

# Claiming God's Promise

-a labyrinth meditation resource-

## 1. A Place To Start...Pause to begin resting in your intention

Prepare to be open along journey before you; the labyrinth will take you places you don't expect.

As you stand at the entrance to the labyrinth, take a deep breath in. Exhale fully and slowly; naturally. Let your breath become a guide for your life in this moment! What feelings and needs do you want or need to leave at the entrance to this pathway as you move forward?

What distractions keep you from being present with God in this moment?  
Listen deeply!

## 2. A Journey toward Center...find your own restful pace

Upon entering the labyrinth, pay attention to your body.

Can you perceive any tension?

Continue to breathe deeply and let each breath out slowly, but naturally.

Find the pace your body wants to go.

In what way does your body support your journey?

How is your body fighting this journey?

Relax and fully trust God along the pathway.

What do you discover?

In what ways is walking the labyrinth like the journey of your life at this time?

How is this walk along the labyrinth pathway different from you life?

## 3. At The Center...a place of restoration and healing

What is God saying to your one precious life in this moment?

Pay attention; are you listening?

If you get distracted, don't spend your energy feeling guilty. It is okay. But breathe slowly and deeply until you can come back to this moment, now.

Stay in the center as long as you want.

Identify the thoughts, feelings, phrases, images, and questions that are shaping your journey of faithful living in this moment.

Give thanks for these gifts and receive them, now! Aware, unjudged, open to all.

In God's truth, there is healing to be received.

## 4. On Your Way Back...claiming renewal amidst possibility

When you are ready (it is up to you), begin to follow the path from the center out to the entrance.

Again, pay attention to your body; don't rush yourself but find the pace your body wants to go.

This is a time for gaining strength with each step; for considering how you might integrate into your life that which you have received while walking the labyrinth.

Let this time become an opportunity to be encouraged to take on a more empowering way.

As you leave the labyrinth, offer a "thank you!" to God. Take a deep breath!