

# Labyrinth

## **What is a labyrinth?**

The labyrinth is a model of the path or journey that we are on with Christ. It is an ancient symbol that relates to wholeness. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

We can walk a labyrinth as a metaphor for life's journey. It is a symbol that creates a sacred space and takes us out of our ego to "That Which Is Within."

Labyrinths and mazes are sometimes confused. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has twists, turns, and blind alleys. You don't have to analyze yourself in and out of a labyrinth...you just begin the journey and let it take you to God. A labyrinth does not have dead ends or blocks.

## **How to do this (at a table/handheld)**

- Enter the labyrinth and begin to follow the path slowly and prayerfully. You may enter with a particular prayer or you may enter being open to whatever God will reveal to you on the path. Go at your own pace. When you come to the middle, be especially attentive to God and stay there as long as you need. Then slowly and prayerfully begin your way back to the beginning. If time allows, you can take time to write about your experience.
- The goal is to walk slowly and listen for God. The goal is not to reach the middle fastest and return out of the labyrinth first. Rather, the goal is to listen for God.

