

Prayer Labyrinth



From:

<https://www.gloucester.anglican.org/parish-resources/prayer-labyrinth/>

The Labyrinth is an ancient way of prayer which has been known to exist for over 4000 years resonating with people from all over the world of different faiths and cultures. It is a gentle and beautiful way for individuals to reflect on life as they allow the twists and turns of the physical labyrinth to touch the changes and challenges of their life. Walking the labyrinth enables us to slow down, to unwind as though the movement itself through the winding path allows us to make connections with our heart and mind in deep and meaningful ways. It's not surprising that in a time when our lives are more and more hectic people are turning once again to the labyrinth to calm and inspire them

Labyrinths come in many forms – many are permanent in gardens or mosaic floors. Others are more portable made from rope or stones – marked out in a hall, church, garden or beach. It doesn't matter where they are, people love the simplicity of walking them – the opportunity to be quiet and internally still. Walking the labyrinth helps the mind to focus on things that matter – on feelings, to think through challenges and to become open to new ideas.

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A Labyrinth looks a little like a maze but it is very different. In a maze there are lots of dead ends. The labyrinth only has one path which takes you to the centre. If you stay on the path you won't get lost. Walking prayerfully has always been part of the Christian tradition and using it in this way to support prayer and meditation has certainly been known since the fourth century. Walking the labyrinth gives the walker the opportunity to reflect quietly with God. It offers time to think, to pray, to become aware of God.