



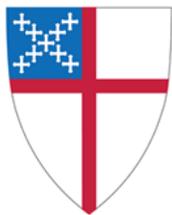
## Prayer and Meditation:

### Labyrinth

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### Prayer Walk

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### What is a Labyrinth

A labyrinth is a flat circle or square consisting of a path that winds round to the center. Unlike a maze, there are no dead ends so we cannot get lost. There is one way in and one way out

### Labyrinth and Prayer

Walking a labyrinth is a form of meditative prayer.

Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God<sup>1</sup>.

In personal prayer we speak to God, but in meditative prayer we allow God to speak to us through His word and His Spirit – In stillness and solitude that comes from meditative prayer, God speaks to our hearts and fills us with the refreshing presence of his Spirit<sup>2</sup>.

### When to Pray with a Labyrinth

Sometimes, in our lives we have times of feeling close to God and yet, at other times, we feel farther away. The labyrinth can help us meditate on our lives and draw closer to God by thinking about God's words and his goodness.

In choosing to pray using a labyrinth, when you step onto the path, you do so trusting that the path will lead you closer to God. The footpath of the labyrinth represents the complexities of faith as we face life's trials. It should be walked slowly, praying with every step. Walkers might leave with a sense of God's will, or a word or phrase clear in their minds.

1. J.I. Packer).  
2. Winfield Bevins. A continuing series on prayer.  
<https://anglicanpastor.com/meditative-prayer/>

### Practical Considerations of Walking a Labyrinth

Think about what you are going to speak to God about today.

It can be thought of as the journey within, searching for God's purpose or God's word for our lives today. Some people walk in, unloading burdens or asking what burdens they can let go of.

Then remove your shoes and walk to the entrance.

As you begin your journey, pause at the entrance, close your eyes, take several deep breaths, and empty your mind.

Do not think about what transpired during your day or what tasks still need to get done. Just clear your mind so you can speak to God and he can answer you.

Enter the labyrinth and begin your journey.

After pausing to be with God in the center, then, walk counting your blessings, being thankful for what God has given you.

Please feel free to sit and reflect after the walk.

### The St. Barnabas Labyrinth was created by the Youth Group

[google.com/amp/s/hopetalks.wordpress.com/2011/05/15/walking-the-labyrinth-walking-prayers/amp](http://google.com/amp/s/hopetalks.wordpress.com/2011/05/15/walking-the-labyrinth-walking-prayers/amp)

## Walking a Labyrinth

There are different ways to experience and walk a labyrinth.

### *The “Inner Way”*

One method is called the “Inner Way.” In this one, as you walk toward the center, pray for the release of your fears, distractions, and resistances/sins. You may even want to repeat a phrase such as, “*Let go and let God.*” When you reach the center, pause and pray for illumination. Pray for the Holy Spirit to fill you. “Breathe on me, breath of God. Fill me with life anew.” On the way out, pray for the integration of the Spirit’s guidance into your life. Maybe repeat a phrase such as, “*Thy will be done.*” Pause at the exit and give thanks by counting your blessings and for your cleansing journey.

### *Asking a Question*

Maybe you have a question on your heart, a need that’s troubling you, or are seeking God’s direction on something in your life. Approach the labyrinth with that prayer. Spend your walk praying and talking with God about that particular question or need. Let your steps and your silence invite the presence and guidance of God.

### *Gracious Attention*

A third way to experience a labyrinth is called “Gracious Attention.” In this method, simply quiet your mind and walk. Let go of all thoughts and just listen for God’s voice as you walk. Maybe meditate or repeat a simple prayer or verse, such as “*Come, Holy Spirit, come.*”

## What is a Prayer Walk

A prayer walk is an activity that consists of walking and praying at the same time. It is not done for the physical benefit but for the spiritual benefit<sup>1</sup>.

Like Jesus, we can also go from place to place on earth confidently knowing that God walks with us continually, without pause.

The God of the universe is always with us and wants to continually be a part of our lives to guide and love us. We simply have to acknowledge his Holy Spirit and listen to His signs of encouragement to know He is communicating with us.

### Here are prayer suggestions to get you started

1. You can find prayers in the Book of Common Prayer. (Log onto our website, go under Formation, click on Book of Common Prayer, look in the table of contents on the left hand side bar, select “Prayers and Thanksgivings” and then select one or more of the prayers listed.)
2. You can look up short prayers on-line. (Crosswalk.com and Praywithme.com)
3. You can recite the Lord’s Prayer.
4. You can just speak to Jesus from your heart, asking for guidance, encouragement or strength or telling Jesus your fears or joys.
5. There is no right or wrong way to pray!

When we pray for God’s guidance and for discernment through the Holy Spirit, we can rest assured that God will always provide wisdom!

## Beginning your Journey on the Prayer Walk

- Walk outside using the door from Hubbard Hall that leads to the opposite side of the property than the parking lot.
- Here you will discover Fr. William (Bill) Breedlove’s Prayer Path. You can enter from either side.
- Walk slowly and mindfully of each step you take. You may walk continuously but are strongly encouraged to pause along the way, especially at each turn around point. You may recite a prayer silently to yourself or softly out loud. Jesus will always hear you.
- You may follow each branch of the path or choose to bypass some of them.
- There are no rules to follow. It is your personal time with Jesus to seek guidance, and to always receive love and assurance.

**The St Barnabas Prayer Walk was dedicated to the Church by Christopher Garrin, Eagle Scout, Troop 10, May 13, 2012**