



Prayer for a Labyrinth Walk¹

O God of many paths,
I stand before this labyrinth today,
metaphor of my journey to you.
In the Western world I have been taught
that “the shortest distance between two points
is a straight line,”
and being an impatient person,
I am uncomfortable with waiting.
I have often modeled my journey to you
on the straight line.
But you, God of infinite patience,
have shown me that there is another path,
a curved path.
On this path, my anticipation is heightened
as I approach the center,
only to be led out again to the periphery.
But this path more closely resembles life itself.
On this path, if I just put one foot in front of the other,
it may seem at times as if I am not approaching my goal,
while, in fact, I am drawing closer all the time.
But you are a God of surprises and mystery,
and I don’t control the path.
The labyrinth is a symbol of my surrender to mystery,
trusting, not knowing for certain,
that path which curves in and out again ultimately leads to
the Center, which is You.

¹ Jean Sonnenberg, Bon Secour Labyrinth

**“Thy word is a lamp to my feet
and a light to my path.”
– Psalm 119:105**

Welcome to the Westminster Presbyterian Church prayer labyrinth! Scripture encourages us to “pray constantly”, and the labyrinth pathway is a good tool for helping us pray. We might call praying while walking the prayer labyrinth, “prayer in motion.”

How do I use the prayer labyrinth?

First, know that the labyrinth path is not a maze. There are no dead ends, and no ways to get lost! The labyrinth is simply a winding pathway which leads to a central point. (We have a bench there for rest and meditation.) After you rest at the center, simply turn and walk back the way you came in. The labyrinth path begins at the “open point” near where you picked up this instruction sheet.

What am I supposed to do?

As a tool for prayer and meditation, there are no set rules. Some people like to begin their walk with simply focusing on breathing in and out and enjoying God’s gift of creation in the sky, the trees, the wind, the birds, and the field around them.

Other people like to say the Lord’s Prayer as a guide to their time of conversation with God. Others like to lift the concerns of friends and loved ones for the Lord’s care. Others may be helped by the “Prayer for a Labyrinth Walk” on the reverse side of this sheet.

People in the Middle Ages used labyrinths traced on the floors of cathedrals as mini-pilgrimages: since the average person could not afford a trip to the Holy Land, many practiced walking the labyrinth path as a devotional exercise.

Whether we actively pray, open our minds to passive meditation, or simply enjoy spending time in the presence of God, the labyrinth can help us give shape and discipline to our spiritual life. Welcome!

“Prayer is conversation with God.”

– John Calvin

Thank you to our labyrinth crew: Paul West, Jim Glover, Tom Degentesh, Marshall George, Les Hockensmith, Duffy Greba, Robert Ramsey, John Magnuson, and others whose names we’ll keep adding. Thanks also to our Youth Group and advisors Jeff Svec and Lynne Laubham who helped us lay the lines; and to Rev. Havrisko for leading the prayer of consecration.