

RELEASE

On the journey into the center—we let go of all distractions that keep us from listening to God.

RECEIVE

Resting in the center of the labyrinth—we find a place for meditation and prayer in which we receive what God has for us.

RETURN

On the journey out of the labyrinth—we join with God more fully and integrate this experience of God into our lives.



**MAKE ME TO KNOW
YOUR WAYS, O LORD;
TEACH ME YOUR PATHS.**

PSALM 25:4



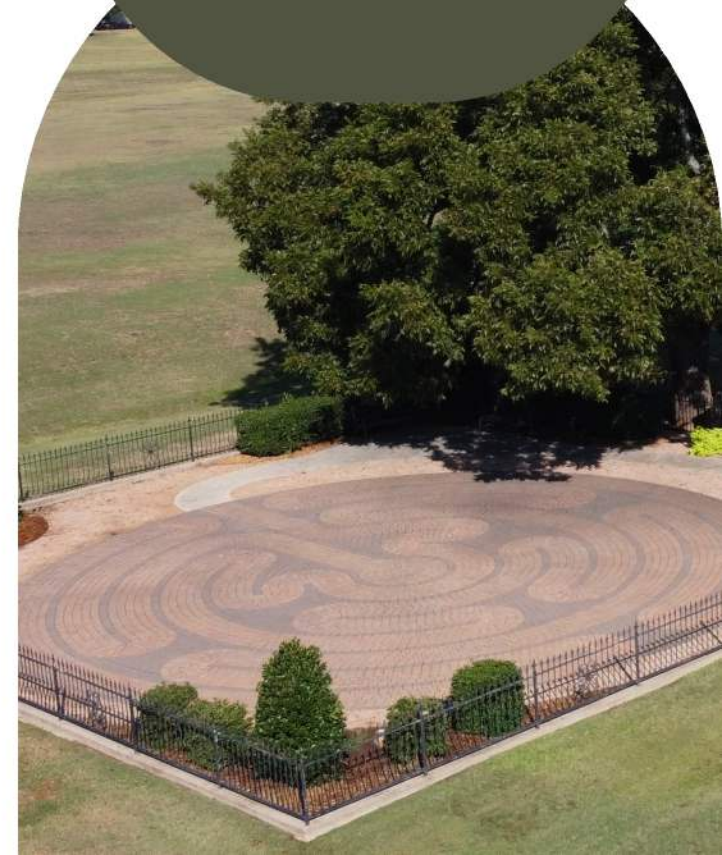
A PATH OF PRAYER

Remember you are on holy ground.
Simply let God know that you would
like to be closer to Him.
Keep paying attention.
Have an open mind and open heart.
Give thanks for whatever comes.

fumcgranbury.org/labyrinth

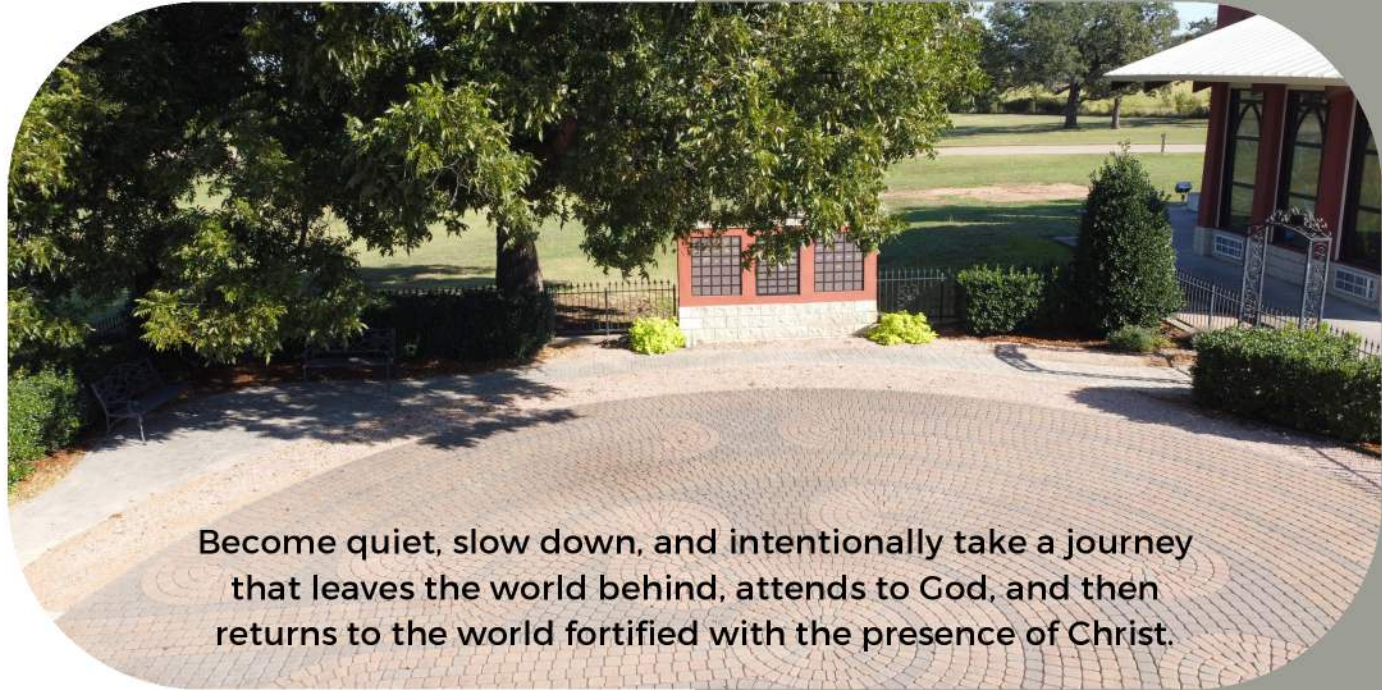
Granbury First
United Methodist Church

**PRAYER
LABYRINTH**



PREPARE YOURSELF

Prepare yourself by clearing your mind of expectations, quiet your thinking, focus on your breathing, and open your heart to God.



Become quiet, slow down, and intentionally take a journey that leaves the world behind, attends to God, and then returns to the world fortified with the presence of Christ.

FOCUS

Pause and wait at the entrance. Become quiet and centered. Give acknowledgment to God through a bow, nod, or other gesture.

EXIT

Turn and face the entrance. Give an acknowledgement of ending: "Amen."

EXPERIENCE

Walk purposefully. Observe the process. When you reach the center, stay there and focus several moments. Leave when it seems appropriate. Be attentive on the way out.

REFLECT

After walking the labyrinth reflect back on your experience. Use journaling or drawing to capture your experience.

WALK OFTEN

THERE IS NO RIGHT WAY TO WALK A LABYRINTH. YOU ONLY HAVE TO ENTER AND FOLLOW THE PATH.
