

PRAYERFUL WAYS OF APPROACHING YOUR LABYRINTH WALK

- ◇ With openness— asking God, “What do you want to show me or have me know?”
- ◇ With intercessory prayer offered for someone, a situation or a need.
- ◇ With thanksgiving.
- ◇ With reflection about your life or a significant concern.
- ◇ With a quiet mind, releasing and letting go of daily concerns and details of your life, as an act of shedding emotions.



GUIDELINES FOR WALKING THE LABYRINTH

Clear your mind and become aware of your breath. Maintain silence for your reflection and that of others. Allow yourself to find the pace your body wants to go. There may be others walking the labyrinth with you. You may pass people or let others step around you. The path is two ways, so those going in may meet others coming out. When walking the path with others, allow time for each person to set their own pace before you begin your walk. Relax and walk in the presence of God. Take time after your walk to reflect and meditate. Consider journaling your experience.

STAGES OF THE WALK

PURGATION (Going in) - A releasing, a letting go of daily concerns and details of life. This is an act of shedding emotions, quieting and emptying the mind.

ILLUMINATION (Being in the center) - After quieting the mind and opening the heart on the path, the center is a place of meditation and prayer. It is a place to receive what is there for you. Pause for prayer and quiet. Be open to the presence of God.

UNION (Going out) - as you leave the center you retrace the path that brought you in. Union is joining with God to bring your new insights and discoveries out into the world. Listen to God as God leads you out into the world. Become aware of the needs of others.

Welcome to the Sacred Path



MEMORIAL PRAYER LABYRINTH



SHERIDAN LUTHERAN
CHURCH

A labyrinth is a tool for prayer, centering, self discovery, or simply a time to be with God. It is an ancient circular symbol with one path leading from the outside to the center. Used as a walking meditation, the labyrinth represents our journey to our center and back out again. On this pathway to prayer we are moving our body, which quiets the mind. It allows us to look at our faith and renew and maintain our relationship with God. The labyrinth captures many aspects of life –journey, rhythm, search, discovery, change, trust and our movement inward to sacred space. Walking this pathway is a metaphor for the spiritual journey. The goal is to connect with the Spirit within us.

Focused walking meditations are highly efficient at reducing anxiety and eliciting the 'relaxation response'. This effect has significant long-term health benefits, including lower blood pressure and breathing rates, reduced incidents of chronic pain, reduction of insomnia, and many other benefits. Regular meditative practice leads to greater powers of concentration and a sense of control and efficiency in one's life. Labyrinth walking is among the simplest forms of focused walking meditation, and the demonstrated health benefits have lead many to return to this ancient practice.

The labyrinth at Sheridan

was made possible by the memorial funds of several from this community of faith who are now among that great cloud of witnesses who have gone before us. We remember those who have lived lives of faith, following God, worshipping Jesus, leaving for us a rich spiritual legacy.

It is a "St. Paul" labyrinth with seven paths and turns in each quadrant. Seven is a number of perfection and completeness in Scripture. We are reminded of God's perfection and completeness even in the midst of our human journey filled with wonderful blessings and painful meanderings. God blessed the 7th day and made it holy, set apart. And so this place reminds us that we are made holy and set apart when we are wholly devoted or completely given over to God. St. Paul prayed that "the very God of peace sanctify you and make you whole." Entering the center means entering the place where God comes into our world and our lives and makes us whole.

Sheridan Lutheran Church

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There is only one path. Follow it to the center, spend time there, and follow it back out. The path winds throughout and becomes a mirror for where we are in our lives. It touches our sorrows and releases our joys. To get the most from your walk, keep your mind and your heart open.

There are many ways of walking a labyrinth. However you choose to interact with God is the right way. It may be different each time you walk. The results of your walk may not be fully known or understood immediately, but will impact your faith over time, each time you set aside time to walk the sacred path.

