

# Welcome to the All Saints' Prayer Labyrinth



## What is a prayer labyrinth?

The labyrinth is not a maze; it is not a puzzle with dead ends and wrong turns. Instead, a labyrinth has a single intentional path that winds from the edge to the center and back out again. There is only one way in and only one way out.

The labyrinth is a metaphor for life. The path, as life, is full of twists and turns. We have no control over the route and can only walk the path that is before us. The only certainty is that the path will eventually lead to the center, to God. This path can symbolize our individual journeys in spirituality, a pilgrimage to a sacred place, or a time of triumph or trial in our own lives.

## How Do I Walk a Labyrinth?

Take your time. Walk at a comfortable pace.

If you become too tired to complete your walk, you may exit and complete it at another time.

Be respectful of others on the labyrinth.

This prayer labyrinth was built as a Boy Scout Eagle Project with support from:

- All Saints' Episcopal Church,
- The Brotherhood of Saint Andrew,
- Boy Scout Troop 37,
- Sunrise Excavating and Paving,
- Crystal Creek Aggregate,
- Pacific Supply, and
- TechniSoil Global, Inc.

## How Do I Pray A Labyrinth Walk?

There are many ways to pray. Do what feels like the best way for you to relate with God.

If you are still at a loss, try one of these:

1. Use the walk to the center to shed the distractions of daily life. Open your heart and quiet your mind. Prepare to listen to God. Stop in the center to pray or meditate. Use the walk out of the labyrinth to contemplate how you can incorporate your new insights into your daily life.
2. Recite a prayer or scripture on your walk.
3. Use the walk to the center to give a concern or question to God. Spend time in the center listening for God's still, small voice in reply. Use the walk out of the labyrinth to visualize God's plan in action in your life.

A labyrinth walk is a personal, spiritual journey.  
Your walk is your time to focus on strengthening  
your relationship with God.

If you feel quiet, remain quiet.  
If you feel like singing, sing.  
If you feel like skipping, skip.  
If you feel like crying, cry.  
If you feel like laughing, laugh.