



# *Growing Spiritually as an Elder*

## Labyrinth Prayers

### Disciples Pray

A practice of spiritual centering being used in Christian Churches around the country is the labyrinth. The practice has a long and ancient story. Christian use of the labyrinth is known in the cathedrals of Europe where some churches have labyrinths of stone built into the floors. In modern times a labyrinth might be made of canvas with paint, hedges in a yard, stones in a field, or paper or wood. Some are small and hand held.

A labyrinth is not a maze. A maze is a puzzle to be solved. A labyrinth is a path that will take the walker to the center after the entire path has been taken. You will not get lost on a labyrinth, but you will twist and turn as you find your way to the center of the circle. This journey represents the spiritual life that moves toward the center, away from the center and back again as our lives of faith unfold. A meditative walk toward spiritual center is used to bring the person in prayer to a closer walk with God's presence.

For information on Labyrinths consult:

#### **Books on the history of labyrinths:**

*Mazes and Labyrinths: Their History and Development*, W.H. Matthews

*The Labyrinth in Culture and Society: Pathways to Wisdom*, Jocques Attali

#### **Meditation books to be used with labyrinths:**

*Living the Labyrinth: 101 Paths to a Deeper Connection with the Scared*, and *Praying the Labyrinth: A Journal for Spiritual Exploration*, both volumes by Jill Kimberly Hartwell Geofferion

#### **Information on Labyrinth for prayer:**

*Exploring the Labyrinth: A Guide for Healing and Spiritual Growth*, by Melissa Gayle West



## Making or purchasing a Labyrinth

You can use the designs included below and enlarge them and use them on paper or laminate them for multiple uses. You can trace it with your finger or invite persons in your group to put markers on the labyrinth indicating where they find themselves on their spiritual journey.

You can make a large copy and then use glitter glue or some other substance and trace the route of the labyrinth path and make a 3 dimensional copy of the pattern.

You can trace it onto a wooden board and glue a rope length onto the pattern to make a hand held version that is 3 dimensional and individual.

You can draw the design on a large concrete surface with chalk or mark the path in masking tape on a wooden or concrete floor. Many colors of tape are now available. You can also outline a labyrinth design on a large open place with rocks or other natural items.

A labyrinth that uses a sand tray and finger size labyrinth is available from Amazon.com and comes with a book by Lauren Artress. The title of the resource is *The Sand Labyrinth: Meditation at your Fingertips*.

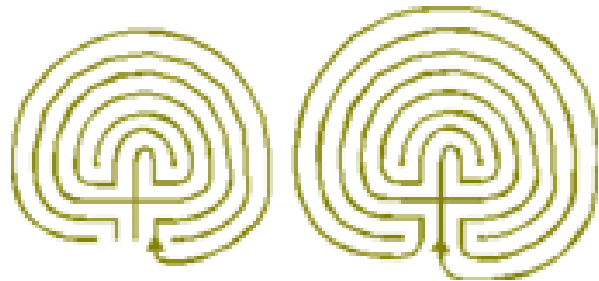
Web links that teach about Labyrinths include:

[www.labyrinthsociety.com](http://www.labyrinthsociety.com)

[www.labyrinth-enterprises.com/](http://www.labyrinth-enterprises.com/)

[www.ualberta.ca/~cbidwell/SITES/labways.htm](http://www.ualberta.ca/~cbidwell/SITES/labways.htm)





Cretian Labyrinth



Charte Cathedral Labyrinth

Disciple  
Version

