

Labyrinth – A three part journey

A labyrinth is a way to pray and think slowly and calmly

It has 3 parts – **the journey to the centre**

the centre

the journey out from the centre

1. IN

As you walk into the centre try to walk slowly and think about any thing that makes you feel sad or worried or cross.

The kind of thing is

People who are nasty to you

Someone you know who is ill

A part of the world where bad things are happening

Something that worries you or other people

As you walk in imagine yourself putting all these bad things into a bag. Try to think of everything – that imaginary bag could be quite heavy.

2. CENTRE

Now you are in the middle pretend to put down that heavy bag and leave it there. God is going to take all the bad things away.

Stand still for a moment and breathe deeply.

Are you ready to start the walk out.

Pick up that bag again – **it is empty now**

3. OUT

As you walk out of the labyrinth think about all the things you would like to do.

God is going to give you good things – peace, joy, love.

Breathe slowly and say thank you to God

Labyrinth – A three part journey

A labyrinth is a way to pray and think slowly and calmly

It has 3 parts – **the journey to the centre**

the centre

the journey out from the centre

1. IN

As you walk into the centre try to walk slowly and think about any thing that makes you feel sad or worried or cross.

The kind of thing is

People who are nasty to you

Someone you know who is ill

A part of the world where bad things are happening

Something that worries you or other people

As you walk in imagine yourself putting all these bad things into a bag. Try to think of everything – that imaginary bag could be quite heavy.

2. CENTRE

Now you are in the middle pretend to put down that heavy bag and leave it there. God is going to take all the bad things away.

Stand still for a moment and breathe deeply.

Are you ready to start the walk out.

Pick up that bag again – **it is empty now**

3. OUT

As you walk out of the labyrinth think about all the things you would like to do.

God is going to give you good things – peace, joy, love.

Breathe slowly and say thank you to God