

## **Bible Verses for Reflection:**

Psalm 86:11-12 Teach me your way, O LORD, that I may walk in your truth; give me an undivided heart to revere your name. I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name for ever.

Psalm 103:1 Bless the LORD, O my soul, and all that is within me, bless his holy name.

Psalm 119:105 Your word is a lamp to my feet and a light to my path.

Micah 6:8 He has told you, O mortal, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

Luke 9:23-24 Jesus said, "If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it."

Ephesians 2:8-10 For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what we have made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Romans 12:9-13 Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

## **Christ the King Lutheran Church**

*A congregation of the Montana Synod, Evangelical Lutheran Church in America*

**God's work. Our hands.**

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## Welcome to Christ the King Lutheran Church's Prayer Labyrinth



The labyrinth is here for anyone to use, and is open all day and night, except for special services of worship or routine maintenance. On special occasions, we may have music, candles, and opportunities to walk with others.

The labyrinth is open to people of all denominations and faith traditions.

Groups wishing to walk the labyrinth together may contact the church office, 587-4131, to reserve a time.

## **What is a labyrinth?**

A labyrinth is a winding path to the center and out again. Unlike a maze, a labyrinth has only one path—there are no dead ends. Labyrinths are found in many cultures throughout human history.

People walk labyrinths for many different reasons, but Christians most often walk a labyrinth in prayer or as a contemplative exercise.

Legend tells us that during the Middle Ages, if Christians were unable to make a pilgrimage to Jerusalem, they often would walk a labyrinth closer to home, symbolic of the pilgrimage. The earliest known Christian labyrinth was in an ancient church in what is now Algeria, dating back to the early fourth century.

This labyrinth is patterned off one of the most famous labyrinths—the one on the floor of Chartres Cathedral near Paris. It does not have any special power of its own, it is a tool to foster prayer and meditation.

## **Why did Christ the King Lutheran Church build this one?**

During the summer of 2016, the congregation granted their pastors a three-month sabbatical, themed “Pray, Play, Partner.” The congregation decided to build this labyrinth as a way to encourage prayer and reflection, and to offer it to the neighborhood as a partner in building community.

## **How do I use it?**

There’s no one right way to walk the labyrinth, but you may find the following information and suggestions helpful. It is recommended you allow at least a half hour to walk the path.

Walking the labyrinth is a posture for prayer, just as kneeling is, or folding one’s hands or bowing one’s head. In walking the labyrinth in prayer, we seek to know God’s presence in our lives. Many labyrinth walkers find that because they are walking, their minds are quieted. Labyrinth walks are sometimes referred to as body prayer or walking meditation.

Consider pausing before you enter the prayer path, and asking God to be with you in your journey to the center and back again.

One walks a labyrinth by stepping into the entrance and walking at a pace that is comfortable. After traveling through all the circuits, the walker comes to the center. After a time there, the walker returns out to cover the same path out as in. If others are walking just step aside to allow one another to pass and continue on.

## **Additional Possibilities:**

- Choose a phrase or verse from Scripture to repeat to yourself as you walk (there are suggestions on the back page of this brochure).
- Pay attention to your breath and find a rhythm for walking.
- Reflect on things you want to “leave behind” in your life (regrets, unwanted behaviors, fear, etc.) as you walk to the center. As you walk back out again, reflect on what you want to “take up” (forgiveness, courage, peace, etc.).
- Reflect on things for which you are thankful on your way in to the labyrinth, expressing gratitude to God. On your way out, ask God to show you how you can serve.