

PRAYER LABYRINTH

There are various ways in which you can use this prayer labyrinth. Please respect what others are doing – allow them space and silence in their meeting with God.

Some of these suggestions may help you get as much as you can from this installation.

There is only one way in, and the same way out of this labyrinth; it is not a maze where you can get lost. An opportunity for a kind of pilgrimage – in a very limited space and time.

LET GO

Start at the entrance and walk slowly along the path marked out by the ropes. With each step, let go of your worries, your concerns; you are moving out of the world of “ought” and “should” towards the care of almighty God. Let go too of your weaknesses, your imperfections; feel yourself getting lighter as you put them aside, as you are forgiven and received by God.

ACCEPT

Walk the path with its twists and turns; don't argue about where you have to go! As you let go of the cares of the world, accept the path God has given you and make your way (however many twists and turns there may be in life) towards him.

BE STILL

Before long you will reach the centre. Don't think of it as a dead end, but as a resting place or perhaps a filling station. Rest for a while, and become aware of the presence of God, of the gift of his Holy Spirit. Give thanks in your heart (and with your voice if you want to.)

RETURN

Now you have to come back – by the same way. God does not take from us the twists and turns of life, but strengthens us to cope with them. Walk more confidently now but don't rush. With each step receive what God is giving; ask for what you want or what think you need you need, and then be glad to receive what God knows He wants you to have. “Your will be done” - in me.

GO IN PEACE

Pause at the exit, and give thanks for a brief special time of knowing the presence of Almighty God. And look at the world around you in the love and the strength, in the peace and the joy, of Jesus Christ our Lord.