

The Longest Night

*As you walk toward the center of the labyrinth
on this longest night of the year
think about any darkness in your life;
Perhaps such is a shadow of
despair, grief, anger, addiction, doubt,
an overwhelmed life or something else.*

*For the time you remain in the center
deeply consider how, tomorrow,
there will be more light in the world
then there is on this longest night.
Use this time to acknowledge
the shadows that have come to mind
on the walk in to the center;
silently name them to yourself and
give them up to God.*

*When you are ready, move out of the center
and back onto the pathway;
journey now toward the entrance.
In this time consider how God is with you.
Celebrate the Light of God that is overcoming
the darkness of your shadows.
The Love of God is illuminating your soul.
While walking toward the entrance of the labyrinth,
claim this new Light for your living;
Move into the days ahead with hope.*

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