



At the Entrance

- Silence your cell phone.
- Pause at the start and prayerfully quiet your mind before you begin. Dedicate this time to God and ask God to protect and guide you during this journey of prayer.

Inward Journey

- Do not rush. Take your time to walk through the brown path gently and slowly. Allow at least 20-30 minutes to complete this prayer walk.
- Walk with an open heart and an open mind to all God wants to show you.
- No need to figure how to get to the centre, but let the path guide you in prayer and be concentrate in taking the next step with God.
- If you get tired or distracted, note your location, break out of the path and sit for a bit, and resume later.
- If/when you meet others on the path, simply allow them to pass. If you wish, you may pass around others ahead of you should you find your pace requires it.

At the Centre

- At the centre, you can pray, meditate, do silent writing. You may also receive God's illumination.
- You may sit, kneel, stand, change positions or directions.
- Remain in this centre to rest, to consider, to receive, to listen, until you feel satisfied.

Outward Journey

- Exit from the centre through the same path and give thanks for whatever insights, messages you have received from God.
- Ask God for wisdom to integrate these insights into your daily living and move forward in His grace.

Journaling

- Give thanks for God's presence through the prayer journey.
- You may journal the experiences of your prayer journey after you exit. What thoughts have you conveyed to God? What is His response? What feeling that emerge along your prayer walk? What impress your heart when you pray, silent, and meditate?
- You may like to write down words or phrases, draw symbols or pictures for future reference and prayers.
- This will help you to reflect deeper and pray further if issues are not resolved fully.
- Do not compare the experience of your walk with others because each walk is unique.



(Photo 1) STM First Prayer Labyrinth.

(Photo 2) STM New Prayer Labyrinth,



Some Prayer Guides for the Walk

You may choose either of the following to pray-walk the Labyrinth.

Guide 1

- **Inward Purgation (Releasing)**
 - As you journey toward the centre, open your heart and mind, talk to God about your anxieties, blockages, distractions, failures, fears, guilts, hurts, and worries, of life. This is a journey of emptying your cares in God's grace.

“Let go and let God.”

- **Centre Illumination (Receiving)**
 - When you reach the centre, be aware of God's presence and His love. Stay and rest there as long as feels right. Pray for God's illumination. This is the time to reflect your relationship with God, to listen, and to receive what God would offer you through prayer and meditation.

“Breathe on me breath of God; fill me with life anew.”

- **Outward Union (Returning)**
 - As you leave, spend time integrating what you have received from God into your life, and giving thanks and praising God for all that He has done/spoken.

“Thy will be done.”

Guide 2

- Recite the Lord's Prayer as you walk. (Instead, you may recite some familiar scripture and pray this scriptural verses.)

Guide 3

- You may pray-walk the labyrinth listening to hymns or worship music.

Guide 4

- Pray for yourself on the way in, stop to experience God's love in the centre, and pray for others on the way out (or vice versa).