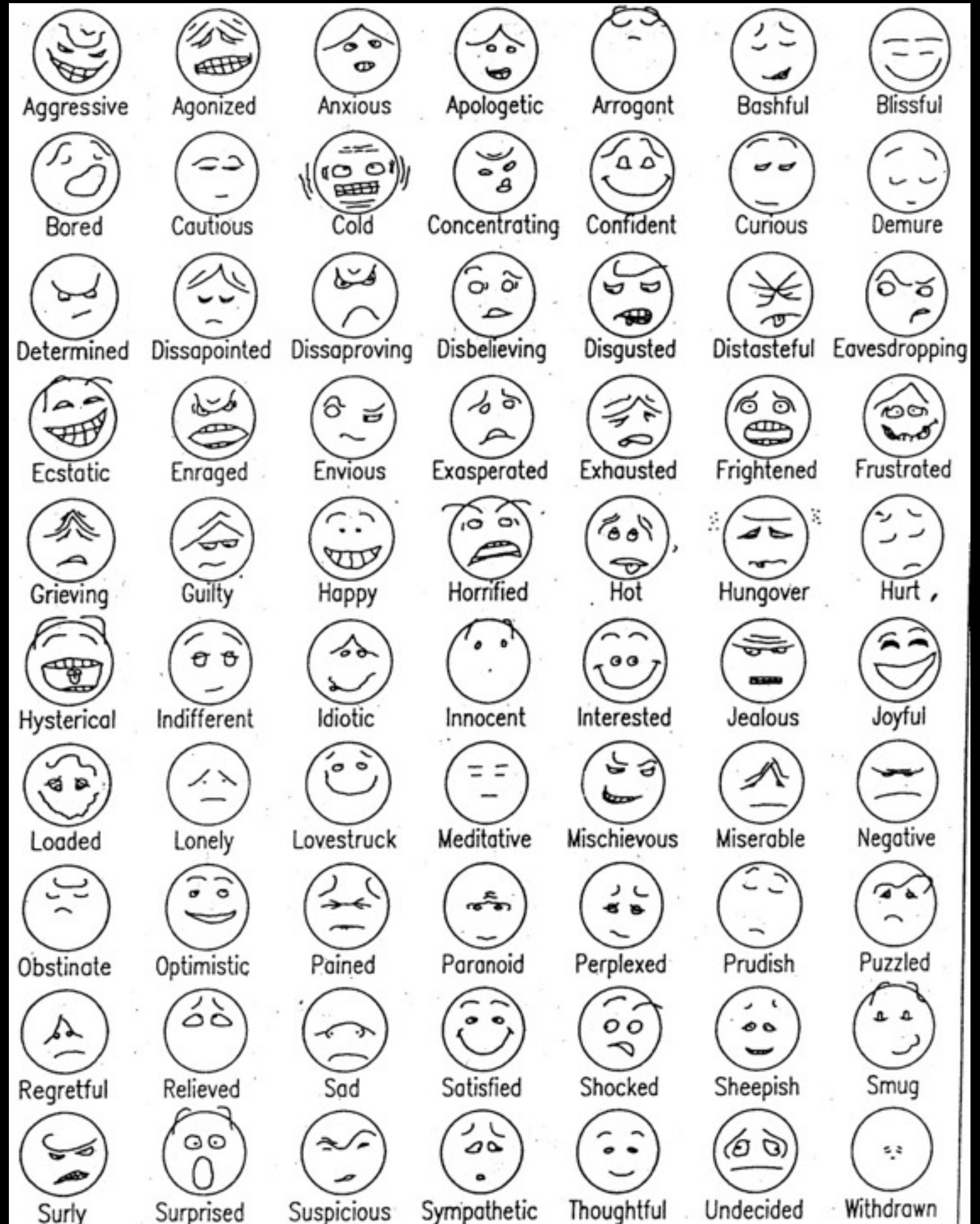
Jesus "on the way" with his disciples--to the villages of Caesarea Philippi (Mark 8:27),
to Capernaum (Mark 9:33), Jerusalem (Luke 17:11, Matthew 20:16), etc.

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

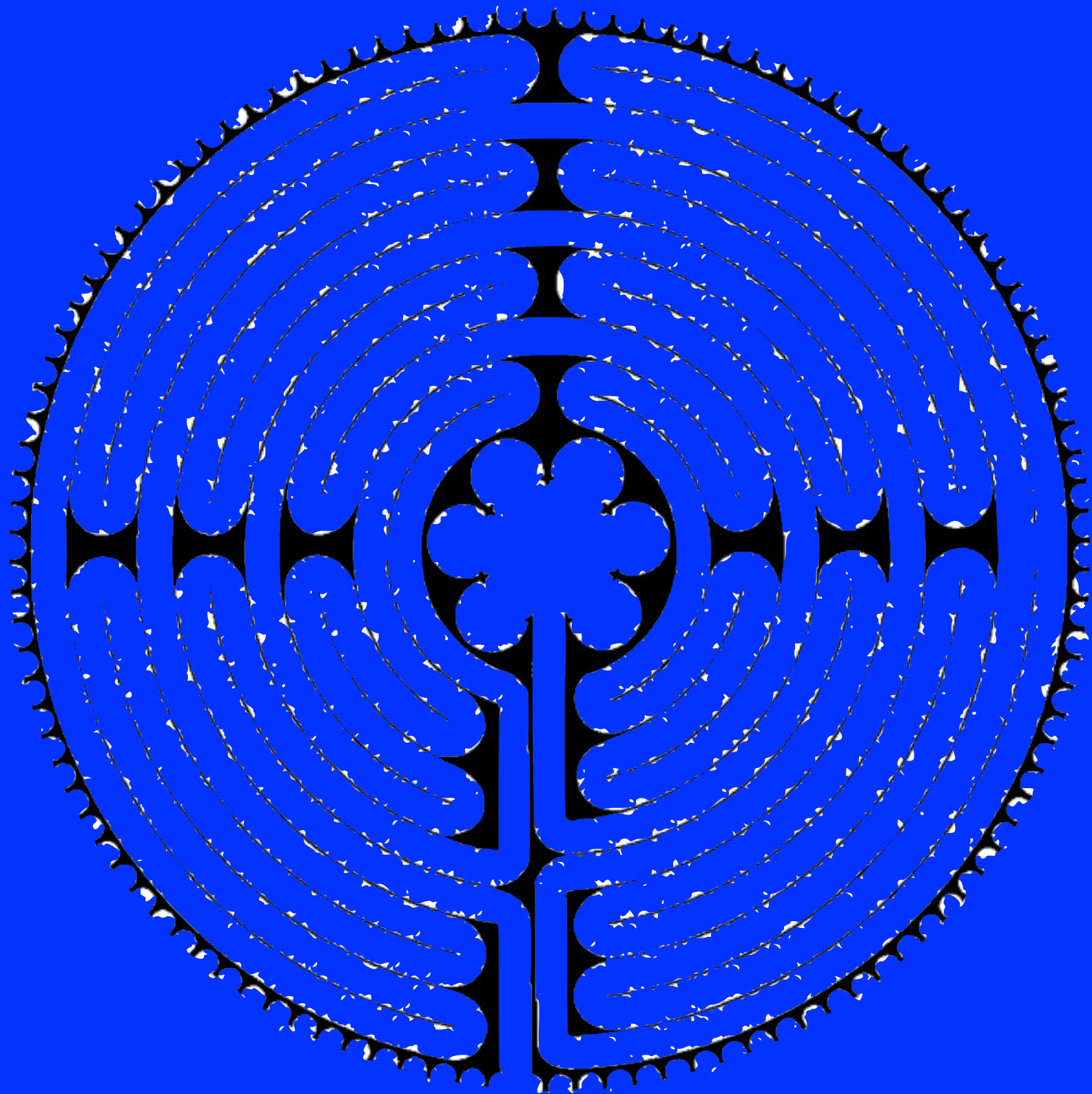


Praying Using Our Labyrinth

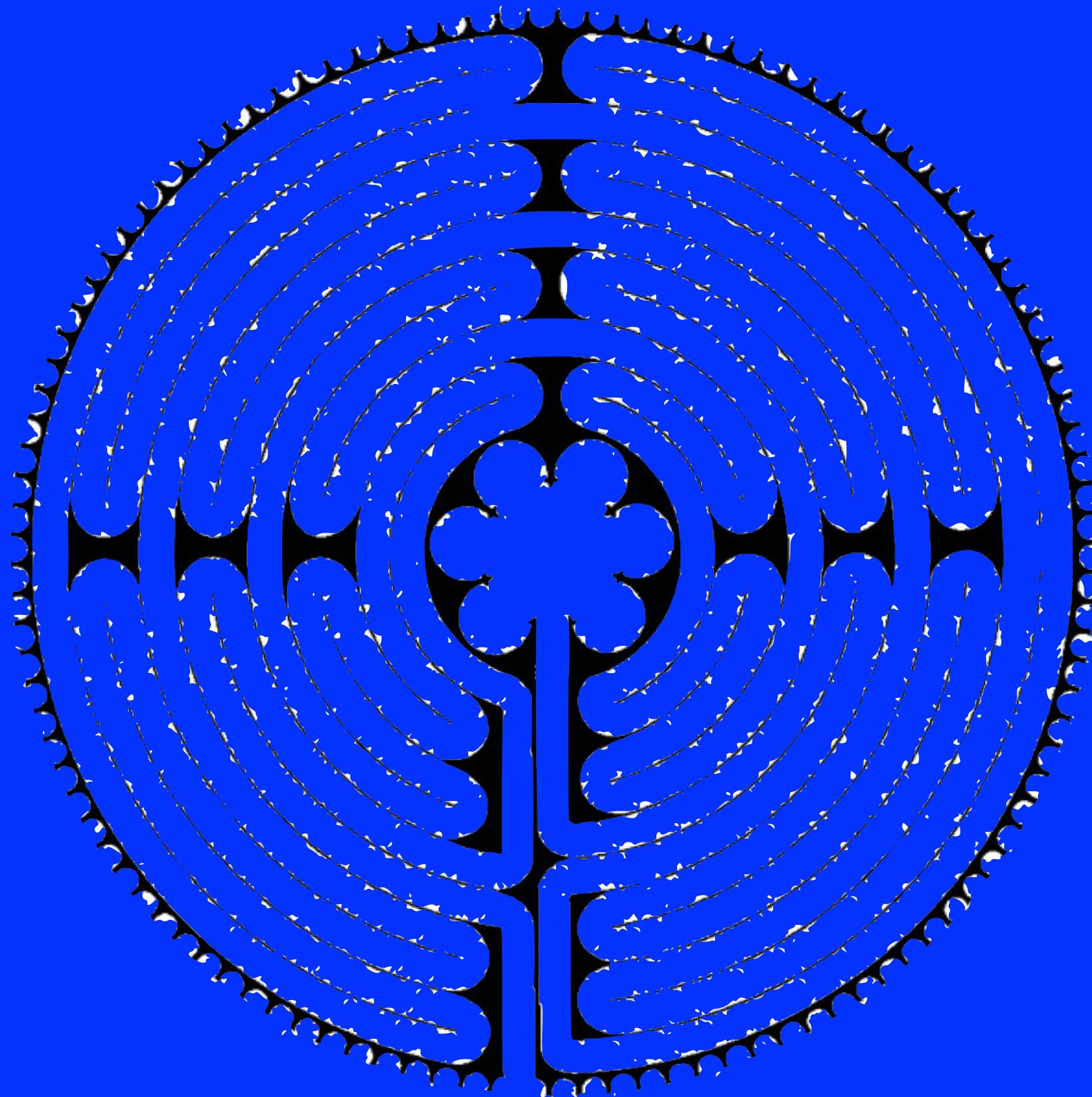
Right now
I am feeling...




I experienced...



I want to remember...





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 skirt, is kneeling on the ground. She is smiling and looking down at a labyrinth made of white stones. She is holding a small wooden stick in her right hand, which is touching one of the stones. The labyrinth is made of white stones arranged in a winding path on a dirt ground. In the background, there is a white fence and some 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.



Faith, Hope, and Love
Global Ministries



Ministry website www.fhlglobal.org

Labyrinth resources by jill www.jillgeoffrion.com

Prayer blog by jill: praywithjillgeoffrion.wordpress.com

Photo blog by jill throughjillseyes.wordpress.com

Articles by Tim: www.spiritledleader.wordpress.com

Jill's email: jill@jillgeoffrion.com