

Prayer Labyrinth Guide

A prayer labyrinth can be walked in many different ways, but sometimes it's helpful to have some guidance. Below are four movements of the labyrinth (as outlined by Lauren Artress). In each box you can find a verse or two to meditate on and a breath prayer you can use as you walk that part of the labyrinth. You can also bring any concern or question and follow through these steps, reflecting on what you need to remember, release, and receive.

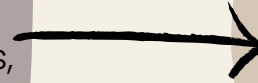
At the entrance

Remember

In the night, LORD, I remember your name... (Psalm 119:55)

The Lord is compassionate and gracious, slow to anger, abounding in love. (Psalm 103:8)

I remember that I am loved.



Release

Walking to center

Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. (Psalm 51:2-3)

So if the Son sets you free, you will be free indeed. (John 8:36)

I let go of my unloving ways.



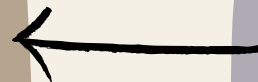
At the center

Receive

In [God's] great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. (1 Peter 1:3-4)

"You are my son, whom I love. With you I am well pleased." (Mark 1:11)

I receive your abundant love.



Return

Make every effort to live in peace with everyone and to be holy... (Hebrews 12:4)

"And surely I am with you always, to the very end of the age." (Matthew 28:20)

Back to entrance

I go to love others as you have loved me.