



Spiritual Practice

Labyrinth

Labyrinths are ancient paths designed to lead persons to encounter the Living God. They are not mazes. Mazes are designed to get a person lost. Labyrinths are designed to guide persons to “be found by the Holy.” A labyrinth may also resemble a grief journey with its turns and roundabouts.

Trace the labyrinth with a finger on your non-dominant hand. This will allow a more intentional and mindful “walk” of the labyrinth. Please read the reflections on the next page, then consider trying the labyrinth again and see if there is any change in your experience.

LABYRINTH

Do not hurry as you walk with grief;
It does not help the journey.
Walk slowly, pausing often:
do not hurry as you walk with grief.
Be not disturbed by memories
that come unbidden.
Swiftly forgive; and let Christ speak
for you unspoken words.
Unfinished conversation
will be resolved in Him.
Be not disturbed.
Be gentle with the one
who walks with grief.
If it is you, be gentle with yourself.
Swiftly forgive; walk slowly, pausing often.
Take time, be gentle as you walk with grief.



Reflections

What feelings did you experience?

What thoughts came to heart and mind as you approached the center?

What message(s) did you take with you as you walked away?

This finger labyrinth spiritual practice we have provided is a simple adaptation of walking a labyrinth. If you wish to walk a labyrinth in person, you may find labyrinths in your local area, visit labyrinthlocator.com.

You can also find an app for your phone or tablet, try the app: Labyrinth Journey