



SPIRIT LABYRINTH

A labyrinth is a walking meditation with three stages - the journey in; the centre; and the journey out. Today as we celebrate the coming of the Spirit at Pentecost here's a few suggestions for your walk...

- † life is a journey - as you walk reflect on your life's journey and your relationship with God
- † walk slowly
- † avoid the temptation to chat with others on the journey
- † use the journey in to the centre to quiet down, to slow down, to let go of busyness and stress, to confess sin and ask forgiveness, and to prepare to meet with God
- † as you walk be aware of others on the journey - pray for them
- † sometimes you will be close to the centre and sometimes close to the edge - are you close or far from God in your journey?
- † as you reach the centre this is holy space - a space to be with God in prayer
- † in the centre there is some oil - this is a sign of the Spirit
- † the person in front of you will anoint you with oil and pray for you to be filled afresh with the Spirit of God - receive, stay there as long as you like
- † listen - is there something God might be saying to you?
- † if someone comes in to the centre while you are there anoint them with oil and pray for them to be filled afresh with the Spirit of God
- † when you are ready begin the journey out - as you do, take your encounter with God with you back into the world
- † pray for the presence of God in the situations you are facing in everyday life
- † as you finish the journey offer yourself afresh to God

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