

# Youth Walk

one way I've used the labyrinth with a youth group in the past

- Prep the youth with a simple intro to the labyrinth  
(not a maze, no wrong pace, explaining the process we would use, etc)
- Giving them this assignment:  
As you walk, notice what is going on in your heart, your mind, your body, your spirit  
Provide paper and pencils to pick up after they finish walking so they can journal their thoughts and feelings while waiting for others to finish walking, if they want. Be sure to tell them where the paper and pencils are, and to pick them up AFTER they've finished walking.
- Opening minute of silent reflection
- Beginning the walk with youth timed maybe 30 - 60 seconds apart
- After all youth finish walking, another minute or two of silence, then call them together straight into the center of the labyrinth for a time of debriefing.
- Invited response to these questions:
  - What did you notice?
  - What did you notice within you?
  - What did you notice around you in others or in the space?
  
  - What did you feel?
  - What did you think about?
  
  - Does any of this suggest things you believe are important for people who are Christian? ...members of a church? What?
  
  - How do we begin to put these thoughts into the actions of our lives?