

Walking the Labyrinth: A Guide for Prayer

A labyrinth is an ancient Christian prayer practice that invites people to pray with their whole bodies. Unlike a maze, a labyrinth has one clear path that leads to the center and then back out again. Christians have used labyrinths for centuries as a way to slow down, listen for God, and reflect prayerfully while walking. Labyrinths have often been found in church courtyards or even inside sanctuaries, serving as a tangible reminder that our faith journey is not always straight, but God faithfully walks with us every step of the way.

About This Labyrinth at Ascension Lutheran

There are many different labyrinth patterns, ranging from very ancient designs to more contemporary forms. Our congregation's labyrinth is a **simple 7- circuit labyrinth**, one of the oldest and most widely used Christian patterns. Some may remember that years ago, in the garden space where our Early Childhood Center now stands, we had a 7- circuit labyrinth outlined with larger stones and a gravel path. While we no longer have space for a raised labyrinth, we are grateful that a painted labyrinth on our patio allows this prayer practice to continue—accessible, visible, and woven into the daily life of our church.

Before You Begin

Begin your walk at the **open entrance marked by the cross**. As you step onto the path, remember that Jesus walks with you.

"The Lord is my shepherd... Even though I walk through the darkest valley, I fear no evil; for you are with me." (Psalm 23:1, 4)

Take a deep breath. Walk at your own pace. This is a guide to help you pray-walk, but feel free to pray however the Holy Spirit might lead you.

The Journey In: Prayers of the Heart

As you walk toward the center, let this part of the journey be a time for **personal prayer**. You may lift up:

- Your worries and cares
- Your joys and thanksgivings
- Prayers for yourself and for those closest to you

"Cast all your anxiety on him, because he cares for you." (1 Peter 5:7)

"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:6)

The Center: Rooted and Grounded in Christ

When you reach the center, pause. This is a place of stillness and listening. Remember that the **true center of our lives is Christ**—the one in whom we are rooted, grounded, and held.

You may wish to pray the **Lord's Prayer**, silently or aloud, or simply rest in God's presence.

"As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him." (Colossians 2:6–7)

"Be still, and know that I am God." (Psalm 46:10)

The Journey Out: Prayers for the World

As you follow the same path back out, let your prayers turn outward. Pray for:

- Our church and community
- Those who suffer or feel forgotten
- The needs of the world
- How God is calling you to be salt and light

"You are the salt of the earth... You are the light of the world." (Matthew 5:13–14)

"Let your light shine before others, so that they may see your good works and give glory to your Father in heaven." (Matthew 5:16)

A Word of Encouragement

As you walk, you may notice that the path sometimes feels like it is bringing you closer to the center and at other times farther away. This, too, reflects the journey of faith. There are seasons when God feels very near, and seasons when God feels distant. Yet the path remains steady, and **God is with you every step of the way.**

"I am with you always, to the end of the age." (Matthew 28:20)

Blessing

*May your walk be a gift of prayer, peace, and renewal.
In the name of the Father, and the Son, & the Holy Spirit. Amen.*