

Guided Meditation and Prayer Using the Labyrinth

You are invited into a time of prayer guided by the endless path of the labyrinth. As we begin, listen to the scripture reading with your eyes closed. When the reading ends, take a deep breath and begin writing at the entrance of the labyrinth. As you write, you will be forced to turn the paper in order to continue writing “on the line”. Do not think too critically about what you write. Write down the thoughts that flow – without judgement or criticism. Continue writing until time is called. You will be asked to put down your writing implement, to breathe deeply, to give God thanks and to return to the group.

