Walking the Labyrinth

Walking the labyrinth is a journey of prayer. Before you begin you may wish to take a deep breath and quiet yourself as you prepare to enter the pathways. You will not get lost in the labyrinth as there is a clear path toward the center and a clear path out.

Set a pace that suits you. While walking the path you are invited to let go of your thoughts and the things that distract you. You may choose to repeat a prayer like the Lord's Prayer or a scripture passage as you walk. This can help you to focus on listening for the Divine.

When you reach the center take a moment to linger in the presence of God and to sit with what you have received as you walked.

When ready, return slowly to the world and ordinary.

Know that you are being prayed for as you walk the pathways of the labyrinth during your Longest Night journey this year.