

**Lord make me an instrument of your peace - Where there is hatred let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.**

**6. At the sixth cross ✚, we read another amazing passage of scripture:**

*I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9)*

In the above passage, Moses' direction to Joshua is a call for courage. And the most profound reason for courage - "God is with you wherever you go." Take a moment to consider those events which took your breath away, or consider a similar word - "pew" - and all the narrow escapes, safe travels, and daily graces. Somehow God finds a way and His presence empowers our living.

(Breathe deeply. Give thanks for the "wow" or "pew" events you experience.)

**7. At the center of the labyrinth is a final CROSS ✚.**

*As your days, so shall your strength be. (Deuteronomy 33:25)*

(This passage reminds us that God is with us through all of life, to the very end, and beyond. The cross shows us the depth of God's love. Because of the cross, we live in gratitude. Add your own prayers of thanks. Afterwards, you may make the sign of the cross, remembering that you are God's child. Close with the following prayer.)

**Holy Spirit, Giver of life, I acknowledge that all of my life is a sacred journey. May my experience with the labyrinth be a means of making my life more compassionate and courageous, following the footsteps of Your Son. Thank You for this time and for Your presence in the maze of my own everyday life; in Jesus' name, I pray. Amen.**

**(Thank you! You may exit directly or retrace your steps.)**

# The Prayer Labyrinth 2022!



This year, you're invited to use this leaflet as you walk the path in the Courtyard. Or, you may simply say the prayers at home. Labyrinths are found in many cultures dating back 3,500 years. Medieval Christians walked and prayed instead of taking a hazardous pilgrimage to Jerusalem. The object was to walk in the footsteps of Christ.

On the path, you'll see 7 red crosses ✚. When you come upon one, say the prayer that is in the pamphlet or your own prayer. This pamphlet focuses on our "7 Essentials" - scripture passages worth knowing by heart. May this time of prayer bring you renewal.

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## 1. At the first cross ✚, the entrance, read the following words:

The first of seven "essential" scripture passages is Ephesians 2:8.

*For by grace you have been saved through faith and this is not your own doing, it is the gift of God!*

Grace - God's unconditional love seen fully in the life, death, and resurrection of Jesus - is the gift. God is for you. God has gifted us in so many other ways. We begin our time in the labyrinth by giving thanks.

**Heavenly Father, I thank You that I can approach You in prayer. Send Your Spirit to guide my time that I would learn to pray, to follow in ways that bring You honor. Most of all, I thank You for the concern You show for each person; a loving concern that took Your Son to the cross. Help me never to take it for granted, but instead mold me into a person of great gratitude. Open my heart to hear You on this journey; in the name of our Savior. Amen.** (Add your own prayers of thanks.)

(While you are walking from cross to cross, you might consider repeating the following prayer over and over: **Guide my steps, O Lord.**)

## 2. At the second cross ✚, we read again from the "7 Essentials."

*Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.* (Philippians 4:6)

Saint Paul writes these words from prison. In place of worry, he commends gratitude.

(Pause a moment. Breathe deeply. Look around. Count your blessings.)

Loving God, I give You thanks for the following people...

I give thanks for the following opportunities...

I give thanks for these basic necessities of life...

I give thanks for Your grace which changes everything. Amen.

## 3. At the third cross ✚, we read another of the "7 Essential" passages:

*Beloved, let us love one another. For love is of God and everyone that loveth is born of God and knoweth God. He that loveth not, knoweth not God, for God is love.* (1 John 4:7-8)

(Sometimes we do not love as our Savior commanded us. At times, we wander off the path of sacrificial love He has layed out before us. But, Jesus holds out to us the promise of forgiveness. Pause for a moment and prepare your heart for confession and to receive forgiveness.)

**Forgive all my sins, O God, those things known and unknown. In Your mercy, create in me a clean heart and guide me along right paths; for Your name's sake. Amen.** (Silence for confession.)

## 4. At the fourth cross ✚, we repeat another of the "7 Essential" scripture passages and pray for God's kingdom:

*Seek ye first the kingdom of God and His righteousness and all these things shall be added unto you.* (Matthew 6:33)

(We pray for the kingdom of God and we pray for the universal Church and Gloria Dei and we also pray for those who are in pain physically or emotionally.)

**Lord God, You are the strength, a very help in times of trouble for all people. Mercifully hear my prayers and grant to Your servant, (mention names) the help of Your power and presence, through Jesus Christ our Lord. Amen.** (Add your own prayers.)

(Christians are concerned with the entire earth. Think of those people in your circle who need God's strength. Let your mind range over the news. Think of all the upheavals, violence. Add all those to your prayers now.)

## 5. At the fifth cross ✚, read Matthew 11:28-30:

*Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.*

(So much of our world is in conflict, but one fact which unites all people, our burdens, and our need for God's grace. Pray for peace and then the following prayer that you allow God to work through you to bring hope.)