

## Prayer Path or Prayer Labyrinth

Labyrinths have been used for centuries to facilitate prayer and meditation. The most famous prayer labyrinth today is probably the one in the Chartres Cathedral. This prayer path is an Abingdon Octagonal 6 circuit design.

A Prayer Path is a walking prayer that leads us closer to God. Built in the shape of a labyrinth, the single path spirals in, and then out, from one center point. It has no dead ends; it is not possible to lose your way.

We desire you to learn how to pray in ways that shape you deeply and unleash the power of God's Spirit in your life. We want you to connect with God's heart for this mission field that is ripe for harvest.

### Suggested prayer experiences:

- 1) **Cleansing Journey.** Start your journey to the center with confession. As you walk confess your sins to God. When you reach the center, journey out with celebrations of what God is doing in and through you. Pause at the exit and give thanks for your cleansing journey.
- 2) Pick up a **prayer stone** or a hand full of stones and speak your transgressions as you walk. Lay down your burdens as you walk to the center of the labyrinth (perhaps laying down pebbles along the way as symbols of your worries or cares). In the center, pause to thank God for taking your burdens on himself ([1 Peter 5:7](#)). Then count your blessings and give thanks on the journey to the exit.
- 3) **Ask God a question as you enter the path.** Then, as you walk slowly through the twists and turns, listen for an answer. Let your steps and your silence invite the presence and guidance of God.
- 4) **Remembrance Walk**  
As you journey in, remember the person or event you are focusing on; the joys and special times you shared. If it's an event, feel the joy of experiencing that special time and the people who helped make it such a blessing. In the center, thank God for this person or event that has made your life special. On the journey out, open your mind and heart to people and/or events that currently add meaning to your life.
- 5) **Read a passage from Scripture** to set your mind on God's accompaniment with you during this short pilgrimage of prayer. There are many possibilities, but here are a few to get you started: Deuteronomy 1:31, Exodus 13:21-22, Isaiah 42:1-9, Luke 24:13-35. Invite God to join you as you walk and recite scripture.

### 6) Pray through Psalm 24

**Verses 1-2: Spend time worshipping God and thanking him for who he is.**

*<sup>1</sup>The earth is the Lord's and the fullness thereof, the world and those who dwell therein,*

*<sup>2</sup>for he has founded it upon the seas and established it upon the rivers.*

*<sup>3</sup>Who shall ascend the hill of the Lord? And who shall stand in his holy place?*

**Verses 3-6: Confess ways you relate with the author of the Psalm in these verses.**

*<sup>4</sup>He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully.*

*<sup>5</sup>He will receive blessing from the Lord  
and righteousness from the God of his salvation.*

*6Such is the generation of those who seek him, who seek the face of the God of Jacob.*

Selah

**Verses 7-10: Intercede on behalf of others.**

*7Lift up your heads, O gates!*

*And be lifted up, O ancient doors, that the King of glory may come in.*

*8Who is this King of glory?*

*The Lord, strong and mighty, the Lord, mighty in battle!*

*9Lift up your heads, O gates!*

*And lift them up, O ancient doors, that the King of glory may come in.*

*10Who is this King of glory? The Lord of hosts,*

*he is the King of glory!*

Selah