

## ***Labyrinths Can Be Walked in Three Stages:***

### ***Stage 1: Release - Walking into the Labyrinth***

As you move to the center, consider the twists and turns your life has or is taking. What questions do you have for God?

What is going on inside you, in your world? Take your time as you share your joys, concerns, and hopes with God.

### ***Stage 2: Receive - Reaching the Center***

As you reach the center, pause and listen to God. Is there anything you need to leave here? Is there anything you need to take up? When you are ready, turn your attention back to the waiting world “outside,” those not part of the church, your family, your connections.

### ***Stage 3: Returns - Reconnect with the Outside World***

When you are ready, begin walking out the same path you came in. As you follow the path out, reflect upon your time with God.

Finally, exit the labyrinth considering any changes you have been invited to consider, actions you might take, and/or relationships you might start or strengthen. And wherever your continuing journey finds you, pray in that place as well.

### ***A Note about Labyrinths***

Some have compared a labyrinth with a maze. Mazes are designed to trick and confuse you with wrong turns and dead ends. Labyrinths only have one path: You exit the same way you enter. No games. No puzzles. This journey is about centering yourself, about drawing closer to God, and about returning to the world refreshed and reenergized.

# Labyrinth

## *A Simple Guide to Praying as You Walk*



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## ***Your Invitation...***

We invite you to join us in walking our labyrinth. The labyrinth is open to the public for prayer and meditation. We invite you to drop by for a spiritual walk surrounded by God's good and beautiful creation.

Walking a labyrinth is an ancient prayer practice. The labyrinth itself is a winding path that reminds us of our spiritual journey -- a journey inward, and then a journey outward. The McGregor Presbyterian Church Labyrinth offers the opportunity to walk the path in the presence of our Memorial Garden.

Walking the labyrinth is a form of "embodied prayer" -- praying with our whole being: mind, spirit and body. It can be used as a metaphor for journey, healing, and restoration.

## ***What is a Labyrinth?***

The labyrinth is a feature of many medieval cathedrals, although their use in the Christian church dates to the fourth century or earlier. The labyrinth is a geometrical design portraying a winding path from a starting point to a goal. It is marked out on the floor and, unlike a maze, has only one path. You cannot become lost.

A contemporary Christian might walk the labyrinth as an aid to contemplative prayer and reflection. As you wind your way around, approaching the center, you gradually let go of the concerns of the day. You can view it as a centering exercise to help you focus on God. You can also view it as an allegory of your life, sometimes appearing to be close to God, or perhaps to find yourself walking sometimes in sympathy with others.

## ***A Few Suggestions:***

- The path out of the labyrinth is the exact reverse of the path into the labyrinth.
- If you meet someone on the labyrinth, just step to one side and let him/her pass.
- You may stay in the center as long as you wish, being respectful of others coming in.
- Begin in silence. Walk slowly with an open mind and heart. Become aware of your breath. Let go of your thoughts, judgements, and internal commentaries. Allow yourself to find the pace your body wants to go. Just be there in the present moment.
- It is a beautiful and calming place to pray and meditate for wellness. It is a tool for peace and love.