

A Personal Labyrinth Meditation for Seeking God's Calling in Christian Mission

1. A Place To Start...

Prepare to be "open and follow; the labyrinth will take you places you don't expect."

As you stand at the entrance to the labyrinth, take a deep breath in. Exhale fully and slowly. Let your breath become a prayer of praise for the gift of life which God has given to you -- a miraculous gift!

What feelings and needs do you want or need to leave with God as you move forward?

What distractions keep you from being present with God? Listen deeply!

2. On The Journey Inward...

Upon entering the labyrinth, pay attention to your body. Can you perceive any tension? Continue to breathe deeply and let each breath out slowly.

In what way does your body support your spiritual journey?

If you were to relax and trust the path you are on, what might you discover?

In what ways is walking the labyrinth like the journey of your life and faith?

What do you want to say to God, now?

3. At The Center Of Life...

What does God want to say to you? Pay attention; are you listening?

If you get distracted, don't spend your energy feeling guilty. It is okay. Instead breathe slowly and deeply until you can come back to the mission God is leading you toward.

If you could offer any gift of spiritual service, what would that be? What practices do you need to begin, or cease? Who is God calling you to be?

Identify the thoughts, feelings, phrases, images, and questions shaping your journey.

Thank God for these gifts and receive them, now!

4. On Your Way, Back...

When you are ready (it is up to you) begin to follow the path from the center out to the entrance.

Again, pay attention to your body; don't rush yourself; find the pace your body wants to go.

This is a time for gaining strength with each step; for considering how we are going to integrate into our lives what God has offered us in this time.

Let God use this time to encourage you to take on a larger life.

As you exit the labyrinth, offer a "thank you" to God. Take a deep breath!