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 than 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.