

Walking the Labyrinth: A Prayer Guide for Children

A labyrinth is a special path that helps us pray while we walk. Christians have used labyrinths for a very long time as a way to pray with their whole bodies—not just their words. A labyrinth is not a maze. There are no wrong turns and no dead ends. There is one path that leads to the center and then back out again. As we walk, we remember that God is always with us, even when life feels twisty or confusing.

About Our Labyrinth

Our church's labyrinth has seven gentle turns, called a 7- circuit labyrinth. Long ago, our church had a stone labyrinth in the garden where the Early Childhood Center is today. Now, our labyrinth is painted on the patio so everyone can see it and use it. This labyrinth is a place to slow down, breathe, and talk with God.

Before You Begin

Start at the open entrance by the cross. As you step onto the path, remember: ***Jesus walks with you.*** Take a deep breath in... and out. You can walk slowly or at a comfortable pace. There is no rush. "*The Lord is with you wherever you go.*" (Joshua 1:9)

Walking to the Center: Talking with God

As you walk toward the center, this is a good time to talk to God about you. You might pray about:

- Things that make you happy
- Things that worry you
- People you love
- Something you want to thank God for

You can pray silently, whisper your prayer, or just think about it while you walk. "*Cast all your worries on God, because God cares for you.*" (1 Peter 5:7)

The Center: God Is Close

When you reach the center, stop for a moment. This is a quiet place. Remember: God is at the center of your life, just like the center of the labyrinth. You may say the Lord's Prayer, or you may simply stand quietly and feel God's love. "*Be still, and know that I am God.*" (Psalm 46:10)

Walking Back Out: Praying for Others

As you walk back along the same path, turn your prayers outward. You might pray for:

- Your family and friends
- Your school and church
- People who are sick or sad
- God's world

You can also ask God to help you show love, kindness, and light to others. "*Let your light shine.*" (Matthew 5:16)

A Helpful Reminder

Sometimes the path feels like it is taking you closer to the center, and sometimes it feels like it is moving away. That is how faith can feel, too. Sometimes God feels very close. Sometimes God feels far away. But God is always with you. Jesus promises, "*I am with you always.*" (Matthew 28:20)