



# **How do I use a printable prayer labyrinth?**

**You don't have to fly to a medieval cathedral to journey through a prayer labyrinth. All you need is the document above, your finger, and an eager mind.**

## **At entrance:**

**Place your finger on the opening at the bottom of the labyrinth and trace the path toward the center of the maze. Move at a pace that feels natural. As you move along the path, notice what is happening in your mind and heart. What thoughts or feelings are coming up as you move along the path? There is no set agenda to this prayer. Simply let your prayer unfold as you go, being in conversation with God about whatever you may feel or experience.**

## **In the center:**

**The center of the labyrinth often represents an experience of unity with God. You may arrive with an insight or feel a sense of peace or joy at completing your journey. This is a time to receive whatever God has for you. Take the time to stop and pray, expressing what is on your heart.**

**When you are ready, begin moving again through the labyrinth and back out into the world. As you begin the journey outward, consider that you are being sent out with renewed connection to God, being ready to serve God and serve your neighbor. What work is God calling you to as you go back into the world?**