

Let's try praying like this...

{#10 – Prayer Labyrinth}

What's it like?

It's like a full-body prayer. It's like physically moving through prayer, instead of a prayer just coming out of you. It's sort of like a maze, but not – there's one entrance, one exit, no dead ends, and no intersections where you have to pick which way to go. It's like taking a prayer journey.

What's it for?

It's for taking your time in prayer. It's for being really intentional about your prayer, lingering and dwelling in your prayer. It's a prayer that has structure – a beginning, an end, and maybe some stops on the way – but it also has freedom to pray whatever's on your mind as you go. It's for meditation on God.

When could I use it?

You could use it in different ways, depending on what kind of labyrinth you have handy. If you have a portable one, use it any time. If there is one that's a permanent fixture someplace, you could use it whenever you could get there and it was accessible.

Where could I use it?

Once again, you could use it wherever if it's portable; or you could go to wherever there is one and use that.

How it works...

Prayer labyrinths work in a variety of ways: some are outdoors, some indoors; some are on paper, or carved into stone, or are on a disc you hold in your hand; some are mowed into grass or planted in flowers; some are on a big mat on the ground. They all, though, involve starting at the entrance, pausing in the center, and then exiting. They are *not* mazes. They are about listening for God. It's key that you take your time and move slowly through the labyrinth. Sometimes there are instructions about what to pray about; sometimes they're open-ended.

Try it!

Since you can't usually just go out and draw a big enough labyrinth in your yard or parking lot, use a portable labyrinth for this attempt (see below). Using your finger or a pencil, *slowly* trace the path of the labyrinth. On your way to the center, talk to God about what went on in your life throughout the last year. Pause for a while in the center and ask God about what He wants you to be up to right now. Take time to listen. On your way back out, talk to God about what the coming year has in store for you. Try it alone or with more. (For fun and education, google "prayer labyrinth" images and see the variety.)

What did you think?

Learning goal: Remember that prayer isn't just something to be checked off the to-do list. It takes time. Prayer, like our lives, is a journey with beginning and end, and God is always with us along the path.

