

WHAT IS A LABYRINTH?

Labyrinths are pathways, often large enough to walk upon, that are shaped into twisting, turning designs; they have been used as spiritual tools by Christians for at least 1,600 years.

Labyrinths come in all shapes and sizes. Some are painted on large sheets of canvas, some are stone pathways laid in a court yard, some are mowed into the grass on a lawn, while others come in a myriad of different shapes and sizes and materials.

In today's world, Christians walk the pathways of labyrinths for a variety of purposes including prayer, meditation, for help finding the quiet Center of their living, to facilitate calm and stillness in a hectic world, to find faithful clarity amidst life's challenges and opportunities, to listen for God, as a tool for health and wellness, to get in touch with Spirit, and much more.

An ongoing practice of labyrinth walking can be a celebrated discipline for Christians seeking an authentic life of balanced wholeness in which intimate relationship with God is sought and valued.



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Labyrinth ministry
is Provided Courtesy of
Disciples Home Missions
Office of Search and Call
of the Christian Church (Disciples of Christ)



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