



Three-part Guided Labyrinth Walk for the first week in Lent (Also Appropriate for General Use)

Background/Purpose

To provide a guided labyrinth walk, based on an appropriate Lectionary reading, suitable for the first week of Lent. Consider what follows to be suggestions or guidelines for a walk, not a prescription. The same guidelines may be used, whether an individual is physically walking a labyrinth or tracing a finger labyrinth.

Preparation: Before the Walk

- Read Matthew 4:1-11.
- Think about/reflect on/meditate on the temptation of Jesus as it relates to your understanding of and preparations for Lent.
- Think about/reflect on/meditate on how you handle temptations.
- Think about/reflect on/meditate on how you worship God, hear God, and serve God.

The Walk

On the way in

- Allow the process of walking the labyrinth to help you quiet your mind and shed external thoughts, distractions and emotions.
- Focus on the phrase, “Worship the Lord, your God.” (Matthew 4:10)
- Think about/reflect on/meditate on this phrase as you walk the labyrinth path in toward the center.
- Repeat the phrase silently or in a whisper. (Repeat the phrase aloud only if you are alone in the labyrinth or if this would not be a distraction to others who might be walking.)
- Repeat fragments of the phrase, or creative variations of the phrase, as they feel appropriate to you. (For example, “Worship the Lord,” “Worship God,” “Worship,” “the Lord your God,” “the Lord my God”)

In the center

- Focus briefly on the phrase, “... by every word that comes from the mouth of God.” (Matthew 4:4)
- Meditate quietly and prayerfully on this phrase for a short time.
- Allow your mind to be calm and open to any thoughts, images, or fragments of intuition and insight that might come to you.
- Do not try to program or force anything. If nothing comes, accept that and just experience the quiet and safety of the sacred space in the center of the labyrinth.

On the way out

- Focus on the phrase, “... Serve only him,” (Matthew 4:10) or “The devil left him, and angels came and took care of him.” (Matthew 4:11)
- Meditate quietly and prayerfully on this phrase as you walk the path out of the labyrinth.
- Reflect on any thoughts or insights you had at the center, the meaning they have for your life, and how they may be integrated into your life.

After the Walk

- Think about/reflect on the total experience of your walk, as well as individual parts of the experience that might stand out in your mind.
- Write about or otherwise express (draw, doodle, etc) your reactions to your experience in your own journal and/or for the “Labyrinth Reflections” notebook. What metaphors or symbols for your life did the walk bring to mind?
- After the experience has had a few days to “settle,” repeat the journaling process.