

FLOOR LABYRINTH

To create your own labyrinth:

If you are in an outdoor space, you can create your labyrinth using the pattern below, with stones or drawing in the sand. A more portable and multi-use approach is to create one using a large sheet.

There are many designs online. This is a simple one to start. An easy way to create the large circles is to attach a pencil to the end of a length of string. Have one person hold the end of the string in the centre of the sheet, while the second person uses the pencil to draw the circle.



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Pause before you enter the labyrinth. Take a deep breath.

Read this verse silently:

Break open your words, let the light shine out, let ordinary people see the meaning. Psalm 119:129.

Think about someone who needs to hear God's words, or a situation where light needs to shine into the darkness.

Take a candle and turn it on. Carry this candle with you into the labyrinth. As you walk, talk with God about this person or situation. Take your time. Walk slowly. If you pass someone in the labyrinth, move past them without talking to them.

Leave your candle in the middle as a reminder that we can leave our concerns with God.

When you are ready, make your way slowly out of the labyrinth. Leave your concerns with God.

