

Using the Labyrinth
at
St James the Less Penicuik



This leaflet provides a few examples of how you may use the Labyrinth.

They are only suggestions.

Please use the Labyrinth as feels right for you.

Suggestions for how to walk the Labyrinth

A question

Ask God a question as you enter the path. Then as you walk slowly through the twists and turns, Listen for an answer.

Let your steps and your silence invite the presence of God.

A confession

Start your journey to the centre with confession.

When you reach the centre, journey out with affirmation - perhaps visualising yourself picking things up or putting things on (like the righteousness of Christ, the smile of the Father, the purity of the Holy Spirit...). Pause at the exit and give thanks for your healing journey.

A recitation

Recite a short prayer as you slowly inhale, perhaps inviting the Holy Spirit to be with you.

Recite a short prayer as you slowly exhale, perhaps releasing to God's care the things that are burdening you.

A Release

Pick up a stone and feel its weight. Hold it in your hand as you walk. Visualise your burdens as you walk to the centre.

Lay the stone down at the centre, release the weight of your burdens.

Thank God for taking your burdens on God's self.

Count your blessings as you journey out.

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