

PREPARATION

Before you enter the labyrinth take a few moments to lay aside all other demands on your time and focus your thoughts on your labyrinth walk. You may like to take a stone from the bowl to hold in your hand as your journey towards the centre of the labyrinth.

Jesus asked Bartimaeus “What do you want me to do for you?”

Is there anything you would like Jesus to do for you today?

Come Lord Jesus, come

INWARD JOURNEY

As you begin, walk slowly and purposefully, each step a reminder that Jesus is walking with you. Take a moment to pause and listen, identify some of the noises around you – traffic, children playing, people talking, the hubbub of life. As you move forward begin to listen to your inner ‘noise’ and one by one give them to God and let them go.

Jesus said, “My sheep hear my voice. I know them and they follow me.”

Rest a while as you listen for Jesus’ voice and spend a moment talking with Him as with a friend.

Be still and know that I am God.

Come Lord Jesus, come.

THE CENTRE

The centre of the labyrinth symbolises the foot of the cross. Here there is bitter sweetness as we realise both the unspeakable agony Christ suffered and the immeasurable love He has for us, the immeasurable love He has for you. You are loved, accepted and forgiven – nothing can separate you from the love of God.

Pause a while

Let God know you, Let God heal you

Alone

Be still

And let God

Love you

When you are ready leave your stone in the bowl and prepare to journey out of the labyrinth.

OUTWARD JOURNEY

Your outward journey is a time for reflection on your thoughts and feelings remembering you are not on your own, God is still travelling with you. Walk slowly thanking God for His blessings and for the time you have spent in His company.

Before leaving the labyrinth pause for a moment and offer yourself again to God and His service.

This is the end of the labyrinth but the beginning of a renewed walk with God.

**BRIDLINGTON PRIORY LABYRINTH
PRAYER WALK**

**I will go Lord
If You lead me
I will hold Your people
In my heart**



**WALK
PRAY
REFLECT**